

# Pathfinder Series: Advanced Breast Cancer

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books & Audiovisual

*100 Questions and Answers about Triple Negative Breast Cancer* / Carey K. Anders, Nancy Lin  
Call Number: 7.4.40 2012

Approximately 10-20% of breast cancer patients are diagnosed with triple negative breast cancer, and this book provides authoritative and practical answers to the most common questions about this disease. Information includes risk factors and prevention, diagnosis, treatment options and more.

*Frankly speaking about cancer: Advanced breast cancer* / Linda Miller.

Call number: 7.4.60 2011

This guide helps patients with advanced breast cancer find information and support in order to make the best decisions for their health and future. With a better understanding of the disease and treatment options available, patients will be able to gain a sense of control, alleviate some feelings of isolation and find a renewed sense of hope.

*In Between Days* / Teva Harrison

Call Number: 5.3.8 2016

Teva Harrison was diagnosed with metastatic breast cancer at the age of 37. In this brilliant and inspiring graphic memoir, she documents through comic illustration and short personal essays what it means to live with the disease. She confronts with heartbreaking honesty the crises of identity that cancer brings: a lifelong vegetarian, Teva agrees to use experimental drugs that have been tested on animals. She struggles to reconcile her long-term goals with an uncertain future, balancing the innate sadness of cancer with everyday acts of hope and wonder. She also examines those quiet moments of helplessness and loving with her husband, her family, and her friends, while they all adjust to the new normal.

*Surviving Triple Negative Breast Cancer: Hope, Treatment and Recovery* / Patricia Prijatel

Call number: 7.4.64 2013

Surviving Triple Negative Breast Cancer delivers research-based information on the biology of triple negative breast cancer; the role of genetics, family history and race; how to navigate treatment options; understanding a pathology report and much more, including stories from women who have faced triple negative breast cancer.

## Websites

### **Advanced Breast Cancer Community**

<http://www.advancedbreastcancercommunity.org/>

The information and tools on this US-based website are unique to advanced stages of breast cancer, including metastatic breast cancer, to help you and your loved ones learn more about the disease. The information ranges from advanced breast cancer 101, to the different types of breast cancer and treatment options. There is also a very useful section on how to make your dialogue count during your appointments

### **Breastcancer.org – Metastatic Breast Cancer**

[http://www.breastcancer.org/symptoms/types/recur\\_metast](http://www.breastcancer.org/symptoms/types/recur_metast)

A very comprehensive look at living with metastatic disease from the experts at breastcancer.org, one of the first and best sites for breast cancer information. Detailed information, a FAQ page and an “Ask the Expert” session are all included, and information is updated regularly. The site also provides links to slideshows, podcasts, blogs, discussion boards, and member stories.

### **Canadian Breast Cancer Network - Living with Metastatic Breast Cancer**

[https://www.cbcn.ca/en/what\\_is\\_mbc](https://www.cbcn.ca/en/what_is_mbc)

This site includes information about treatment options, community support, financial issues, and practical issues. It also features a breast cancer drug navigation tool.

### **Living Beyond Breast Cancer – Living with Metastatic Breast Cancer**

<http://www.lbbc.org/i-am-living-with-metastatic-breast-cancer>

This section of the LBBC website has news, treatment information, clinical trials details, and a fact-filled newsletter, all about metastatic breast cancer. There is a lot packed into this online community, including podcasts, patient first person stories, videos and more.

### **Metastatic Breast Cancer Network**

<http://www.mbcn.org/>

This website was started by 2 women who had been diagnosed with metastatic breast cancer (MBC) to provide support to people living with advanced breast cancer. There is basic information on this type of cancer, information for the newly diagnosed, lists of questions to ask your doctor and much more. There is also a section where those living with MBC have shared their stories. This is a great resource for those looking for support and hope.

### **When Cancer Returns**

<https://www.cancer.gov/publications/patient-education/when-cancer-returns.pdf>

This booklet from the National Cancer Institute covers many topics relating to metastatic and recurrent cancer in general (not breast cancer specifically). Chapters include managing side effects, talking with your health care team, your feelings, setting goals, and other resources.