

# Pathfinder Series: Ovarian Cancer

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

## Books

*100 Questions and Answers about Ovarian Cancer* / Don S. Dizon and Dorinda Sparacio  
Call number: 7.6.4 2016

Whether you are a newly diagnosed ovarian cancer patient, a survivor, or a friend or relative of either, this book offers help. This third edition gives you authoritative, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more. Written by a gynecologic oncologist and a gynecologic surgeon, with actual patient commentary, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this disease.

*A Guide to Survivorship for Women with Ovarian Cancer* / Robert E. Bristow, et al.  
Call number: 7.6.15 2015

This book features detailed information on diagnosis and treatment, including surgery, chemotherapy, radiation, pain management, and integrative medicine. Also covered in depth are image recovery, nutrition, pain control and genetic testing. With candor, compassion, and hope, women who have ovarian cancer share advice on coping with the life-changing disease and its treatments.

*By Your Side* / Ovarian Cancer Canada  
Call number: 7.6.2 2015

A resource developed by Ovarian Cancer Canada, to support and inform women through their journeys with ovarian cancer. The guide highlights personal contributions from a panel of seven survivors, combining their firsthand insights with expert knowledge from medical professionals, healthcare providers, and social workers to present the best available information on ovarian cancer.

*Memoir of a Debulked Woman: Enduring Ovarian Cancer* / Susan Gubar  
Call number: 7.6.22 2012

Renowned feminist scholar Susan Gubar explores the physical and psychological ordeal of living with ovarian cancer. This powerful memoir mines the deepest levels of anguish and devotion as she struggles to come to terms with her body's betrayal.

*Ovarian Cancer* / National Comprehensive Cancer Network  
Call number: 7.6.3 2017

These treatment guidelines suggest what the best practice is for cancer care. The information in this patient book is based on the guidelines written for doctors.

## Websites

### **Cancer.net – Ovarian Cancer**

<http://www.cancer.net/cancer-types/ovarian-cancer>

This patient education site from the American Society of Clinical Oncology provides an excellent overview of ovarian cancer with information about symptoms and diagnosis, treatment options, side effects, the latest research, post-treatment life, and more. Each section is highly detailed and up to date and the website is easy to navigate.

### **Centers for Disease Control: Ovarian Cancer Fact Sheet**

[https://www.cdc.gov/cancer/ovarian/pdf/ovarian\\_facts.pdf](https://www.cdc.gov/cancer/ovarian/pdf/ovarian_facts.pdf)

This fact sheet about ovarian cancer is part of the Centers for Disease Control and Prevention's (CDC) *Inside Knowledge: Get the Facts About Gynecologic Cancer* campaign. The campaign helps women get the facts about gynecologic cancer, providing important "inside knowledge" about their bodies and health.

### **Foundation for Women's Cancer**

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

This is an organization that supports research, education and awareness for all gynecologic cancers, with a good section on ovarian cancer in particular. Information on the site includes downloadable fact sheets, booklets, and videos.

### **National Ovarian Cancer Coalition**

<http://ovarian.org/>

The NOCC has a very comprehensive website with print and downloadable resources for newly diagnosed women, women dealing with recurrent disease, as well as resources on quality of life issues and resources for caregivers. They also have a video series with a wide range of topics such as dealing with recurrence, living with uncertainty, dealing with "treatment burnout" and more.

### **National Cancer Institute – Ovarian Cancer**

<http://www.cancer.gov/cancertopics/types/ovarian>

The NCI has one of the most comprehensive cancer information sites on the web. Their section on ovarian cancer includes information on the different types of ovarian cancer, the latest treatments, clinical trials, information about genetics and ovarian cancer, coping with cancer, complementary therapies, and much more.

### **Ovarian Cancer Canada**

<http://ovariancanada.org/>

This site provides an overview of the disease and treatment information for both newly diagnosed women and women dealing with disease recurrence. It also offers regional information for visitors to keep up with events in their area, a webinar series featuring topics of interest to women living with ovarian cancer and their popular "Stories from our Community" series, which features women telling their stories, sharing insights and experiences in living with ovarian cancer. The OCC also has a YouTube channel featuring helpful videos and talks on relevant topics.