

Pathfinder Series: Life after Breast Cancer

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

Books

Celebrating Life Decades After Breast Cancer: 40 Women Share Stories of Surviving Twenty to Fifty Years After Diagnosis / Beverly McKee.

Call number: 7.4.31 2015

The author is a mental health therapist and Stage III breast cancer survivor who was inspired to compile this powerful collection of stories after planning a party set for October 17, 2052, exactly forty years in the future from the date of her own diagnosis.

Intimacy After Breast Cancer: Dealing With Your Body, Relationships and Sex / Gina M. Maisano. Call number: 5.12.12 2010

Part one examines ways to deal with the emotional and physical scars in order to regain confidence and self-esteem. Part two deals with how to rediscover sexuality after breast cancer.

Living Well beyond Breast Cancer: a Survivor's Guide for When Treatment Ends and the Rest of Your Life Begins / Marisa C. Weiss, Ellen Weiss.

Call number: 7.4.13 2010

This book addresses many of the questions women who are post-treatment ask, and answers everything from how to deal with hair loss and weight gain to finding online support groups and understanding healthy foods and supplements.

*What the F*uck Just Happened?: A Survivors Guide to Life After Breast Cancer* / Jen Rozenbaum. Call number: 5.6.9 2020

"If you have been feeling like you are struggling emotionally, physically and spiritually in your post cancer life, you are not alone. Here's the good news: you have a second chance at life and you aren't going to let it slip you by. This book is for breast cancer survivors who are truly ready to reconstruct their life and feel normal once again."

Whole: Women Healing Ourselves With Loving Energy, 12 Principles for Rebuilding Life After Breast Cancer / Jacci Thompson-Dodd.

Call number: 7.4.28 2007

This book offers practical, easy-to-follow guidance on finding and using your "loving energy" to overcome the obstacles breast cancer has scattered in your path. The author examines 12 key aspects of life that have been impacted by the travails of breast cancer including body image, relationships, family, sexuality, work, and finances.

Websites

Breast Cancer Now – Living With and Beyond Breast Cancer

<https://www.breastcancercare.org.uk/information-support/facing-breast-cancer/living-beyond-breast-cancer>

This UK website provides care, information and support to people affected by breast cancer. Breast cancer and its treatments can mean you have to make changes to your everyday life. These pages provide information about your body, relationships, coping emotionally and how treatment can affect your fertility.

Canadian Cancer Society – Life After Cancer Treatment <https://cancer.ca/en/cancer-information/resources/publications/life-after-cancer-treatment>

This CCS booklet is a great go-to resource for survivors of any type of cancer. The information can help you understand your feelings post-treatment – including fears of recurrence – offer tips on heading back to work, coping with stress, and more.

Johns Hopkins Medicine – The Breast Cancer Survivorship Program

http://www.hopkinsmedicine.org/breast_center/treatments_services/survivor_care/

Johns Hopkins has provided a series of excellent videos on topics relevant to breast cancer survivors including the role of integrative medicine in post-treatment care, nutrition and healthy eating, keys to sexual wellness, and many others.

Living Beyond Breast Cancer <http://www.lbbc.org/>

LBBC is a US-based site that aims to help women improve their quality of life and take an active role in their recovery. Through message boards, publications – both print and multimedia – a blog, educational programs, and a newsletter LBBC is an extremely comprehensive site for breast cancer survivors, dedicated to helping women move past cancer treatment and into healthy survivorship.

National Coalition for Cancer Survivorship – Living Beyond Cancer

<http://www.canceradvocacy.org/resources/cancer-survival-toolbox/special-topics/living-beyond-cancer/>

Cancer survivorship is a day-to-day, ongoing process that begins with diagnosis and continues through the rest of your life. Living Beyond Cancer discusses a number of important issues that are specific to life beyond the diagnosis and initial treatment of cancer. Surviving cancer is more complicated than simply being sick or well, having cancer or being cancer free. Instead, it is a continual process that is constantly changing. LBC from the NCCS is part of their excellent Cancer Survival Toolbox, which can be downloaded from this website or as a podcast from the iTunes store.