

Pathfinder Series: Young Women with Breast Cancer

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

Book

I'm Too Young to Have Breast Cancer! Regain Control of Your Life, Career, Family Sexuality, and Faith / Beth Leibson-Hawkins

Call number: 7.4.7 2004

In this book the author spoke with many younger women who shared their experience of breast cancer. They discuss how this disease affected their career goals, education, and shifting work/life priorities.

This Should Not Be Happening: Young Adults With Cancer / Anne Katz

Call number: 6.4.0 2014

This is a straight-talking book from one of the best authors around. Based on current research, the author's own clinical expertise and interviews with over a dozen young adult cancer survivors, this book confronts the challenges of cancer head-on with frank, pragmatic advice and inspiration on issues unique to young adults dealing with life-changing illness.

Websites

Canadian Breast Cancer Network – Never Too Young

https://www.cbcn.ca/en/never_too_young

The CBCN's handbook "deals with the psychosocial aspects of the illness; that is, the interaction between social and psychological factors related to breast cancer. There are chapters on such topics as mental health, partners, children, work, fertility, and a whole host of other important issues."

FORCE: Facing Hereditary Cancer EMPOWERED

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

FORCE was founded on the principle that no one should have to face hereditary breast and ovarian cancer alone. They are dedicated to improving the lives of individuals and families affected by hereditary breast, ovarian, and related cancers.

Living Beyond Breast Cancer

<http://www.lbbc.org/Audiences/Young-Women/>

LLBC's website community for young women acknowledges that your psychosocial and medical concerns are different than those of women over age 45, and they are dedicated to providing you with age-appropriate information and resources specific to your needs. You're able to read about the latest breast cancer news, updates on clinical trials, first person stories, etc.

Pink Pearl

<http://www.pinkpearlcanada.org>

This charitable organization focuses on bringing together young women affected by cancer through a network of peer support and innovative programs. Programming for participants includes virtual wellness retreats, learning series, local socials, one-on-one counselling sessions, support packages distributed in hospitals and cancer centres, and post-secondary scholarships.

PYNK: Young Women with Breast Cancer

<https://sunnybrook.ca/content/?page=pynk-young-women-breast-cancer-toronto>

Run by an interdisciplinary team of experienced health care professionals and a dynamic group of young breast cancer survivors, this program aims to address the special clinical, psychological, research and educational needs of younger women with breast cancer.

Rethink Breast Cancer

<http://rethinkbreastcancer.com/>

The goal of this charity is to bring bold, relevant awareness to the under-40 crowd. They look to foster a new generation of young and influential breast cancer supporters, infuse sass and style into the cause, and respond to the unique needs of young women going through it.

Susan G. Komen – Unique Issues for Young Women with Breast Cancer

<https://ww5.komen.org/BreastCancer/YoungWomenandBreastCancer.html>

This organization addresses breast cancer on multiple fronts such as research, community health, global outreach and public policy initiatives in order to make the biggest impact against cancer. This section looks at breast cancer in young women, their unique challenges and much more.

Young Adult Cancer Canada

<https://www.youngadultcancer.ca/>

Established in 2000, YACC's mission is to "support young adults living with, through, and beyond cancer." Their website includes information about private Facebook groups and programs such as retreats, conferences, and social activity-based events.

Young Survival Coalition

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

YSC is an excellent resource, as it is an organization specifically focused on the needs of young women with breast cancer. Here you will find information on breast cancer itself, treatment, reconstructive surgery, how to ensure your best quality of life, and more. The site also acts as an online community that allows you to connect with other survivors who can relate to your experiences.