

Pathfinder Series: Esophageal and Stomach Cancer

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

Books

Goes Down Easy: Recipes to Help You Cope With the Challenge of Eating During Cancer Treatment / Elise Mecklinger.

Call number: 8.5.1 2006

This book contains over 100 recipes to help people living with cancer manage eating difficulties during treatment. Each chapter includes advice from a dietitian specializing in cancer nutrition, and recipes designed to help alleviate side effects such as loss of appetite, nausea, and swallowing difficulties.

Websites

GIST Sarcoma Life Raft Group Canada

<https://liferaftgroup.ca/welcome/>

From the website: "GIST Sarcoma Life Raft Group Canada is a patient support organization for people with gastrointestinal stromal tumour (GIST), as well as their families and friends." The site includes a patient handbook, member stories, GIST specialist directory, and more.



Cancer.Net – Types of Cancer

<https://www.cancer.net/cancer-types>

One of the most detailed guides to cancer, Cancer.Net has good information both esophageal and stomach (gastric) cancers. Information includes treatment, coping with side effects, staging information, latest research, questions to ask your healthcare team and more. The information is easy to follow and the site is easy to access and navigate.



Medline Plus – Esophageal Cancer

<http://www.nlm.nih.gov/medlineplus/esophagealcancer.html>

From the National Library of Medicine in the U.S., MedlinePlus is a subject directory with links to various resources that help explain different types of cancer. The pages are broken into different sections including diagnosis and symptoms, disease management, research information, current news and overviews of new treatments and tests and much more. With links to credible organizations such as the Mayo Clinic, the American Cancer Society and others, the site is updated regularly, and information is always accurate and very current.



Medline Plus – Stomach Cancer

<http://www.nlm.nih.gov/medlineplus/stomachcancer.html>

From the National Library of Medicine in the US, Medline Plus is a subject directory, directing you to various resources that help explain different types of cancer. The pages are broken into different sections including diagnosis and symptoms, disease management, research information, current news and overviews of new treatments and tests and much more.



My Gut Feeling – Stomach Cancer Foundation of Canada

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

This stomach cancer support network is for patients, survivors and caregivers. Providing peer-to-peer support, awareness, education, and advocacy, the website also offers resources such as personal stories, events and an online shop.



National Cancer Institute – Esophageal Cancer

<https://www.cancer.gov/types/esophageal>

The U.S. National Cancer Institute’s descriptions for patients include an overview as well as sections on treatment, causes & prevention, screening, statistics, coping with cancer, and research.



National Cancer Institute – Stomach (Gastric) Cancer

<https://www.cancer.gov/types/stomach>

The U.S. National Cancer Institute’s descriptions for patients include an overview as well as sections on treatment, causes & prevention, screening, statistics, coping with cancer, and research.



OncoLink – Esophageal and Stomach (Gastric) Cancer

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

Search OncoLink for detailed information about gastric and esophageal cancer by selecting “Cancer Types” then “Gastrointestinal Cancers” at the top of the page. The website also has a great deal of information surrounding the more supportive aspects of cancer care including nutrition, survivorship, coping, relationships, and much more.

