

Pathfinder Series: Melanoma

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

Books

Melanoma / Jonathan S. Zager, Ragini R. Kudchadkar, Vernon K. Sondak

Call number: 7.18.4 2016

'Melanoma' is a concise handbook that identifies best-practice guidelines and presents the most current procedures for the diagnosis and management of melanoma in a succinct and easy-to-read manner. This handbook is a must-have tool for clinicians directly involved in the care of patients with melanoma, including surgical oncologists, medical oncologists, and radiation oncologists.

Melanoma: It Started With A Freckle / David L. Stanley

Call number: 7.18.1 2016

With his memoir, David L. Stanley invites you to join him on an inside tour of his cancer. You'll travel with Stanley from the office of the dermatologist to the operating room theater and back to the workplace as he faces up to melanoma, the only major cancer that has seen its incidence rise since 2000, with humor, humility, and a deep understanding of the disease.

Melanoma Skin Cancer – What You Need to Know...NOW / American Cancer Society.

Call number: 7.18.3 2012

A small book with big information, this ACS guide provides concise coverage of diagnosis, treatment options, potential side effects, coping and quality of life issues.

Pale Girl Speaks: A Year Uncovered / Hillary Fogelson.

Call number: 7.18.7 2012

This book chronicles the author's experiences as a melanoma patient, delving into her neuroses, personal relationships with her husband and parents, and decision to adopt a positive outlook when her father receives the same diagnosis.

Sun, Skin and Health / Terry Slevin

Call number: 7.18.0 2014

Beginning with an explanation of what skin cancer is and how it forms, Sun, Skin and Health then discusses ultraviolet radiation and how to protect yourself, the effects of tanning, myths and truths about sunscreen, getting enough Vitamin D, early detection and treatment.

Websites

AIM at Melanoma Foundation

<https://www.aimatmelanoma.org/>

AIM provides comprehensive, easy-to-access melanoma resources as well as patient, family, and caregiver support offerings such as their “Ask an Expert” and “Peer Connect” services.

Canadian Skin Cancer Foundation

<https://www.canadianskincancerfoundation.com/>

Founded in 2002, this foundation’s mission is to “prevent and eradicate skin cancer through education, awareness, advocacy and research”. Their website offers tips to detect skin cancer early, sun safety education, and more.

Cancer Council Australia – *Understanding Melanoma: a Guide for People with Cancer, Their Families and Friends*

https://www.cancer.org.au/content/about_cancer/ebooks/cancertypes/Understanding_Melanoma_booklet_January_2019.pdf This publication provides a good overview of melanoma diagnosis, staging treatment and more. A list of links is provided at the end of the booklet for further research and more information.

Melanoma Canada

<http://www.melanomanetwork.ca/>

This national patient-led organization’s mission is to provide melanoma patients and their caregivers with current and accurate information and services in the fight against melanoma. The site includes questions to ask your doctor, patient stories, a discussion forum and much more.

Melanoma Research Foundation - *Melanoma Patient Guide: Guiding You at Every Stage*

<https://online.flippingbook.com/view/340078/>

This U.S. association’s patient guide includes sections on the basics of melanoma, lymph node status, genetic mutations, stages I to IV, and managing side effects.

National Cancer Institute: Skin Cancer (including Melanoma)

<http://www.cancer.gov/types/skin>

Topics covered in this highly-regarded website include treatment information, causes, prevention and genetics information, how to interpret lab tests, information about current research, and more.

National Cancer Institute – Melanoma Treatment – Patient Version

<https://www.cancer.gov/types/skin/patient/melanoma-treatment-pdq>

This section of the NCI website includes general information, stages of melanoma, recurrent melanoma, a treatment option overview, and more.

Save Your Skin Foundation

<https://saveyourskin.ca/>

This national, patient-led, not-for-profit group is “committed to ensuring equal, timely, affordable, and appropriate access to skin cancer treatment for all Canadians...”. Their website includes webinars, emotional and mental wellness resources, a skin check guide, and more.