

Pathfinder Series: Life After Cancer

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

Books

100 Questions & Answers About Life After Cancer: A Survivor's Guide / Page Tolbert and Penny Damaskos.

Call number: 5.6.25 2008

With authoritative, practical answers to the many questions survivors have, this book offers advice from experts in the field of cancer survivorship, as well as information from actual survivors who have been there and experienced the same types of things.

After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer / Gerald Lemole, et al.

Call number: 5.6.31 2015

With chapters on exercise and stress-management techniques, this comprehensive, research-based guide offers holistic information to help you thrive after cancer.

Picking Up the Pieces: Moving Forward After Surviving Cancer / Sherri Magee.

Call number: 5.6.19 2006

Once treatment ends, survivors may face new challenges, and this book acts as a guide through this difficult time. The recovery program helps integrate who you were before cancer with who you are now. It will support you as you begin to acknowledge the changes that have occurred, grieve the losses, gain new insights into your experience and learn to live with the uncertainty of tomorrow.

Survivorship: Living Well During and After Cancer / Barrie R. Cassileth.

Call number: 5.6.11 2014

A good introduction to safely using integrative medicine and other therapies to complement mainstream care and help alleviate the short- and long-term side effects of cancer treatment.

The Cancer Survivor's Companion: Practical Ways to Cope with Your Feelings After Cancer / Frances Goodhart and Lucy Atkins

Call number: 5.6.6 2013

This book will help you to deal with the emotional fallout of cancer. It includes practical ways to deal with issues such as depression, worry, anger, fatigue, and more.

Websites

Canadian Cancer Society – Life After Cancer



<https://cancer.ca/en/living-with-cancer/life-after-treatment>

The CCS site offers information for survivors on topics such as understanding your feelings, worrying about the cancer coming back, work and school issues, relationships, living well after treatment, and finding your new normal.

Cancer.Net – Survivorship



<http://www.cancer.net/patient/Survivorship>

This website includes information on, and links to, sites about rehabilitation, becoming your own advocate, healthy living, coping with physical and emotional changes and more.

Looking Forward



<https://lookingforward.curefoundation.com/about-us/>

This site was developed in collaboration with people who have experienced recovery from treatment as well as health professionals and researchers. It offers information, support and resources for those completing active treatment and addresses topics such as emotions, fears, relationships, regaining function, going back to work, and more.

National Cancer Institute – Office of Cancer Survivorship



<http://cancercontrol.cancer.gov/ocs/>

The NCI created this branch of their organization in 1996 “...in recognition of the large number of individuals surviving cancer for long periods of time and their unique and poorly understood needs.” Topics include health and well-being after cancer treatment, possible late effects of treatment, follow-up care, and support for survivors and families. We recommend reading “*Facing Forward: Life After Cancer Treatment*”:

<https://www.cancer.gov/publications/patient-education/life-after-treatment.pdf>



The National Coalition for Cancer Survivorship



<http://www.canceradvocacy.org>

The NCCS was one of the first organizations in the US dedicated to cancer advocacy and to empowering cancer patients and survivors, and offers a guide to finding post-treatment resources and information. NCCS also produces the Cancer Survival Toolbox®, an online series of audio files to help cancer patients deal with all aspects of their illness. The section entitled “Living Beyond Cancer” is designed specifically for the special, ongoing needs of cancer survivors.