

# Pathfinder Series: Gallbladder and Pancreatic Cancer

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

## Books

*100 Questions & Answers about Biliary Cancer* / Ghassan K. Abou-Alfa

Call Number: 7.17.2 2015

Providing both doctor and patient perspectives, this easy-to-read book is a comprehensive guide to the basics of biliary cancer, risk factors and prevention, diagnosis, treatment, survivorship, and life after diagnosis. Written by Dr. Ghassan Abou-Alfa, a board-certified medical oncologist who specializes in primary liver cancer (hepatocellular carcinoma), pancreas, gallbladder, and bile duct tumors, this is an invaluable resource for anyone interested in learning what to expect after being diagnosed with biliary cancer.

*100 Questions & Answers about Cholangiocarcinoma, Gallbladder, and Bile Duct Cancers* / Ghassan K. Abou-Alfa and Eileen M. O'Reilly

Call Number: 7.17.4 2023

This is a resource that empowers patients and caregivers with the information needed to navigate treatment with realistic goals for a good quality of life and targeted long-term survivorship. It includes chapters about risk factors, diagnosis, staging, treatment, coping, and practical issues.

*Recipes and nutrition tips for people with pancreatic cancer* / Celgene

Call Number: 8.5.6 2016

This book provides people diagnosed with pancreatic cancer and their caregivers with a wide range of recipes to make sure they have the resources to make healthy, tasty, memorable dishes for any meal of the day. It includes food ideas, "flavor fixes", general recipe substitutions, and nutrition tips along with breakfast, lunch, dinner, dessert recipes and more.

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## Websites

### **Cancer.Net – Gallbladder Cancer**

<http://www.cancer.net/patient/Cancer+Types/Gallbladder+Cancer>

The patient information website from the American Society for Clinical Oncology, Cancer.Net includes an overview of cancer of the gallbladder, information about staging, treatment and life after treatment. It also provides a good section on questions to ask the doctor, side effects, research news, and where to go to find other credible information sources.

### **Cancer Research UK – Gallbladder cancer**

<https://www.cancerresearchuk.org/about-cancer/gallbladder-cancer>

This site from Cancer Research UK includes sections that outline current research and new treatments. Information on living with gallbladder cancer, a reading list, questions to ask, and much more is included in this comprehensive site.

### **Johns Hopkins Pathology – Gallbladder and Bile Duct Cancer**

<http://pathology.jhu.edu/gbbd>

This website from Johns Hopkins University explains the different types of gallbladder cancer, current treatments, diagnosis and staging and more. The information is easy to read and understand, and is well illustrated, and detailed. A discussion forum is included where patients and family members can ask questions and get information from other patients.

### **Pancreatic Cancer Action Network**

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

This large U.S.-based organization is dedicated to providing educational information for pancreatic cancer patients, as well as advocating for research funding, and offering support for those with a diagnosis of pancreatic cancer. The site is packed with information and stories from current patients and survivors.

### **Pancreatic Cancer Canada**

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

Pancreatic Cancer Canada is committed to building awareness, advancing research and providing support and resources to pancreatic cancer patients and their families. Information is relevant to newly-diagnosed patients as well as patients who have been dealing with pancreatic cancer for some time. The site includes clinical trials, research information, fundraising and awareness, event information, and much more.

### **Pancreatica.org**

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

An extremely comprehensive site dedicated to information about pancreatic cancer, Pancreatica includes a detailed FAQ section, a clinical trials database, current news and research, support services and much more. Some of its focus is quite medical in scope, but there is enough for the layperson as well, and the site is well laid out and easy to navigate.