

Pathfinder Series: Breast Surgery

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

Books

Breast Cancer Surgery and Reconstruction: What's Right for You / Patricia Ansett and Kathleen Gilligan

Call number: 7.4.42 2016

- breast cancer surgery and reconstruction offer more choices than ever for women to treat breast cancer. But looking back, women who have been through it often say they wish they knew more.

Flat and Happy: Mastectomy and Flat Closure, a Personal Practical Guide / Katrin van Dam and Camelia Lawrence

Call number: 7.4.43 2022

- like a conversation with a good friend who's been there and done all the research: informative, personal and brimming with humor and heart.
- written in consultation with experienced breast cancer specialists.

No Longer Radical: Understanding Mastectomies and Choosing the Breast Cancer Care That's Right for You / Rachel F. Brem, M.D.

Call number: 7.4.41 2023

- empowering guide to understanding breast cancer detection, prevention, and treatment options.
- written by two top doctors in the field - a breast radiologist and a breast surgeon, who have also made the personal decisions to have mastectomies.

The Complete Guide to Breast Cancer: How to Feel Empowered and Take Control / Trisha Greenhalgh and Liz O'Riordan

Call number: 7.4.8 2018

- professor Trisha Greenhalgh, an academic GP, and Dr Liz O'Riordan, a Consultant Breast Cancer Surgeon, are not only outstanding doctors, but they have also experienced breast cancer first-hand.

The Complete Guide to Breast Reconstruction: Choosing the Best Options After Your Mastectomy / Kathy Steligo

Call number: 7.4.40 2023

- provides comprehensive coverage of all aspects associated with breast reconstruction options.

Websites

American Cancer Society – Surgery for Breast Cancer

<https://www.cancer.org/cancer/types/breast-cancer/treatment/surgery-for-breast-cancer.html>

- overview of different surgical procedures.
- illustrations, list of questions to ask the healthcare team, recovery, etc.



Breastcancer.org – Surgery

<http://www.breastcancer.org/treatment/surgery>

- surgical procedures including lumpectomy, mastectomy, lymph node removal, reconstruction, and more.



Breastcancer.org – Types of Breast Reconstruction

<http://www.breastcancer.org/treatment/surgery/reconstruction/types>

- reconstruction procedures including flap, implant, reasons for considering options, tattooing, etc.



Canadian Breast Cancer Network – Breast Reconstruction

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

- includes sections on why to have reconstruction, types, nipple reconstruction, and questions to ask.



Canadian Breast Cancer Network – Surgery

<https://www.cbcn.ca/en/surgery>

- describes four different types of surgery.



Canadian Cancer Society – Surgery for Breast Cancer

<https://cancer.ca/en/cancer-information/cancer-types/breast/treatment/surgery>

- describes breast-conserving surgery, mastectomy, modified radical mastectomy, lymph node surgery, and more.



My Reconstruction

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

- site developed for women who are choosing reconstruction through Toronto's University Health Network
- general information about breast reconstruction options, what to expect post-surgery, frequently asked questions, etc.



Susan G. Komen – Breast Reconstruction

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

- U.S.-based website
- explores various aspects of reconstruction such as timing, benefits, different types of reconstruction/surgery, challenges, and more.

