

Pathfinder Series: Life after Breast Cancer

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

Books

Beyond Breast Cancer: A Mayo Clinic Guide to Healing & Wellness / Tufia C. Haddad and Kathryn J. Ruddy.

Call number: 7.4.32 2023

- Covers a range of topics to support your holistic well-being, cope with lingering treatment effects, address sexual health, and more.
- Includes a chapter especially for partners and caregivers.

Celebrating Life Decades After Breast Cancer: 40 Women Share Stories of Surviving Twenty to Fifty Years After Diagnosis / Beverly McKee.

Call number: 7.4.31 2015

- McKee is a mental health therapist and Stage III breast cancer survivor.
- Collection of stories after planning a party set for forty years in the future from the date of her own diagnosis.

Intimacy After Breast Cancer: Dealing With Your Body, Relationships and Sex / Gina M. Maisano.

Call number: 5.12.12 2010

- Ways to deal with the emotional and physical scars in order to regain confidence and self-esteem.
- How to rediscover sexuality after breast cancer.

Living Well Beyond Breast Cancer: a Survivor's Guide for When Treatment Ends and the Rest of Your Life Begins / Marisa C. Weiss and Ellen Weiss.

Call number: 7.4.13 2010

- Addresses many of the questions women who are post-treatment ask.
- Touches on topics such as how to deal with hair loss, weight gain, finding online support groups and understanding healthy foods and supplements.

What the F*ck Just Happened?: A Survivors Guide to Life After Breast Cancer / Jen Rozenbaum.

Call number: 5.6.9 2020

- Guide on how to get back to a "normal" feeling way of life after surviving breast cancer.
- Addresses topics such as fear of cancer returning, intimacy and feeling comfortable in one's own skin and enjoying life.

Websites

Breast Cancer Now – Living With and Beyond Breast Cancer

<https://www.breastcancercare.org.uk/information-support/facing-breast-cancer/living-beyond-breast-cancer>

- Information and support for people affected by breast cancer.
- Focus on body, relationships, coping emotionally and fertility.



Canadian Cancer Society – Life After Cancer Treatment

<https://cancer.ca/en/cancer-information/resources/publications/life-after-cancer-treatment>

- Booklet for survivors of any type of cancer.
- Helps you understand your feelings post-treatment – including fears of recurrence – and offers tips on heading back to work, coping with stress, and more.



Johns Hopkins Medicine – The Breast Cancer Survivorship Program

<https://www.hopkinsmedicine.org/kimmel-cancer-center/cancers-we-treat/breast-gynecologic-malignancies-group/treatment-and-services/survivorship>

- Videos on topics relevant to breast cancer survivors.
- The role of integrative medicine in post-treatment care, nutrition and healthy eating, keys to sexual wellness, and more.



Living Beyond Breast Cancer

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

- Comprehensive site for breast cancer survivors, dedicated to helping women move past cancer treatment and into healthy survivorship.
- Message boards, publications – both print and multimedia – a blog, educational programs, and a newsletter.



National Coalition for Cancer Survivorship – Living Beyond Cancer

<http://www.canceradvocacy.org/resources/cancer-survival-toolbox/special-topics/living-beyond-cancer/>

- Discusses a number of important issues that are specific to life beyond the diagnosis and initial treatment of cancer.
- Cancer Survival Toolbox podcast episodes discuss topics such as living with aftereffects, intimacy and sexuality, emotional aspects of cancer, and more.

