

Pathfinder series: Breast Cancer

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

Books

100 Questions & Answers about Metastatic Breast Cancer / Lillie Shockney
Call number: 7.4.3 2022

- authoritative information regarding breast cancer and its treatments.
- both doctor and patient perspectives.

Beyond Breast Cancer: A Mayo Clinic Guide to Healing & Wellness / Tufia C. Haddad, M.D., and Kathryn J. Ruddy, M.D.
Call number: 7.4.18 2023

- supportive, practical guide to life after diagnosis and initial treatment for breast cancer.
- insights on how to navigate this new phase, including monitoring for signs of recurrence, optimizing diet, and much more.

No Longer Radical: Understanding Mastectomies and Choosing the Breast Cancer Care that's Right for You / Rachel F. Brem, M.D., and Christy B. Teal, M.D.
Call number: 7.4.41 2023

- life-saving and empowering guide to understanding breast cancer detection, prevention, and treatment options.
- how to evaluate treatment options for every age, what recovery really looks like, and more.

Not the Breast Year of my Life: Finding Hope and Resilience After a Breast Cancer Diagnosis / Cara Sapida
Call number: 5.4.6 2023

- author draws on her own personal experience with breast cancer to deliver an encouraging and hopeful story of healing and empowerment.

The Complete Guide to Breast Reconstruction: Choosing the Best Options After your Mastectomy / Kathy Steligo
Call number: 7.4.40.2023

- comprehensive coverage of all aspects associated with breast reconstruction options.
- benefits and limitations of traditional versus advanced procedures, pros and cons of saline and silicone breast implants, and more.

Websites

BC Cancer Agency: Breast Cancer

<http://www.bccancer.bc.ca/health-info/types-of-cancer/breast-cancer>

- comprehensive and straight forward guide to a breast cancer diagnosis.
- links to other useful websites, videos and other multimedia resources.



Breastcancer.org <http://www.breastcancer.org/>

- dedicated to providing the most reliable, complete, and up-to-date information about breast cancer.
- active online community, virtual support groups, discussion forums, a podcast, videos, and more.



Canadian Breast Cancer Network <http://www.cbcn.ca/>

- news, events, and information for different types of patients and different types of breast cancer
- newly diagnosed guides, videos, factsheets, educational events.
- information for young women, senior women, those with metastatic cancer, and more.
- surgery guide, financial navigator, and searchable breast cancer drug database.



Canadian Cancer Society – What is breast cancer?

<http://www.cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/?region=on>

- detailed overview of breast cancer – types, treatments, grading and staging, supportive care information, and much more.
- breast cancer in men, breast calcifications, and more.



Living Beyond Breast Cancer <http://www.lbbc.org/>

- U.S.-based site with online support groups, downloads, podcasts, and news.
- information for the newly diagnosed, triple-negative breast cancer, men with breast cancer, and more.



McGill University Health Centre (MUHC) Patient Education Guides – Breast Cancer

<http://www.muhcpatienteducation.ca/cancer-guides/find-a-cancer/breast-cancer.html?parentID=300§ionID=305>

- what cancer is, how it is treated, what other effects it can have on the body (fertility, menopause, etc.) and more.

