



2021
EDITION

CANCER

QUALITY HEALTH RELATED INFORMATION CAREFULLY SELECTED BY YOUR LIBRARIES

 **Biblio-
Santé**



Better informed to live better.

ABOUT

Biblio-Santé is a program of the Quebec Public Library Association. The ABPQ is made up of more than 179 member municipalities and corporations, for a total of over 317 autonomous libraries. Biblio-Aidants is available in more than 780 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

ACKNOWLEDGMENTS

Biblio-Santé is an initiative of the Charlemagne, L'Assomption and Repentigny libraries that was started under the name Biblio-Aidants. The Quebec Public Library Association would like to thank these three cities for allowing it to extend the program to the rest of Quebec by transferring the copyright.

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You will find all of the Biblio-Santé booklets and additional information.

The information provided does not replace a diagnosis or medical examination by a physician or qualified health professional. The content of this booklet was verified in the spring of 2021 and will be updated on an annual basis.

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HOW DO WE SELECT THE INFORMATION?

Each document for inclusion in the Biblio-Santé thematic booklets is evaluated with impartiality, based on Librarianship practices in place in public libraries, using various general selection criteria.

First, the booklets are carefully designed to primarily meet the needs and interests of health system users and caregivers. Every title is evaluated according to relevance and quality of its content for the general public, in the Quebec context. If of equal value, Quebec materials are always preferred. The credibility and reputation of the author, creator, illustrator, publisher or producer are also of great importance. Furthermore, special attention is given to the timeliness and long-term relevance of the subject as well as the accuracy of the information.

With regard to documentaries, works by health professionals (doctors, nurses, occupational therapists, psychologists, etc.) are given preference. However, titles based on lay or experiential knowledge are not rejected outright, especially those involving support by a caregiver.

Finally, each thematic booklet is considered as a whole in order to respect the diversity of the topics covered and allow for a balanced presentation of viewpoints. For more information on the selection criteria for Biblio-Santé, please visit bibliosante.ca/criteria



CAREGIVERS

CAREGIVERS BOOKLET

This booklet is complementary to all booklets of the Biblio-Santé Program. It highlights useful resources to support caregivers.

OTHER BOOKLETS AVAILABLE



**ALZHEIMER'S
DISEASE**



**AUTISM SPECTRUM
DISORDER**



BEREAVEMENT



CANCER



DIABETES



**END-OF-LIFE
CARE**



**HEART DISEASE
AND STROKE**



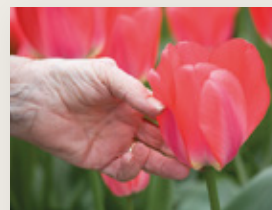
**INTELLECTUAL
DISABILITY**



**MENTAL
HEALTH**



**MULTIPLE
SCLEROSIS**



**PARKINSON'S
DISEASE**



**PHYSICAL
DISABILITY**



**PULMONARY
DISEASE**



**SENIORS
AND AGING**

RESOURCE DIRECTORY

ORGANIZATIONS AND ASSOCIATIONS

CANADIAN BREAST CANCER NETWORK

Phone 613 230-3044
Toll free 1 800 685-8820
Website www.cbcn.ca/en/

The mission of the The Canadian Breast Cancer Network (CBCN) is to voice the views and concerns of breast cancer patients through education, advocacy activities, and the promotion of information sharing.

CANADIAN CANCER SOCIETY (QUEBEC DIVISION)

Phone 514 255-5151
Toll free 1 888 939-3333
Website www.cancer.ca/en

The Society focuses its activities on research, defending public interest, prevention, information and support. Monday to Friday, you can reach their information service at 1 888 939-3333, where specialists are available to answer your questions about cancer, treatments and any concerns you may have about the disease. They can also refer you to personalize support services offered by the Canadian Cancer Society, such as the telephone support line and various support groups.

CANCER CHAT CANADA AT DE SOUZA INSTITUTE

Toll free 1 844 725-2476
Website <https://cancerchat.desouzainstitute.com>

Cancer Chat groups are open to patients living anywhere in Canada who are undergoing cancer treatment or living with cancer-related challenges after treatment. Groups are also available for family members or friends caring for someone with cancer. These groups meet once a week for 90 minutes, for about 8 to 10 weeks, in a live “chat” room on the Internet. You can register for upcoming groups by completing our online registration form.

CANCERFIGHT CLUB

Phone 514 340-3616, extension 215
Website www.cancerfightclub.com

The CancerFightClub community offers an inclusive, supportive, welcoming environment with age-appropriate, relevant and timely resources for young adults (18-39) living with cancer and their supporters. The program features a variety of social, recreational and educational activities in the community and at Lou's House – Hope & Cope's Wellness Centre.

CANCER RESEARCH SOCIETY

Phone 514 861-9220
Toll free 1 888 766-2262
Website www.societederecherchesurlecancer.ca/en

The Cancer Research Society is a national non-profit organization whose mission is to fund research on all types of cancer. On the organization's website, you will find a wealth of information on different types of cancer, risk factors, diagnosis, treatment, etc.

CEDARS CANSUPPORT RESOURCE CENTRE

Phone 514 934-1934, extension 31666
Website www.cansupport.ca

The Cedars CanSupport Resource Centre offers patients, parents, and family members a wide range of resources on cancer. Professional staff and volunteers are present to answer your questions, help you choose books, and connect you with support groups and workshops, offer you wigs and head coverings, and other resources to meet your needs.

COLORECTAL CANCER ASSOCIATION OF CANADA

Phone 514 875-7746
Toll free 1 877 502-6566
Website www.colorectalcancercanada.com

The Colorectal Cancer Association of Canada offers support to patients and their families, in addition to implementing actions to raise awareness in the public. On the website, you will find information on all aspects of the disease.

L'APPUI POUR LES PROCHES AIDANTS

Toll free 1 855 852-7784
Website www.lappui.org/en

The 17 regional Appui offices offer a professional helpline as well as support and reference services tailored to the needs of caregivers serving seniors. Each region provides information, training and respite services. The goal of the Caregiver Support hotline is to provide caregiver support, help you through the different steps, and offer guidance on resources available in your community. The website also includes a directory in which you can search by region and type of need required (respite, psychosocial support, etc.).

LEUCAN

Phone 514 731-2667
Toll free 1 800 361-9643
Website www.leucan.qc.ca/en/

Leucan helps children suffering from cancer and their families. On the website, under the tab “Find Help”, you will find information on the financial assistance program and all the family support services offered.

LOOK GOOD FEEL BETTER

Phone 514 549-5132
Toll free 1 800 914-5665
Website <https://lgfb.ca/en/>

This program helps women going through cancer treatment to look to the future with more confidence by giving them tools to deal with the effects of cancer not only on their appearance, but also on their state of mind. Their main activity is a free two-hour hands-on workshop helping women affected by cancer and cancer treatment to look better and feel better. Visit the website for the workshop schedule in your area. This program is supported by the Canadian Cosmetic, Toiletry and Fragrance Association Foundation.

OVARIAN CANCER CANADA

Toll free 1 877 413-7970, extension 331
Website <https://ovariancanada.org>

Ovarian Cancer Canada offers support to women living with ovarian cancer and their families. The organization addresses different aspects of the disease, runs support groups and offers online conferences and webinars.

QUEBEC BREAST CANCER FOUNDATION

Phone 514 871-1717
Toll free 1 877 990-7171
Website <https://rubanrose.org/en>

The Quebec Breast Cancer Foundation (QBCF) website provides information on detection, diagnosis and treatment of breast cancer. The Foundation also provides assistance through a telephone support line, a financial assistance program and yoga classes.

Support and Information Service

Phone 514 871-1717, extension 250
Toll free 1 877 990-7171, extension 250

The QBCF offers support by phone and email. The support service is confidential and the attendants are available to listen to you and give you information on resources targeted to your specific needs that are available in your area. The support line is available Monday to Friday, from 9 a.m. to 5 p.m., in French and English.

QUEBEC CANCER FOUNDATION

Toll free 1 800 363-0063
Website <https://fqc.qc.ca/en>

Present in Montreal, Quebec, Sherbrooke, Gatineau and Trois-Rivières, the Foundation offers accommodation, information and counseling to persons living with cancer and their relatives. Depending on the area where you live, the Foundation provides phone twinning programs, support groups and accommodation close to major hospitals for the duration of your treatments.

Info-Cancer Hotline

Toll free 1 800 363-0063

Monday to Friday, from 9 a.m. to 5 p.m. Just a phone call away, a specialized nurse is there to listen to your concerns, provide you with free, confidential information on all aspects of cancer, and guide you to the resources available in your area.

REGROUPEMENT DES AIDANTS NATURELS DU QUÉBEC (RANQ)

Phone 514 524-1959
Website www.ranq.qc.ca/en/

The Regroupement des aidants naturels du Québec (RANQ) includes about 111 organizations and associations providing direct services to Quebec caregivers: volunteer centres, caregivers regional groups, etc. A complete list of organizations by region can be found on the website of the Regroupement.

INTERNET RESOURCES

A few tips for critically assessing information found on the Internet

THE SOURCE OF THE INFORMATION (AUTHOR OR AUTHORS)

- Who created the site?
- Is it possible to obtain information about the author or the owner of the site?
- Is it a government or university site or one belonging to a recognized organization?

THE QUALITY OF THE INFORMATION SOURCE

- What is the objective (to inform or sell)?
- Are the sources referenced?
- Are there links to similar sources (to verify the accuracy and objectivity of the information)?
- How frequently is the information updated?

Keep an eye open! Information is shared very quickly, and false news travel just as fast. We should not always rely on content shared online, especially on social networks. You may find articles in which the information is false or exaggerated. It is therefore important to check the quality of information before you believe it and share it.

13THIRTY – AYA CANCER

www.13thirty.org/aya-cancer

Resources on how to deal with cancer, how to deal with others, and living with cancer for teens and young adults.

ABOUT KIDS HEALTH – LEUKEMIA LEARNING HUB

<https://www.aboutkidshealth.ca/leukemia>

The content in this resource centre has been organized to follow the natural course of leukemia. It helps you understand symptoms, diagnosis, and treatment. It also talks about challenges you may face while caring for your child during treatment. Finally, it discusses many of the late-term outcomes of leukemia treatment.

AMERICAN CANCER SOCIETY – CHILDHOOD CANCER

www.cancer.org/latest-news/special-coverage/how-acf-fights-childhood-cancer.html

Discusses the differences between cancers in adults and children, key statistics for childhood cancers, cancers that develop in children, risk factors and causes of childhood cancer, and much more.

AMERICAN SOCIETY OF CLINICAL ONCOLOGY – CARING FOR A LOVED ONE

www.cancer.net/coping-with-cancer/caring-loved-one/being-caregiver

This page defines the role of those who provide care to someone with cancer and the potential challenges they face.

BRAIN TUMOUR FOUNDATION OF CANADA

www.braintumour.ca

The Canadian Brain Tumor Foundation website provides information and resources for patients, caregivers, volunteers and health professionals. It offers the possibility of obtaining resources on the subject free of charge.

CANADIAN CANCER SOCIETY (QUEBEC DIVISION)

Canadian Cancer Society's Publications

www.cancer.ca/en/support-and-services/resources/publications/?region=qc

This section contains all the publications of the Canadian Cancer Society. You can download or order different brochures on a variety of topics.

Community Services Locator

<http://csl.cancer.ca/en>

In this directory, you can find out which services are available in your area: accommodation, financial assistance, equipment loans, support groups, etc.

CancerConnection.ca

www.cancerconnection.ca

CancerConnection.ca is an online community of the Canadian Cancer Society. This site enables people affected by cancer – persons with cancer and their caregivers – to share personal experiences and insights.

CANADIAN CAREGIVER NETWORK

<https://thecaregivernetwork.ca>

The Canadian Caregiver Network mission is to bring caregivers together to share their experiences. With Huddol, their social platform dedicated to caregivers, you can join a community committed to your well-being where you can exchange with professionals and others like you.

CANADIAN PARTNERSHIP AGAINST CANCER

<https://www.partnershipagainstcancer.ca/>

Connects Canadians to online services, information and resources on cancer prevention, screening, treatment and research.

CANCER AND WORK

www.cancerandwork.ca

Addresses the needs of cancer survivors with returning, remaining, changing work or looking for work after a diagnosis of cancer. The website provides information, resources, and interactive tools for cancer survivors, healthcare providers, employers, and highlights helpful information from across the globe.

FERTILE FUTURE – CANCER AND FERTILITY: A GUIDE FOR YOUNG ADULTS

<http://fertilefuture.ca/cancer-and-fertility-a-guide-for-young-adults/>

Learn about cancer treatments that may affect your fertility and explore fertility preservation options for both men and women.

GOUVERNEMENT DU QUÉBEC

Breast Cancer Screening

www.quebec.ca/en/health/advice-and-prevention/screening-and-carrier-testing-offer/breast-cancer-screening

This sheet provides information on screening mammography (recommended for breast cancer screening in Quebec), breast self-examination and clinical breast examination.

Cervical Cancer

www.quebec.ca/en/health/health-issues/cancer/cervical-cancer/

This fact sheet provides information on protective and preventive measures for cervical cancer. It defines the human papilloma virus (HPV) and explains what lesions precancerous which can appear on the cervix are.

Colorectal Cancer Screening

www.quebec.ca/en/health/advice-and-prevention/screening-and-carrier-testing-offer/colorectal-cancer-screening/

This fact sheet provides information on colorectal cancer screening methods, people at risk, and presents the advantages and limits of screening tests.

Québec Breast Cancer Screening Program

www.quebec.ca/en/health/advice-and-prevention/screening-and-carrier-testing-offer/quebec-breast-cancer-screening-program/

This fact sheet describes the Quebec Breast Cancer Screening Program (PQDCS) and provides information on eligibility criteria, cost, approach and regional resources to consult if needed.

HEALTH CANADA – CANCER

www.canada.ca/en/health-canada/services/health-concerns/diseases-conditions/cancer.html

Find information on the different types of cancer and the risk factors.

KIDSHEALTH – CANCER CENTER

<http://kidshealth.org/en/kids/center/cancer-center.html?WT.ac=ctg>

Information on cancer basics, treatment and prevention, dealing with feelings, diagnostic tests, how the body works, and more.

NATIONAL CANCER INSTITUTE – PATIENT EDUCATION PUBLICATIONS

www.cancer.gov/publications/patient-education

Booklets for patients, families, and caregivers on cancer, coping, treatments and side effects, and more.

NATIONAL COMPREHENSIVE CANCER NETWORK – NCCN GUIDELINES FOR PATIENTS

www.nccn.org/patients/guidelines/cancers.aspx

Guides for patients and caregivers on various cancer types.

NOURISH – CANCER & NUTRITION

www.nourishonline.ca/ctan/

Offers information relating to nutrition and cancer. Find answers to common questions about diet and nutrition during treatment, suggestions to manage common cancer treatment-related symptoms, advice on how to manage eating-related difficulties and easy recipes for nutritious foods.

OVARIAN CANCER CANADA

Support Resources

<http://ovariancanada.org/living-with-ovarian-cancer/support-resources>

Ovarian Cancer Canada offers publications to women living with the disease. These can be ordered online directly on the website.

Webinar Series

<https://ovariancanada.org/Living-with-Ovarian-Cancer/Webinar-Series>

Ovarian Cancer Canada holds webinars on a wide range of topics for women living with ovarian cancer and their families. The one hour-long webinars are offered free of charge.

QUEBEC CANCER FOUNDATION

Info-Cancer Library

<https://fqc.qc.ca/en/need-help/support-and-information/info-cancer-library>

The Foundation has a wealth of information resources on a variety of cancer-related topics tailored to the specific needs of people with cancer and their loved ones. The material is free to borrow from the Info-Cancer Library.

REGROUPEMENT DES AIDANTS NATURELS DU QUÉBEC (RANQ)

Taking care of yourself... while taking care of your loved one

<http://ranq.qc.ca/wp-content/uploads/2014/02/GuideLavalanglais.pdf>

REVENU QUÉBEC – TAX CREDITS

This site provides information on different tax credits and on financial support.

Amount for a severe and prolonged impairment in mental or physical functions

<https://www.revenuquebec.ca/en/citizens/tax-credits/amount-for-a-severe-and-prolonged-impairment-in-mental-or-physical-functions/>

Disabled individuals

<https://www.revenuquebec.ca/en/citizens/your-situation/disabled-individuals/>

Refundable tax credit for medical expenses

<https://www.revenuquebec.ca/en/citizens/tax-credits/refundable-tax-credit-for-medical-expenses/>

Tax credit for caregivers

<https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers/>

Work premium tax credit

<https://www.revenuquebec.ca/en/citizens/tax-credits/work-premium-tax-credits/>

HEALTH INFORMATION PORTALS

Sources offering reliable and quality information about health and healthy lifestyle habits.

GOVERNMENT OF CANADA – HEALTH

www.canada.ca/en/services/health.html

Offers reliable, easy-to-understand health and safety information for Canadians.

GOVERNEMENT DU QUÉBEC – HEALTH

www.quebec.ca/en/health/

Offers simple, practical and reliable information to help manage health problems and make better use of Quebec's health services.

MAYO CLINIC

www.mayoclinic.org/patient-care-and-health-information

The Patient Care and Health Information section of the Mayo Clinic offers the general public factual, practical and objective information on disease prevention and adopting healthy lifestyle habits. With the collaboration of 3,300 physicians, scientists and researchers, this site offers quality content.

MEDLINEPLUS

www.medlineplus.gov

MedlinePlus is an authoritative resource offering detailed information on many health issues and is produced by the National Library of Medicine (Maryland, United States).

HEALTH DATABASES

Open access databases

Here is a selection of resources to help you find relevant information. **The databases below are accessible at no charge and no subscription is required.**

PUBMED CENTRAL

www.ncbi.nlm.nih.gov/pmc

PubMed Central (PMC) is a digital repository of scientific health-related articles that were submitted to a peer review process (collective activity of researchers who critically assess the work of other researchers). Articles are freely accessible.

Databases with access restricted to subscribers

Would you like to refine your search for health information? Bibliothèque et Archives nationales du Québec (BAnQ) offers remote consultation of several health databases. We have selected those aimed at a large audience. Please note that certain resources are only in English. The interface language and the language of the content of the resource are indicated at the end of each description.

In order to access the BanQ databases, you must subscribe to remote services.

To subscribe: www.banq.qc.ca/formulaires/abonnement

To view the resources available in the BAnQ digital collection, log in first using your subscriber number and password for the library.

Guides and a selection of essential resources are available to help you find your way around on the platform: <http://numerique.banq.qc.ca/apropos/debuter.html>

CONSUMER HEALTH COMPLETE

<http://numerique.banq.qc.ca/ressources/details/5278>

A database of periodicals, reference material and diverse medical sources gathered to meet the needs of users and not health professionals. It covers topics related to health, such as medicine, cancer, drugs, physical training, nutrition, child health as well as alternative medicines. Resources in several languages.

E-CPS (COMPENDIUM DES PRODUITS ET SPÉCIALITÉS PHARMACEUTIQUES EN LIGNE) / COMPENDIUM OF PHARMACEUTICALS AND SPECIALTIES ON LINE

<http://numerique.banq.qc.ca/ressources/details/6020>

This database provides access to more than 2,000 monographs of drugs, vaccines and natural products available in Canada. It contains information such as indications, contraindications, warnings, adverse reactions, drug interactions and dosage. This resource also includes directories (poison control centres, health organizations, manufacturers), a product identification tool and glossaries. Bilingual resource.

MAGILL'S MEDICAL GUIDE

<http://numerique.banq.qc.ca/ressources/details/5809>

Magill's Medical Guide gives online access to articles that are easy to understand for the general public on various medical topics: diseases, disorders, treatments and preventive measures. Contains an alphabetical index on the subjects covered as well as capsules on recent developments in medical science. Interface and content in English.

SKILLSOFT BOOKS WELL-BEING ESSENTIALS

<http://numerique.banq.qc.ca/ressources/details/SOFT>

Books on health and well-being available online. This collection covers several topics, including hygiene, nutrition, stress management, work, work-life balance, relationships, family, consumption, etc.

READING SUGGESTIONS

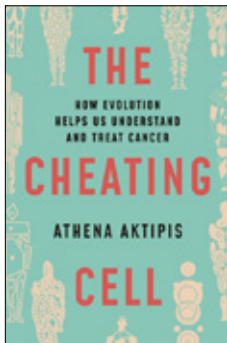
YOUR LIBRARY DOESN'T
HAVE THE BOOK THAT YOU
ARE LOOKING FOR?

LEARN ABOUT THE
LOAN SERVICE BETWEEN LIBRARIES.

YOUR LIBRARY CAN THEN OBTAIN
THE DOCUMENT YOU WOULD LIKE
FROM ANOTHER LIBRARY.

NON-FICTION

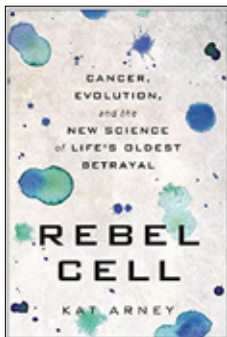
General works



THE CHEATING CELL: HOW EVOLUTION HELPS US UNDERSTAND AND TREAT CANCER

Athena Aktipis. Princeton: Princeton University Press, 2020, 256 p.

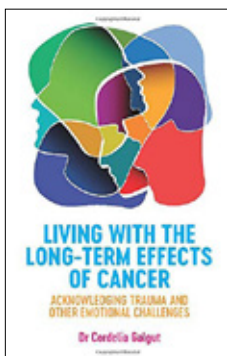
When we think of the forces driving cancer, we don't necessarily think of evolution. But evolution and cancer are closely linked, for the historical processes that created life also created cancer. *The Cheating Cell* delves into this extraordinary relationship, and shows that by understanding cancer's evolutionary origins, researchers can come up with more effective, revolutionary treatments.



REBEL CELL: CANCER, EVOLUTION, AND THE NEW SCIENCE OF LIFE'S OLDEST BETRAYAL

Kat Arney. Dallas, Texas: Benbella Books, 2020, 398 p.

Rebel Cell is a story about life and death, hope and hubris, nature and nurture. It's about a new way of thinking about what this disease really is and the role it plays in human life. Above all, it's a story about where cancer came from, where it's going, and how we can stop it.



LIVING WITH THE LONG-TERM EFFECTS OF CANCER: ACKNOWLEDGING TRAUMA AND OTHER EMOTIONAL CHALLENGES

Cordelia Galgut. London: Jessica Kingsley Publishers, 2020, 206 p.

Written from a dual perspective – that of a psychologist who had breast cancer and who copes with the long-term effects of treatment – the book contests the assumption that the afflicted person will simply 'get better' or 'move through' to a better situation. Emotional and physical side-effects can worsen over time and people living beyond or with cancer often endure a mismatch between expectations and reality, because they have been told that life would be easier than it actually is. This can leave both those suffering longer term and those close to them confused and unprepared.



UNDERSTANDING CANCER

Holly Duhig. New York: PowerKids Press, 2019, 32 p.

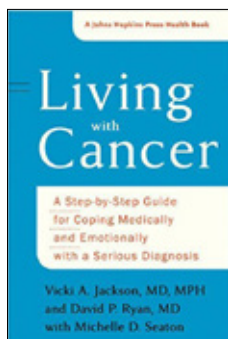
Cancer is a group of diseases in which abnormal cells divide and spread. There are many different kinds of cancer, and different forms of treatment. Cancer is very scary, and can be very difficult to handle physically, emotionally, and mentally. Learning about how cancer affects the body and how it can be treated can help readers who know someone with cancer, or who have cancer themselves. This book can help readers understand complex medical terms and processes through straightforward text. Full-color photographs and fact boxes highlight important information.



A BEGINNER'S GUIDE TO TARGETED CANCER TREATMENTS

Elaine Vickers. Hoboken: Wiley, 2018, 360 p.

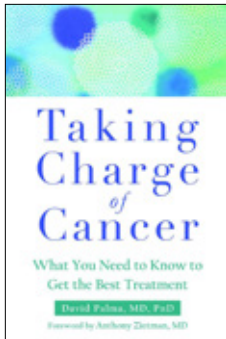
Using over 100 original illustrations, this accessible handbook covers the biology and mechanisms behind a huge range of targeted drug treatments, including many new immunotherapies. Dr Vickers translates a complex and often overwhelming topic into something digestible and easily understood. She also explains what cancer is, how it behaves and how our understanding of cancer has changed in recent years.



LIVING WITH CANCER: A STEP-BY-STEP GUIDE FOR COPING MEDICALLY AND EMOTIONALLY WITH A SERIOUS DIAGNOSIS

Vicki A. Jackson, David Ryan and Michelle D. Seaton. Baltimore: Johns Hopkins University Press, 2017, 351 p.

A resource for cancer patients and their caregivers shares relatable patient stories along with tips on how to ask the right questions to receive the proper care while continuing to living the best life possible.



TAKING CHARGE OF CANCER: WHAT YOU NEED TO KNOW TO GET THE BEST TREATMENT

David Palma. Oakland: New Harbinger Publications, Inc., 2017, 255 p.

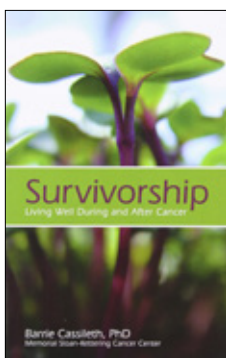
Receiving a cancer diagnosis can be terrifying, and the first thing you probably want to know is: How am I going to survive this? Cancer care requires decisions from numerous professionals, delivering treatments that are potentially life-saving, but also potentially dangerous and life-threatening. The chances of cure and survival for any given patient depend on the expertise of the cancer team, and whether procedures are in place to ensure that cancer care is delivered properly. So, how can you make sure you choose the right treatment team and ensure the best chances of survival and long-term health after being diagnosed with cancer?



HOW TO HELP YOUR FRIEND WITH CANCER

Colleen Dolan Fullbright. Atlanta: American Cancer Society/Health Promotion, 2015, 99 p.

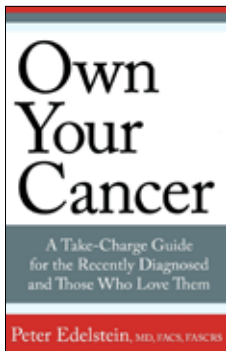
This book contains suggestions for expressing concern and helping in practical ways throughout a friend's cancer experience, from diagnosis, through treatment, and after active treatment. It also provides insight into a friend's cancer experience in each part of the journey. For example: What is a source of anxiety for many cancer patients? What does a cancer patient fear most when active treatment is over?"



SURVIVORSHIP: LIVING WELL DURING AND AFTER CANCER

Barrie R. Cassileth and Ian Yarett. Ann Arbor: Spry Publishing LLC, 2014, 215 p.

Cancer patients may have heard of using integrative medicine to complement traditional care and alleviate both short- and long-term side effects of cancer treatments, but where do they locate accurate information on acupuncture, massage, yoga, and nutritional therapies? This book will help patients separate the facts from the hype when considering complementary medicine.



OWN YOUR CANCER: A TAKE-CHARGE GUIDE FOR THE RECENTLY DIAGNOSED AND THOSE WHO LOVE THEM

Peter S. Edelstein. Guilford: Lyons Press, 2014, 253 p.

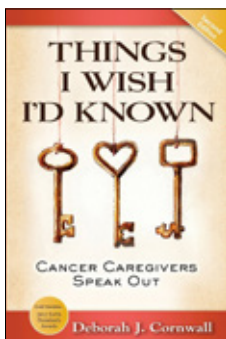
Dr. Peter Edelstein translates the challenging medical and psychological issues facing the cancer patient into lay terms, as well as outlining options for “owning” the path ahead. The result empowers patients and their loved ones to take control of their treatment regardless of cancer type or stage, to maintain their independence, and to oversee the processes which will determine their ultimate survival and quality of life.



THIS SHOULD NOT BE HAPPENING: YOUNG ADULTS WITH CANCER

Anne Katz. Pittsburgh: Hygeia Media, 2014, 250 p.

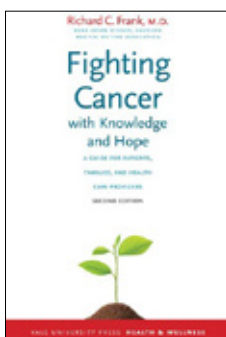
This book offers information and insight on a broad range of issues affecting young people with cancer.



THINGS I WISH I'D KNOWN: CANCER CAREGIVERS SPEAK OUT

Deborah J. Cornwall. Sarasota: Bardolf & Co., 2013, 256 p.

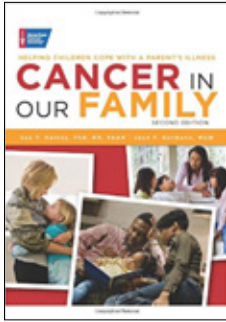
This book is the first to capture the thoughts, feelings, and insights of cancer caregivers on a large scale. Things I wish I'd known shares what 86 interviewees and dozens of others who were consulted informally wish they had known at the outset of their caregiving journeys.



FIGHTING CANCER WITH KNOWLEDGE AND HOPE A GUIDE FOR PATIENTS, FAMILIES, AND HEALTH CARE PROVIDERS

Richard Frank and Gale V. Parsons. New Haven; London: Yale University Press, 2013, 280 p.

This book features topics such as: what cancer is and how it spreads, how cancer treatment strategies are chosen, how cancer-fighting drugs work to shut down the growth of the disease, which factors affect a patient's prognosis, how patients can visualize cancer treatments at work in the body and why this is helpful, how to deal with “uncurable” cancer and more.



CANCER IN OUR FAMILY: HELPING CHILDREN COPE WITH A PARENT'S ILLNESS

Sue P. Heiney and Joan F. Hermann. Atlanta: American Cancer Society, 2013, 218 p.

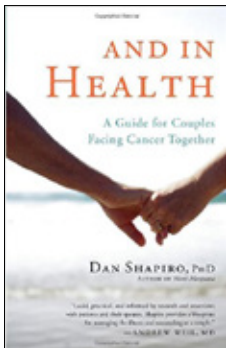
Explains to parents how to talk to children to help them cope when their mother or father is diagnosed with cancer, in a book that also has an illustrated activities section.



HOW TO COPE BETTER WHEN SOMEONE YOU LOVE HAS CANCER

William Penzer. Plantation: Esperance Press, 2013, 239 p.

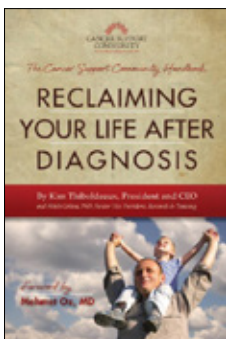
Dr. William Penzer, a psychologist, found himself falling on his emotional face when his 31-year-old daughter was diagnosed with breast cancer. Despite having helped thousands of people navigate the challenging demands life often imposes, he was drowning in a sea of his own emotions. In this book, he shares secrets of surviving in “Cancerville” and helping people take better care of themselves.



AND IN HEALTH: A GUIDE FOR COUPLES FACING CANCER TOGETHER

Dan Shapiro. Boston: Trumpeter, 2013, 233 p.

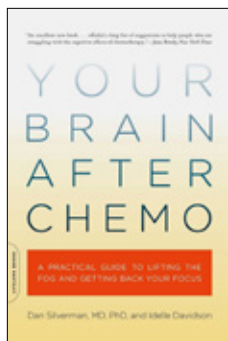
Here are engaging and digestible lessons for couples navigating the life changes brought about by a cancer diagnosis. Dan Shapiro draws on his more than twenty-five years of clinical work as a health psychologist who has researched and worked with couples facing cancer, and on his own experiences of being both the patient (having and beating Hodgkin’s lymphoma in his twenties) and the supporter/advocate (when his wife was diagnosed with breast cancer) to weave together insights on facing cancer while maintaining a strong relationship.



RECLAIMING YOUR LIFE AFTER DIAGNOSIS: THE CANCER SUPPORT COMMUNITY HANDBOOK

Kim Thiboldeaux, Mitch Golant and Cancer Support Community. Dallas: BenBella Books, 2012, 288 p.

Offers cancer survivors strategies and advice to help them address their physical, emotional, social, and practical needs while undergoing treatment, with first-person accounts in which other cancer survivors share their tips for survival.

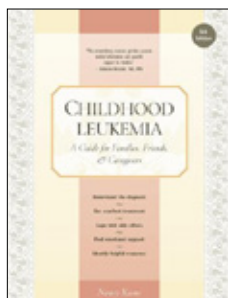


YOUR BRAIN AFTER CHEMO: A PRACTICAL GUIDE TO LIFTING THE FOG AND GETTING BACK YOUR FOCUS

Dan Silverman and Idelle Davidson. Cambridge: Da Capo Lifelong Books, 2010, 304 p.

Chemotherapy saves lives, but studies reveal that the agents used to kill cancer cells may also impair normal brain function. Even years after treatment, people report problems with memory, concentration, multitasking, and word retrieval. With its invaluable strategies and straightforward nine-step program specifically tailored to re-energizing the brain, *Your Brain After Chemo* gives patients the coping skills to move on with their lives.

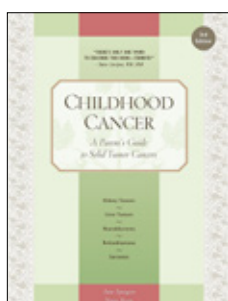
Cancer in children and adolescents



CHILDHOOD LEUKEMIA: A GUIDE FOR FAMILIES, FRIENDS & CAREGIVERS

Nancy Keene. Bellingham: Childhood Cancer Guides, 2018, 476 p.

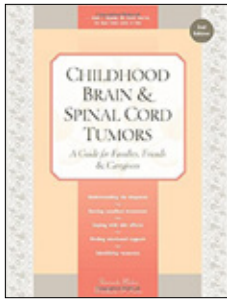
Parents who read this book will find understandable medical information and emotional support. This book contains the information and support parents need during this difficult time, including: new treatments such as immunotherapy, tailoring drugs dosages to children's genetic profiles, ways to deal with side effects, advice on how to cope with procedures, hospitalization, school, family, and financial issues, and more.



CHILDHOOD CANCER: A PARENT'S GUIDE TO SOLID TUMOR CANCERS

Anne Spurgeon and Nancy Keene. Bellingham: Childhood Cancer Guides, 2016, 549 p.

This book contains information for families on the newest treatments, such as computer-assisted surgery, tandem stem cell transplants, and targeted therapies as well as practical advice about how to cope with diagnosis, medical procedures, hospitalization, school, and finances. Woven throughout the text are true stories from more than 100 children with cancer, their siblings, and their parents.



CHILDHOOD BRAIN & SPINAL CORD TUMORS: A GUIDE FOR FAMILIES, FRIENDS & CAREGIVERS

Tania Shiminski-Maher, Catherine Woodman and Nancy Keene. Bellingham: Childhood Cancer Guides, 2014, 560 p.

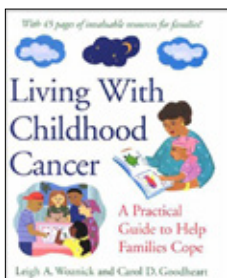
This comprehensive parent guide covers medulloblastoma, astrocytoma, primitive neuroectodermal tumors (PNET), brainstem gliomas, hypothalamic gliomas, atypical teratoid/rhabdoid tumor (AT/RT), ependymomas, craniopharyngiomas, germ cell tumors, and choroid plexis tumors. It contains essential information that families and friends need during this difficult time, including how to understand the diagnosis, get excellent treatment, cope with side effects, find emotional support, and identify helpful resources. Woven throughout the text are true stories from more than 120 children with brain or spinal cord tumors, their siblings, and their parents.



PEDIATRIC BRAIN TUMOUR: HANDBOOK

Brain Tumour Foundation of Canada. London: Brain Tumour Foundation of Canada, 2012, 305 p.

This resource aims to provide comprehensive and easy-to-read information about the disease, including brain tumour types, treatment options and what to expect after a diagnosis. The information also addresses some of the questions and concerns you may have about your child being diagnosed with a brain tumour, and helps raise awareness about the disease, providing education for family members, friends and health care professionals.

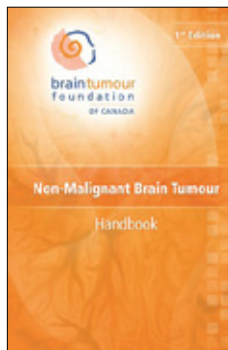


LIVING WITH CHILDHOOD CANCER: A PRACTICAL GUIDE TO HELP FAMILIES COPE

Leigh A. Woznick and Carol D. Goodheart. Washington: American Psychological Association, 2002, 359 p.

This book, written by a mother-daughter team, provides practical advice to families with children living with cancer.

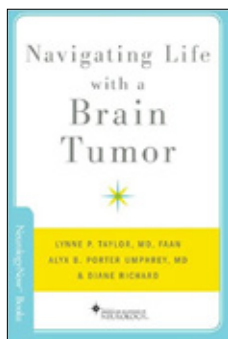
Brain and nervous system cancers



NAVIGATING LIFE WITH A BRAIN TUMOR NON-MALIGNANT BRAIN TUMOUR HANDBOOK: FOR PEOPLE DIAGNOSED WITH NON-MALIGNANT OR LOW-GRADE BRAIN TUMOURS

Brain Tumour Foundation of Canada. London: Brain Tumour Foundation of Canada, 2014, 52 p.

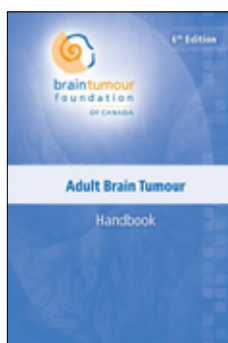
This handbook aims to diminish the misconception that non-malignant or “benign” brain tumours do not alter the lives of those affected.



NAVIGATING LIFE WITH A BRAIN TUMOR

Lynne P. Taylor, Alyx B. Porter Umphrey and Diane Richard. New York: Oxford University Press, 2013, 211 p.

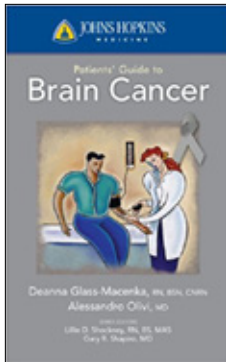
This book discusses the basics of brain tumors, types of tumors, management of different tumors, related symptoms, treatments and side effects, the role of medical team members, and coping strategies from initial diagnosis throughout the course of the illness. At the same time, it also offers practical suggestions on symptom management and lifestyle modification, as well as real-life anecdotes and advice from both patients and family members and friends who are experiencing this diagnosis.



ADULT BRAIN TUMOUR

Brain Tumour Foundation of Canada. London: Brain Tumour Foundation of Canada, 2012, 296 p.

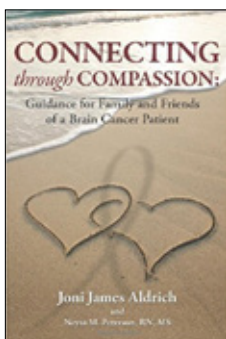
This handbook provides an overview of the brain and how it functions, explains the types of brain tumours, provides an overview of current treatments and medications, what to expect at the hospital and at home, and much more.



JOHNS HOPKINS MEDICINE PATIENTS' GUIDE TO BRAIN CANCER

Deanna Glass-Macenka and Alessandro Olivi. Sudbury: Jones & Bartlett Learning, 2012, 187 p.

This guide puts you on a path to wellness by explaining glioma brain tumor treatment from start to finish. It guides you through the overwhelming maze of treatment decisions, simplifies the complicated schedule that lies ahead, and provides valuable tools to help you put together your plan of care.

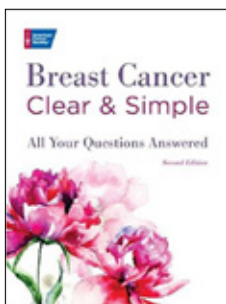


CONNECTING THROUGH COMPASSION: GUIDANCE FOR FAMILY AND FRIENDS OF A BRAIN CANCER PATIENT

Joni James Aldrich. Cancer Life Publications, 2010, 131 p.

This book discusses the challenges of living with the personality and behavior changes brain cancer brings, and offers practical tools to make the journey easier.

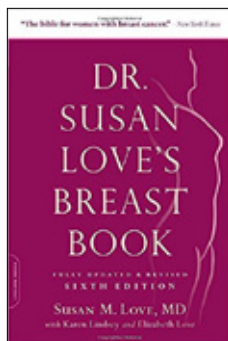
Breast cancer



BREAST CANCER CLEAR & SIMPLE: ALL YOUR QUESTIONS ANSWERED

American Cancer Society. Atlanta: American Cancer Society Health Promotions, 2016, 208 p.

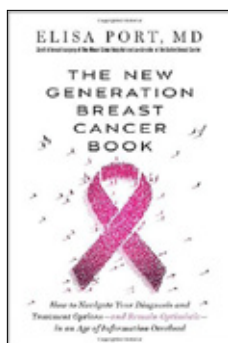
This book guides patients through the important decisions they'll need to make, from diagnosis through treatment. It helps women with breast cancer and their caregivers know what to expect, what to do, how to get through what can be an overwhelming, life-changing experience; tips for choosing the right doctor, understanding treatment choices; dealing with the effects of treatment; seeking support groups; and much more.



DR. SUSAN LOVE'S BREAST BOOK

Susan M. Love. Cambridge: Da Capo LifeLong, 2015, 690 p.

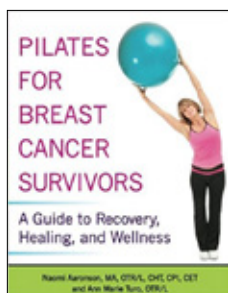
This book discusses the new genetic tests, controversies regarding screening, and what you need to know about dense breasts. Dr. Love reviews the most recent technologies, such as liquid biopsies (identifying tumor cells in blood), plus current findings on the timing of chemotherapy, male breast cancer, and exciting new immunological therapies.



THE NEW GENERATION BREAST CANCER BOOK: HOW TO NAVIGATE YOUR DIAGNOSIS AND TREATMENT OPTIONS – AND REMAIN OPTIMISTIC – IN AN AGE OF INFORMATION OVERLOAD

Elisa Port. New York: Ballantine Books, 2015, 298 p.

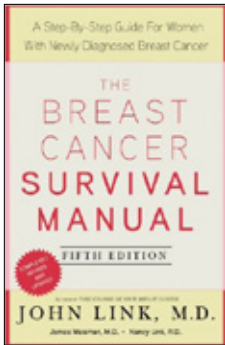
Inside you'll discover various scenarios when mammograms indicate the need for a biopsy; the questions to ask about surgery, chemotherapy, radiation, and breast reconstruction; the important things to look for when deciding where to get care; the key to deciphering complicated pathology reports and avoiding confusion; the facts on genetic testing and the breast cancer genes: BRCA-1 and BRCA-2; the best resources and advice for those supporting someone with breast cancer.



PILATES FOR BREAST CANCER SURVIVORS: A GUIDE TO RECOVERY, HEALING, AND WELLNESS

Naomi Aaronson and Ann Marie Turo. New York: Demos Health, 2014, 227 p.

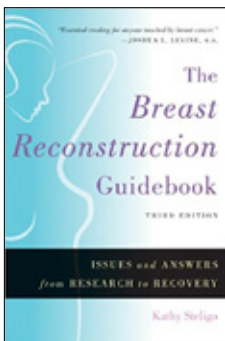
No matter where you are in treatment, what side effects you may be experiencing, or your general fitness level, Pilates is a safe and effective way to help you regain flexibility, power, and endurance while relieving treatment side effects such as lymphedema, fatigue, depression, peripheral neuropathy, osteoporosis, and upper extremity impairment.



THE BREAST CANCER SURVIVAL MANUAL: A STEP-BY-STEP GUIDE FOR WOMEN WITH NEWLY DIAGNOSED BREAST CANCER

John Link. New York: Henry Holt and Co., 2012, 206 p.

This manual includes medical advice on: Tamoxifen, Herceptin, and other chemotherapy options; the growing importance of HER2 oncogene testing; clinical research trials under way that could broaden treatment options; the role of preventive drugs and prophylactic mastectomy for those with high genetic risk; sentinel lymph node sampling, a method of local control soon to become standard. Of course, all of the basic information included in the previous editions – the nature and biology of breast cancer, choosing a treatment team, managing side effects, and optimizing medication.

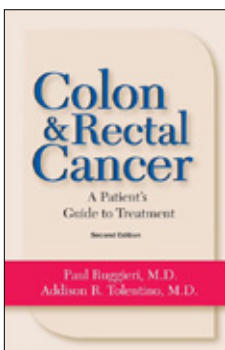


THE BREAST RECONSTRUCTION GUIDEBOOK: ISSUES AND ANSWERS FROM RESEARCH TO RECOVERY

Kathy Steligo. Baltimore: Johns Hopkins University Press, 2012, 272 p.

This resource is filled with stories that illustrate the emotional and physical components of breast reconstruction. Readers will find advice about choosing a doctor and a procedure, insurance and payment issues, how to prepare for surgery, what to expect during recovery, pros and cons of saline and silicone implants, the benefits and limitations of nipple-sparing mastectomy, and much more.

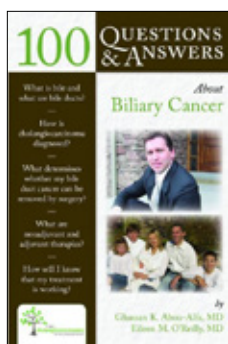
Digestive/gastrointestinal cancers



COLON & RECTAL CANCER: FROM DIAGNOSIS TO TREATMENT

Paul A. Ruggieri and Addison R. Tolentino. Omaha: Addicus Books, 2019, 136 p.

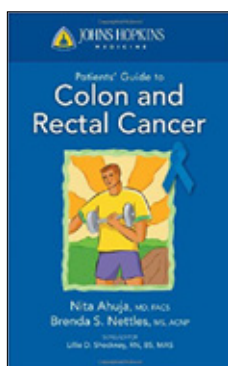
This handy, reassuring guide helps recently diagnosed patients answer pressing questions, such as: How far advanced is the disease? What tests are involved? What treatments will be recommended? This fully updated third edition is a quick, reliable reference that helps decipher confusing and intimidating medical jargon and explains the most current procedures and treatment options.



100 QUESTIONS & ANSWERS ABOUT BILIARY CANCER

Ghassan K. Abou-Alfa and Eileen M. O'Reilly. Burlington: Jones & Bartlett Learning, 2015, 136 p.

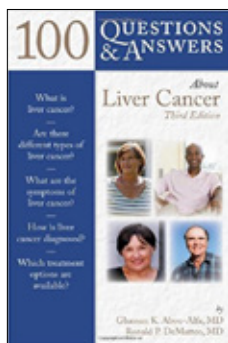
This book provides authoritative and practical answers to the most common questions asked by patients and their loved ones. Providing both doctor and patient perspectives, this guide offers the basics of biliary cancer, risk factors and prevention, diagnosis, treatment, survivorship, and life after diagnosis.



JOHNS HOPKINS PATIENTS' GUIDE TO COLON AND RECTAL CANCER

Nita Ahuja and Brenda S. Nettles. Burlington: Jones & Bartlett Learning, 2014, 166 p.

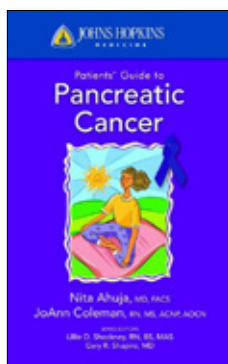
Describes treatment options for colorectal cancer from start to finish, covering meeting the treatment team, managing the side effects of treatment, communicating with family and friends, and maintaining a work-life balance.



100 QUESTIONS & ANSWERS ABOUT LIVER CANCER

Ghassan K. Abou-Alfa and Ronald DeMatteo. Burlington: Jones and Bartlett, 2012, 124 p.

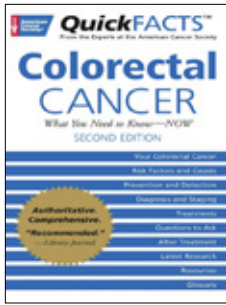
Providing both doctor and patient perspectives, this guide offers authoritative answers to the most commonly asked questions about liver cancer including diagnosis, treatment, post-treatment quality of life, and coping strategies.



JOHNS HOPKINS PATIENTS' GUIDE TO PANCREATIC CANCER

Nita Ahuja, JoAnn Coleman and Johns Hopkins Medicine. Sudbury: Jones & Bartlett Learning, 2012. 164 p.

This is a guide that puts you on a path to wellness by explaining pancreatic cancer treatments from start to finish. It guides you through the overwhelming maze of treatment decisions, simplifies the complicated schedule that lies ahead, and provides valuable tools to help you to put together your plan of care.

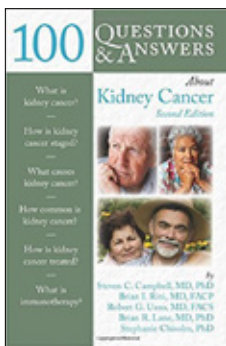


QUICKFACTS COLORECTAL CANCER

American Cancer Society. Chicago: American Cancer Society, 2012, 217 p.

This book covers everything from risk factors to living well after cancer treatment. It provides critical questions to ask your healthcare team, including the latest patient treatment guidelines and an advanced dictionary of cancer-related terms.

Genitourinary cancers

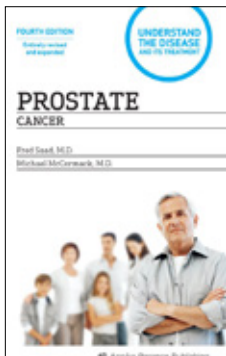


100 QUESTIONS & ANSWERS ABOUT KIDNEY CANCER

Steven C. Campbell, Brian I. Rini, Robert G. Uzzo and Kristin E. Parker.

Burlington: Jones & Bartlett Learning, 2016, 219 p.

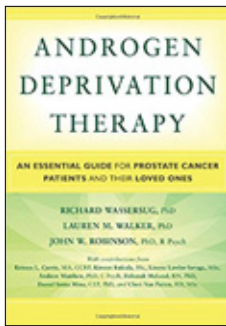
What is kidney cancer? What causes kidney cancer? How is kidney cancer treated? Along with the answers to these and other questions, this book provides information on the different types of kidney cancer, signs and symptoms, treatment options, and more.



PROSTATE CANCER

Fred Saad and Michael McCormack. Montréal: Annika Parance Publishing, 2015, 210 p.

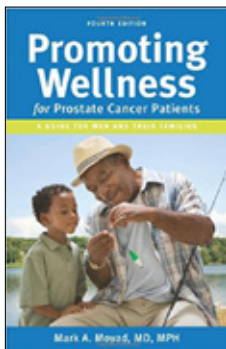
This book helps patients understand prostate cancer, including prevention strategies and causes, its early diagnosis, the treatment options available and their side effects and complications.



ANDROGEN DEPRIVATION THERAPY: AN ESSENTIAL GUIDE FOR PROSTATE CANCER PATIENTS AND THEIR LOVED ONES

Richard J. Wassersug, Lauren M. Walker and John W. Robinson. New York: Demos Medical Pub., 2014, 184 p.

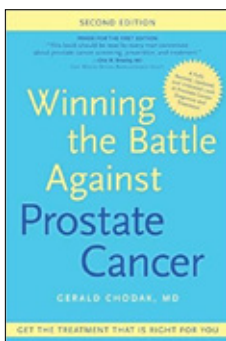
For many men with prostate cancer, androgen deprivation therapy (sometimes referred to as hormone therapy) offers hope for controlling the disease and living longer. But the side effects can leave you with unexpected physical and emotional changes. In this book, you will learn how to: reduce hot flashes and night sweats; address changes in weight and body composition; maintain sexual intimacy despite changes in libido; fight fatigue and insomnia; control mood swings and depression; and maintain open communication with your partner.



PROMOTING WELLNESS FOR PROSTATE CANCER PATIENTS: A GUIDE FOR MEN AND THEIR FAMILIES

Mark A. Moyad. Ann Arbor: Ann Arbor Editions, 2013, 64 p.

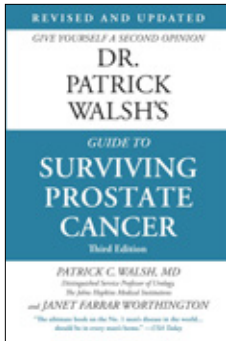
An educational book for individuals dealing with any aspect of prostate cancer: from prevention to treatment and managing the common (and not so common) side effects of conventional therapy. The goal is to empower the patient with lifestyle suggestions and overall information so that he and his doctor or health care professional are better able to communicate and deal with most aspects of the disease.



WINNING THE BATTLE AGAINST PROSTATE CANCER: GET THE TREATMENT THAT IS RIGHT FOR YOU

Gerald W. Chodak. New York: Demos Health, 2013, 638 p.

Dr. Gerry Chodak, provides information on the advantages and disadvantages of all available treatments, including tests, therapies and drugs recently approved by the FDA. Incorporating results from the most recent studies, including game – changing findings on the worth of surgery, he shows you how to: decide which treatment is right for you; ask your doctor the right questions; improve your quality of life; and know which sources of information to trust.

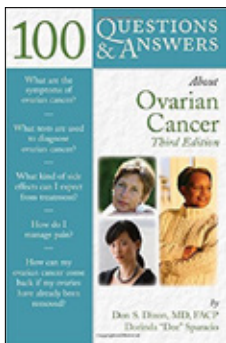


DR. PATRICK WALSH'S GUIDE TO SURVIVING PROSTATE CANCER

Patrick C. Walsh. New York: Grand Central, 2012, 592 p.

This guide offers a message of hope to every man facing this illness. Prostate cancer is a different disease in every man, which means that the right treatment varies for each man. Readers will discover their risk factors, simple changes that can reduce the risk of developing the disease, treatment options, and more.

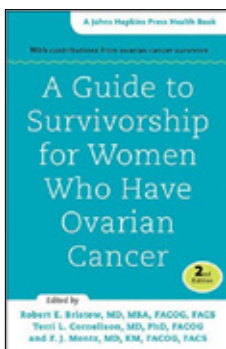
Gynecologic cancers



100 QUESTIONS & ANSWERS ABOUT OVARIAN CANCER

Don S. Dizon. Burlington: Jones & Bartlett Learning, 2016, 191 p.

Whether you're a newly diagnosed ovarian cancer patient, a survivor, or a friend or relative of either, this book offers help. This book gives authoritative and practical answers to questions about treatment options and more.

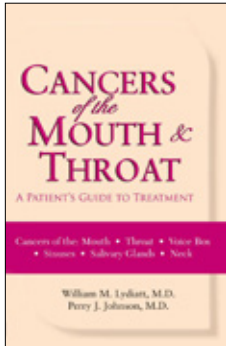


A GUIDE TO SURVIVORSHIP FOR WOMEN WHO HAVE OVARIAN CANCER

Robert E. Bristow, Terri Lynn Cornelison and Fredrick J. Montz. Baltimore: Johns Hopkins University Press, 2015, 298 p.

Covers detailed information on diagnosis and treatment of ovarian cancer, including surgery, chemotherapy, and radiation treatment. Information on genetic testing, nutrition, pain control, and dealing with loss are also covered.

Head and neck cancers

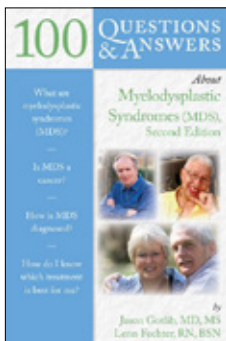


CANCERS OF THE MOUTH AND THROAT: A PATIENT'S GUIDE TO TREATMENT

William M. Lydiatt and Perry J. Johnson. Omaha: Addicus Books, 2012, 163 p.

Topics covered in this book include how early detection leads to high cure rates; symptoms that could mean cancer; the emotional side of the cancer; how doctors make a diagnosis; staging the cancer and why it so important; surgery, radiation, and chemotherapy – how they kill cancer; reconstructive surgery; and experimental treatment through clinical trials.

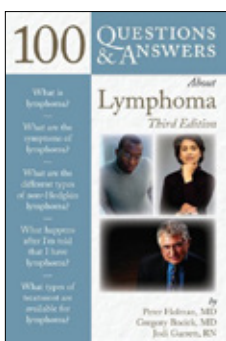
Hematologic/blood cancers



100 QUESTIONS & ANSWERS ABOUT MYELODYSPLASTIC SYNDROMES

Jason R. Gotlib and Lenn Fechter. Sudbury: Jones and Bartlett Publishers, 2016, 194 p.

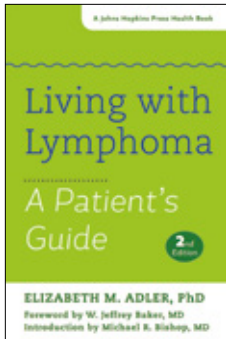
This book provides authoritative and practical answers to the most common questions asked by patients and their loved ones. What is myelodysplastic syndromes (MDS)? What causes MDS? Is MDS hereditary, and will I give it to my children?



100 QUESTIONS & ANSWERS ABOUT LYMPHOMA

Peter Holman, Gregory Bociek and Jodi Garrett. Burlington: Jones & Bartlett Learning, 2016, 231 p.

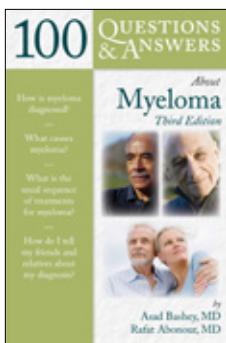
This text features information on treatments and medication, Hodgkin's and Non-Hodgkin's lymphoma, natural killer cells, T-cell lymphoma, autoimmune diseases, and much more! It provides both the patient and health professional's perspective on the non-professional caregiver caring for a cancer patient, as well as practical answers to your questions about treatment options, quality of life, caregiving, sources of support, and much more.



LIVING WITH LYMPHOMA: A PATIENT'S GUIDE

Elizabeth M. Adler, Michael R. Bishop and W. Jeffrey Baker. Baltimore: Johns Hopkins Press Health Books, 2015, 480 p.

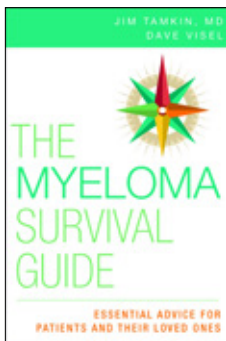
A comprehensive resource for coping with medical, emotional and practical challenges. The author, who is a lymphoma survivor and neurobiologist, thoroughly explains the disease, describing the many different kinds of Hodgkin and non-Hodgkin lymphomas, the wide range of symptoms and the various treatment options available.



100 QUESTIONS & ANSWERS ABOUT MYELOMA

Asad Bashey, Rafat Abonour and James W Huston. Sudbury: Jones and Bartlett Publishers, 2014, 154 p.

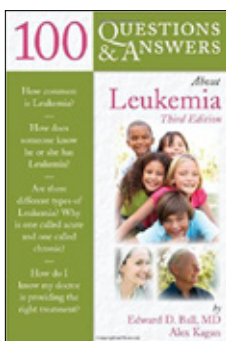
Whether you're a newly diagnosed myeloma patient, a survivor, or a friend or relative of either, this book offers help. The book offers authoritative and practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more.



THE MYELOMA SURVIVAL GUIDE: ESSENTIAL ADVICE FOR PATIENTS AND THEIR LOVED ONES

James A. Tamkin. New York: Demos Medical Publishing, 2014, 280 p.

The guide makes sense of the difficult questions myeloma patients face, dealing with every aspect of life after diagnosis, from creating a wellness team to navigating treatment options to building a financial safety net.

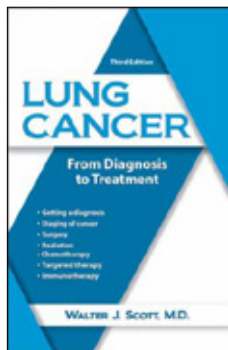


100 QUESTIONS & ANSWERS ABOUT LEUKEMIA

Edward D. Bell and Alex Kagan. Sudbury: Jones and Bartlett Learning, 2013, 129 p.

Whether you're a newly diagnosed patient, survivor, or a friend, relative or caregiver, *100 Questions & Answers About Leukemia* offers support and guidance. It provides authoritative and practical answers to your questions regarding diagnostic testing, treatment options, clinical trials and much more.

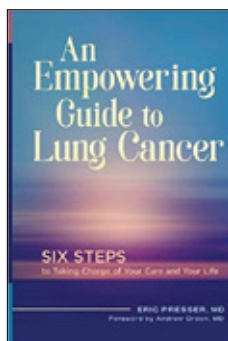
Lung cancer



LUNG CANCER: FROM DIAGNOSIS TO TREATMENT

Walter J. Scott. Omaha: Addicus Books, 2018, 134 p.

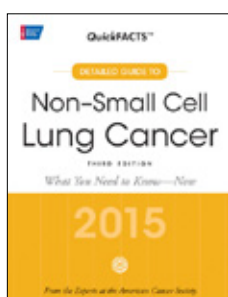
In *Lung Cancer: From Diagnosis to Treatment*, Dr. Scott helps you understand the process – from getting a diagnosis to going through treatment. He explains topics such as: symptoms of lung cancer, diagnostic tests, types and stages of lung cancer, surgical procedures, chemotherapy, radiation therapy, clinical trials, coping with “smoker’s guilt” and more.



AN EMPOWERING GUIDE TO LUNG CANCER: SIX STEPS TO TAKING CHARGE OF YOUR CARE AND YOUR LIFE

Eric Presser. Santa Barbara: Praeger, 2017, 217 p.

Dispelling the commonly held belief that lung cancer is always self-inflicted, this book guides patients, their loved ones, and caregivers through diagnosis, acceptance, and treatment, and provides support and hope to the tens of thousands of people coping with this illness.



QUICKFACTS NON-SMALL CELL LUNG CANCER: WHAT YOU NEED TO KNOW – NOW

American Cancer Society. Atlanta: American Cancer Society, 2015, 79 p.

This reference book on non-small cell lung cancer covers everything from risk factors for the disease to living well after treatment, with sections on the causes of non-small cell lung cancer, early detection, diagnosis and staging, and treatment.



100 QUESTIONS & ANSWERS ABOUT LUNG CANCER

Joan H. Schiller and Amy Cipau. Burlington: Jones & Bartlett Learning, 2014, 244 p.

Providing both the doctor’s and patient’s point of view, this book is a complete guide to understanding treatment options, post-treatment quality of life, sources of support, and much more.

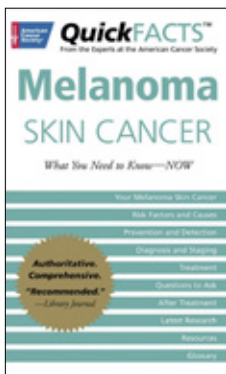
Skin cancers



100 QUESTIONS & ANSWERS ABOUT MELANOMA & OTHER SKIN CANCERS

Edward F. McClay, Mary-Eileen McClay and Jodie Smith. Burlington: Jones & Bartlett Learning, 2013, 158 p.

This volume provides authoritative and practical answers to 100 questions about treatment options, post-treatment quality of life, sources of support, when managing melanoma and other skin cancers.

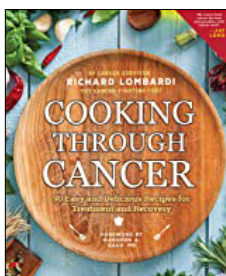


QUICKFACTS MELANOMA SKIN CANCER: WHAT YOU NEED TO KNOW – NOW

American Cancer Society. Atlanta: American Cancer Society/Health Promotions, 2012, 150 p.

This reference covers everything from the risk factors of melanoma skin cancer to the diagnosis procedure to living well after treatment.

Healthy living



COOKING THROUGH CANCER: 90 EASY AND DELICIOUS RECIPES FOR TREATMENT AND RECOVERY

Richard Lombardi. Sanger, CA: Familius, 2020, 158 p.

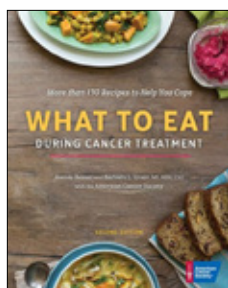
Cooking Through Cancer is packed with nutrient-rich recipe, conveniently organized by tabs for delicious food during treatment and recovery. Each recipe is powered with cancer-fighting ingredients, which are called out on the side of each page. And because cooking can be tough when you're recovering from treatment, this book is packed with helpful shortcuts, kitchen basics, a quick-reference list, and a sample grocery list.



WHAT TO EAT DURING CANCER TREATMENT

Jeanne Besser and Barbara L. Grant. Atlanta: American Cancer Society, 2019, 276 p.

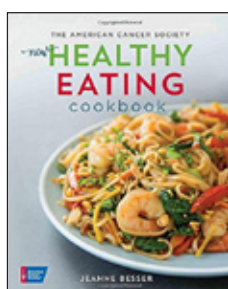
The second edition of *What to Eat During Cancer Treatment* contains more than 130 recipes—including 102 new dishes. The book provides practical tips and suggestions to help patients and their caregivers anticipate – and overcome – the major challenges of eating well during treatment. Written by Jeanne Besser, an award-winning cookbook author; Barbara Grant, a board-certified specialist in oncology nutrition; and experts in nutrition and cancer care from the American Cancer Society, the book contains a wealth of information for both patients and their families.



THE LIVING KITCHEN: HEALING RECIPES TO SUPPORT YOUR BODY DURING CANCER TREATMENT AND RECOVERY

Tamara Green. Vancouver: Random House, 2019, 280 p.

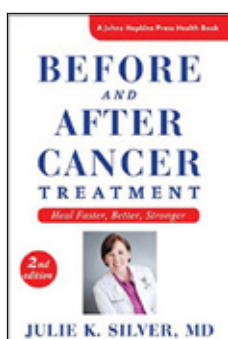
From two experts in cancer care cooking comes an informative, inspiring, and empowering guide that will educate cancer patients and their caregivers about the healing power of food. With nearly 100 nourishing recipes designed to combat side effects related to cancer therapy, this book is an essential resource for anyone experiencing cancer, undergoing treatment, or in remission.



THE AMERICAN CANCER SOCIETY NEW HEALTHY EATING COOKBOOK

Jeanne Besser. Atlanta: American Cancer Society, 2016, 232 p.

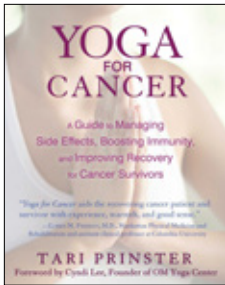
The cookbook includes more than 100 simple dishes. It includes healthy substitutions, simple tips in the kitchen, smart shopping ideas, and notes on how to judge portion sizes.



BEFORE AND AFTER CANCER TREATMENT: HEAL FASTER, BETTER, STRONGER

J.K. Silver. Baltimore: Johns Hopkins University Press, 2015, 296 p.

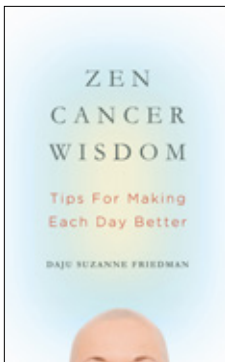
This survivor-oriented book is filled with exercise and diet recommendations as well as step-by-step instructions for fighting fatigue, monitoring mood, and overcoming setbacks.



YOGA FOR CANCER: A GUIDE TO MANAGING SIDE EFFECTS, BOOSTING IMMUNITY, AND IMPROVING RECOVERY FOR CANCER SURVIVORS

Tari Prinster. Rochester: Healing Arts Press, 2014, 302 p.

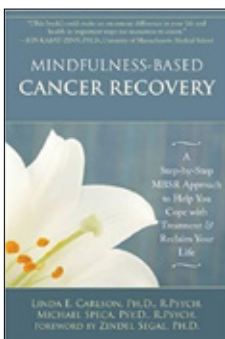
Using yoga to manage the challenges of cancer and its treatment, this book explains how to create a safe home yoga practice that addresses the specific physical needs, risks, and emotions of cancer patients and survivors. It also includes 53 yoga poses and 20 practice sequences that use movement and breathing to reduce and manage treatment side effects, as well as it reveals how current research supports the physical and psychological benefits of yoga to aid recovery and reduce risk of recurrence.



ZEN CANCER WISDOM: TIPS FOR MAKING EACH DAY BETTER

Daju Suzanne Friedman. Boston: Wisdom Publications, 2014, 293 p.

While single-minded focus can be beneficial, it is also important to remember that you are more than your diagnosis, and that there is more to life than being a patient. With sections devoted to soothing the spirit, harnessing the mind, nourishing the body, and qigong stretches for soothing aches and pains, Friedman provides thoughtful guidance on topics ranging from hair loss and constipation to coping with stress and learning to laugh again.



MINDFULNESS-BASED CANCER RECOVERY – A STEP-BY-STEP MBSR APPROACH TO HELP YOU COPE WITH TREATMENT AND RECLAIM YOUR LIFE

Linda Carlson. Oakland: New Harbinger Publications, 2011, 208 p.

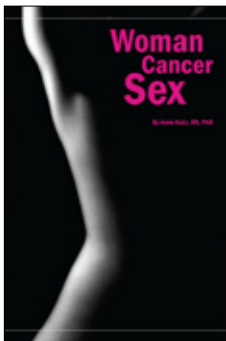
If you have received a cancer diagnosis, you know that the hundreds of questions and concerns you have about what's to come can be as stressful as the cancer treatment itself. But research shows that if you mentally prepare yourself to handle cancer treatment by getting stress and anxiety under control, you can improve your quality of life and become an active participant in your own recovery.



MAN CANCER SEX

Anne Katz. Pittsburgh: Hygeia Media, 2010, 169 p.

The author describes the changes that men with cancer might experience and guidelines for handling these changes. Each chapter describes the experience of a man with a particular kind of cancer and a variety of related problems, including loss of libido, physical pain, and struggles communicating with a partner. There is also information specifically for the partner.



WOMAN CANCER SEX

Anne Katz. Pittsburgh: Hygeia Media, 2009, 176 p.

The author describes the changes that women with cancer might experience and guidelines for handling these changes. Each chapter describes the experience of a woman with a particular kind of cancer and a variety of related problems, including loss of libido, physical pain, and struggles communicating with a partner. There is also information specifically for the partner.

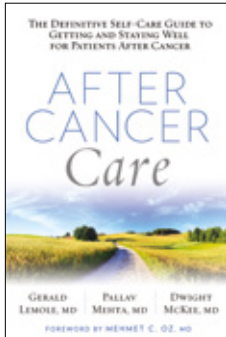


GOES DOWN EASY: RECIPES TO HELP YOU COPE WITH THE CHALLENGE OF EATING DURING CANCER TREATMENT

Elise Mecklinger and Princess Margaret Hospital Foundation. Toronto: Princess Margaret Hospital Foundation, 2006, 200 p.

This cookbook is organized by symptom, so the appropriate recipe is easy to find when you need it. Each chapter includes advice from dieticians from Princess Margaret Hospital specializing in cancer, a sample meal plan, suggestions to maintain weight and strength, to keep well hydrated, and to ensure meal plans include enough calories, protein, and fluid.

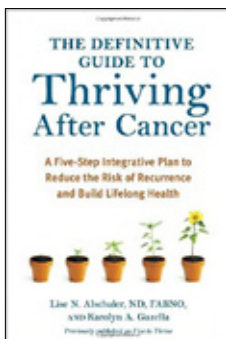
Life after cancer



AFTER CANCER CARE: THE DEFINITIVE SELF-CARE GUIDE TO GETTING AND STAYING WELL FOR PATIENTS AFTER CANCER

Gerald M. Lemole, Pallav K. Mehta and Dwight L. McKee. New York: Rodale, 2015, 304 p.

After the intense experience and range of emotion that comes with surgery, radiation, or chemotherapy (or all three), cancer patients often find themselves with little or no guidance when it comes to their health post-treatment. This book includes information on how to maintain physical health – with chapters on epigenetics, nutrition, and exercise – as well as emotional health through stress management techniques.



THE DEFINITIVE GUIDE TO THRIVING AFTER CANCER: A FIVE-STEP INTEGRATIVE PLAN TO REDUCE THE RISK OF RECURRENCE AND BUILD LIFELONG HEALTH

Lise Alschuler and Karolyn A. Gazella. Berkeley: Ten Speed Press, 2013, 216 p.

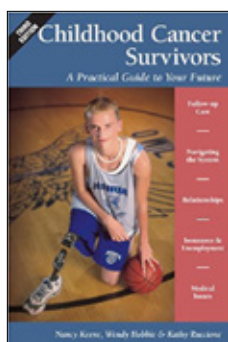
If you or someone you love is a cancer survivor, you may be living in fear that one day it will return. But you can protect yourself and build a strong anti-cancer defense system of health and wellness with this practical five-step plan.



AFTER YOU RING THE BELL: 10 CHALLENGES FOR THE CANCER SURVIVOR

Anne Katz. Pittsburgh: Hygeia Media, 2012, 217 p.

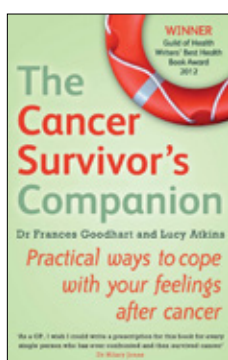
Explores the 10 key challenges for cancer survivors, featuring clinical vignettes and an accessible, engaging tone for the consumer audience.



CHILDHOOD CANCER SURVIVORS: A PRACTICAL GUIDE TO YOUR FUTURE

Nancy Keene, Wendy Hobbie and Kathy Ruccione. Bellingham: Childhood Cancer Guides, 2012, 452 p.

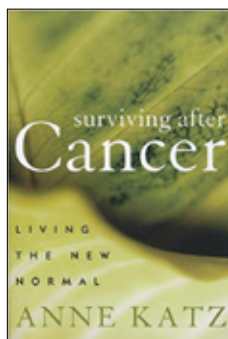
A resource for survivors of childhood cancer and their families that includes information about medical late effects of treatment, necessary follow-up care, emotional aspects of survivorship, navigating the healthcare system, ways to maximize health, a survivor's treatment record, and a list of helpful organizations.



THE CANCER SURVIVOR'S COMPANION: PRACTICAL WAYS TO COPE WITH YOUR FEELINGS AFTER CANCER

Frances Goodhart and Lucy Atkins. London: Piatkus, 2011, 32p.

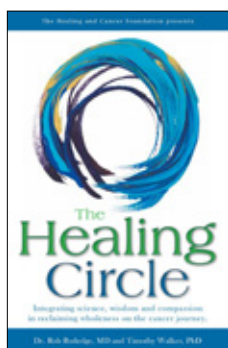
This book helps readers deal with the emotional fallout of cancer whether it's days, months or years since the treatment ended.



SURVIVING AFTER CANCER: LIVING THE NEW NORMAL

Anne Katz. Lanham: Rowman & Littlefield, 2011, 209 p.

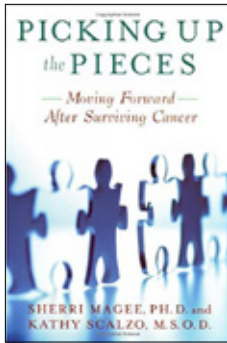
Each chapter of this book presents the story of a cancer survivor who has met the challenges of survivorship and contains tips and solutions for problems encountered in all aspects of survivorship.



THE HEALING CIRCLE: INTEGRATING SCIENCE, WISDOM AND COMPASSION IN RECLAIMING WHOLENESS ON THE CANCER JOURNEY

Robert Rutledge, Timothy Walker and Healing and Cancer Foundation. Halifax: Healing and Cancer Foundation, 2010, 162 p.

The Healing Circle helps readers to answer this question for themselves. The book integrates science, wisdom and compassion, and offers a practical approach and fresh perspective on how to heal at the levels of body, mind and spirit.



PICKING UP THE PIECES: MOVING FORWARD AFTER SURVIVING CANCER

Sherri Magee and Kathy Scalzo. New Brunswick: Rutgers University Press, 2007, 322 p.

Drawing on the inspiring voices of cancer survivors, the authors give practical advice on how to design your own unique Healing Plan, including suggestions on ways to handle physical side effects and stress, and how to connect with yourself, with others, and with a higher power.

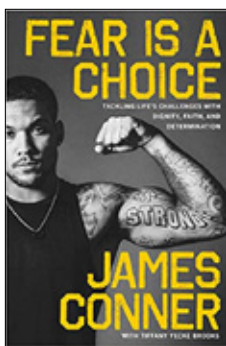
LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



THIS IS NOT THE END OF ME: LESSONS ON LIVING FROM A DYING MAN

Dakshana Bascaramurty. Toronto: McClelland & Stewart, 2020, 296 p.

The moving, inspiring story of a young husband and father who, when diagnosed with terminal cancer at the age of thirty-three, sets out to build a legacy for his infant son. An intimate, unflinching look at mortality and how to live.

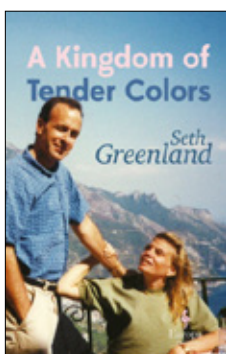


FEAR IS A CHOICE: TACKLING LIFE'S CHALLENGES WITH DIGNITY, FAITH, AND DETERMINATION

James Conner. New York City: Harper, 2020, 201 p.

From fighting for his life to pursuing a career in the NFL, ACC Player of the Year and star Pittsburgh Steelers running back James Conner shares how his choice to not fear the unknown made all the difference in his extraordinary journey.

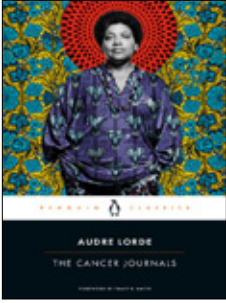
 Also available on prenumerique.ca



A KINGDOM OF TENDER COLORS: A MEMOIR OF COMEDY, SURVIVAL, AND LOVE

Seth Greenland. New York, N.Y: Europa Editions, 2020, 286 p.

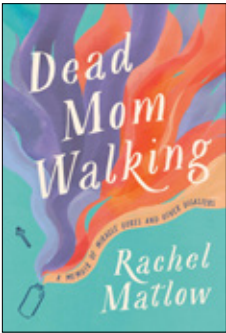
One unremarkable day at the age of 37 Seth Greenland finds himself in everyone's nightmare – a routine doctor visit, some swollen glands, a series of tests, a biopsy, and finally a diagnosis of an aggressive form of lymphatic cancer. A screenwriter and satirist with a blooming career in Hollywood, Seth has felt pretty good about his life until now; suddenly, the world has tipped on its axis. With the support of friends and family, Seth launches into an attempt to save his own life without losing either his sanity or his sense of humor.



THE CANCER JOURNALS

Audre Lorde. New York City: Penguin Books, 2020, 69 p.

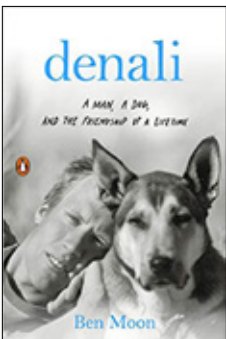
First published over forty years ago, *The Cancer Journals* is a startling, powerful account of Audre Lorde's experience with breast cancer and mastectomy. Long before narratives explored the silences around illness and women's pain, Lorde questioned the rules of conformity for women's body images and supported the need to confront physical loss not hidden by prosthesis. Living as a "black, lesbian, mother, warrior, poet," Lorde heals and re-envision herself on her own terms and offers her voice, grief, resistance, and courage to those dealing with their own diagnosis.



DEAD MOM WALKING: A MEMOIR OF MIRACLE CURES AND OTHER DISASTERS

Rachel Matlow. Toronto: Viking Canada, 2020, 320 p.

When her mother is diagnosed with cancer, Rachel Matlow is concerned but hopeful. It's stage one, so her mom will get surgery and everything will go back to normal. But growing up in Rachel's family, there was no normal. Elaine, an alternative school teacher and self-help junkie, was never a capital M 'Mommy'—she spent more time meditating than packing lunches. When Elaine decides to forgo conventional treatment and heal herself naturally, Rachel is forced to ponder whether the very things that made her mom so special – her assertiveness, her non-compliance, her belief in being the author of her own story – are what will ultimately kill her.



DENALI: A MAN, A DOG, AND THE FRIENDSHIP OF A LIFETIME

Ben Moon. New York: Penguin Books, 2020, 288 p.

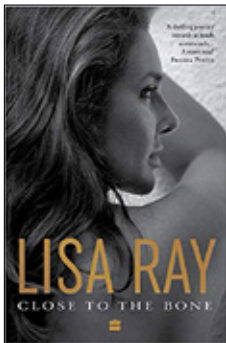
Denali is the story of the friendship between the author, Ben Moon, and his dog, Denali, as they traveled the American west, and of how Denali supported the author as he battled cancer, and how the author dealt with the cancer illness and death of his dog.



CHOOSING HOPE: 1 WOMAN, 3 CANCERS, A STORY OF INSPIRATION, RESILIENCE AND COURAGE

Munira Premji. Toronto: Mawenzi House Publishers Ltd., 2020, 240 p.

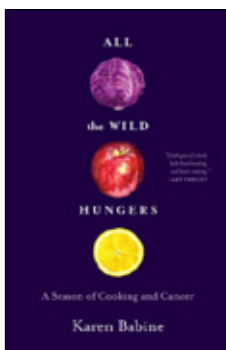
In this remarkably inspirational story, Munira Premji describes how she battled three advanced cancers – Stage 4 Non-Hodgkin’s lymphoma, Stage 3 multiple myeloma, and Stage 3 breast cancer – within a period of five years. Choosing Hope is a truly heroic story about resilience and hope in the face of overwhelming odds and at the threshold of death. The book is written as a series of chronological anecdotes, starting with the author’s first heart-breaking diagnosis, when she began to explore and share her experiences in real time; it describes moments of utter darkness and sheer light, of despair and hope, of intense pain and joyful relief.



CLOSE TO THE BONE

Lisa Ray. Toronto: Doubleday Canada, 2020, 369 p.

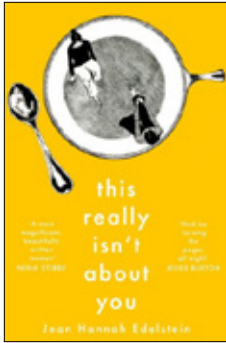
Lisa Ray is one of India’s first supermodels. She’s also an actor, a cancer survivor, a mother of twins through surrogacy. She is a woman who has lived many lives. And this is her story. Close to the Bone is an unflinching, deeply moving account of Lisa Ray’s life, tracing her childhood in Canada as the biracial daughter of an Indian man and a Polish woman, her rise as a popular Bollywood star, and her battle with a rare, incurable cancer.



ALL THE WILD HUNGERS: A SEASON OF COOKING AND CANCER

Karen Babine. Minneapolis: Milkweed Editions, 2019, 168 p.

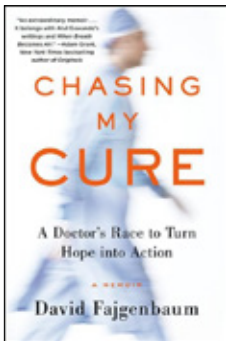
Generous and bittersweet, All the Wild Hungers is an affecting chronicle of one family’s experience of illness and of a writer’s culinary attempt to make sense of the inexplicable.



THIS REALLY ISN'T ABOUT YOU

Jean Hannah Edelstein. England: Picador, 2019, 268 p.

In 2014 I moved back to the United States after living abroad for fourteen years, my whole adult life, because my father was dying from cancer. Six weeks after I arrived in New York City, my father died. Six months after that I learned that I had inherited the gene that would cause me cancer too. When Jean Hannah Edelstein's world overturned she was forced to confront some of the big questions in life: how do we cope with grief? How does living change when we realize we're not invincible? Does knowing our likely fate make it harder or easier to face the future? How do you motivate yourself to go on your Ok Cupid date when you're struggling with your own mortality? Written in her inimitable, wry and insightful voice, Jean Hannah Edelstein's memoir is by turns heart-breaking, hopeful and yet also disarmingly funny.



CHASING MY CURE: A DOCTOR'S RACE TO TURN HOPE INTO ACTION

David Fajgenbaum. New York: Ballantine Books, 2019, 241 p.

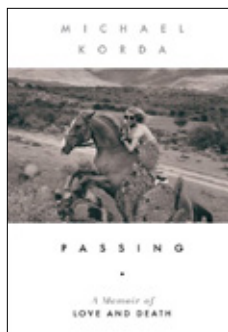
The inspiring memoir of a young doctor and former college athlete who became a champion for people suffering from rare, under-researched diseases — all while battling his own.



A VICTORY GARDEN FOR TRYING TIMES

Debi Goodwin. Toronto: Dundurn, 2019, 488 p.

A woman's journey through a year of love, loss, and despair. Debi's husband, Peter, was diagnosed with cancer in November 2015, too late in the season to seek solace in gardening. Ever since her childhood on a Niagara farm, Debi has dug in the dirt to find resilience. With idle hands and a mind filled with fear, she now sought something to sustain her through the months ahead. She soon came across victory gardens — the vegetable gardens cultivated during the world wars to fight hunger and hold on to hope. During an anxious winter, she researched, drew plans, and ordered seeds. In spring, with Peter in remission, her garden thrived and life got back on track. But when Peter's cancer returned like a killing frost and he died suddenly of a heart attack, the garden was a reminder that everything ends. For weeks, she hated the garden until she could finally return to tending it, allowing her grief to crack open while preparing the garden for another year of growth. A Victory Garden for Trying Times is a journey through a year of love and despair, and a testament to healing in the natural cycles of the earth.



PASSING

Michael Korda. New York: Liveright Publishing Corporation, 2019, 224 p.

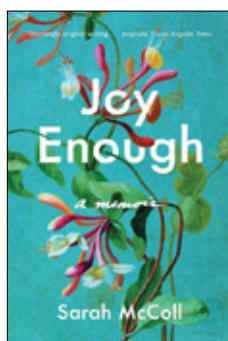
It was a warm April in Pleasant Valley when Margaret Korda, normally a fearless horsewoman, dropped her horsewhip while she was riding. Such a mild slip was easy to ignore, but when other troubling symptoms accumulated, she confided to her husband, ‘Michael, I think something serious is wrong with me.’ Within a few rapid weeks, the fiercely independent, former fashion model was diagnosed with brain cancer, while Michael, once reliant on her steeliness, became her caregiver, deciphering bewildering medical reports and packing her beloved toiletries for the hospital.



IF

Lise Marzouk. New York: Other Press, 2019, 344 p.

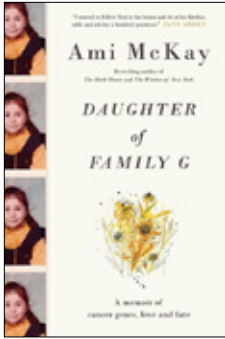
An eloquent, heartfelt account of a young boy’s fight with cancer and of a mother’s determination and resilience, which sees their family through to his recovery. As her ten-year-old son sits at the kitchen table one evening, Lise Marzouk inspects his mouth and discovers an unusual growth, which doctors later confirm is cancerous. When he is hospitalized at the Curie Institute in Paris for lymphoma treatment, Lise finds herself torn between two worlds, one at his bedside, and the other at home with her two younger children, struggling to maintain a sense of stability in their lives. And so she writes – of their fears and doubts, but also of their moments of tenderness and joy – and through these memories, stories, and reveries, she arrives at a deeper understanding of herself as a woman, a mother, and a writer.



JOY ENOUGH

Sarah McColl. New York: Liveright Publishing Corporation, 2019, 176 p.

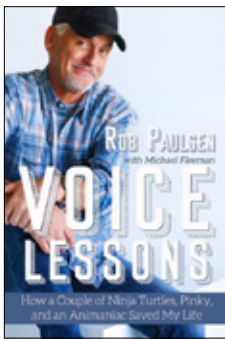
Sifting gingerly through memories of her late mother, brilliant newcomer Sarah McColl has penned a breathtaking tribute to the joy and pain of loving well. Even as her own marriage splinters, McColl drops everything when her mother is diagnosed with cancer, returning to the family farmhouse and laboring over elaborate meals in the hopes of nourishing her back to health. In a series of vibrant vignettes – lipstick applied, novels read, imperfect cakes baked – McColl reveals a woman of endless charm and infinite love for her unruly brood of children. Mining the dual losses of both her young marriage and her beloved mother, McColl confronts her identity as a woman, walking lightly in the footsteps of the woman who came before her and clinging fast to the joy she left behind.



DAUGHTER OF FAMILY G.: A MEMOIR OF CANCER GENES, LOVE AND FATE

Ami McKay. Toronto: Knopf Canada, 2019, 320 p.

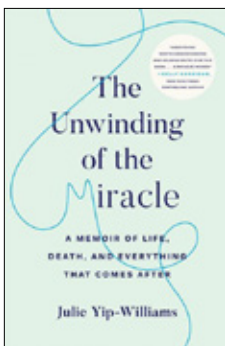
Weaving together family history, genetic discovery, and scenes from her life, Ami McKay tells the compelling, true-science story of her own family's unsettling legacy of hereditary cancer while exploring the challenges that come from carrying the mutation that not only killed many people you loved, but might also kill you.



VOICE LESSONS: HOW A COUPLE OF NINJA TURTLES, PINKY, AND AN ANIMANIAC SAVED MY LIFE

Rob Paulsen and Michael Fleeman. Jersey City: Start Publishing, 2019, 264 p.

Rob Paulsen is one of Hollywood's busiest, most talented, and most passionate performers. If you don't know him by name, you will know him by the many characters he has brought to life: Pinky from Pinky and the Brain and Yakko from Animaniacs, the tough, but loveable, Raphael from the original animated Teenage Mutant Ninja Turtles, and many more. So, you can imagine how terrifying it must have been when Rob was diagnosed with throat cancer, putting his entire livelihood in jeopardy and threatening to rob the world of all his loveable characters that filled our youth and adulthood with humor and delight. Voice Lessons tells the heartwarming and life-affirming story of Rob's experience with an aggressive cancer treatment and recovery regimen, which luckily led to a full recovery. Rob quickly returned to doing what he loves most, but with a much deeper appreciation of what he came so close to losing.



THE UNWINDING OF THE MIRACLE: A MEMOIR OF LIFE, DEATH, AND EVERYTHING THAT COMES AFTER

Julie Yip-Williams. New York: Random House, 2019, 336 p.

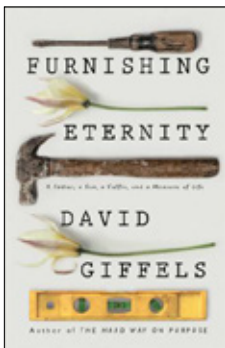
Born blind in Vietnam, Julie Yip-Williams narrowly escaped euthanasia by her grandmother, only to then flee the political upheaval of the late 1970s with her family. Loaded into a rickety boat with three hundred other refugees, Julie made it to Hong Kong and, ultimately, America, where a surgeon at UCLA gave her partial sight. Against all odds, she became a Harvard-educated lawyer, with a husband, a family, a life. Then, at age thirty-seven, with two little girls at home, Julie was diagnosed with terminal metastatic colon cancer, and a different journey began.



EVERYTHING HAPPENS FOR A REASON: AND OTHER LIES I'VE LOVED

Kate Bowler. New York: Random House, 2018, 178 p.

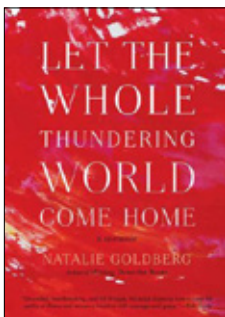
A divinity professor and young mother with a Stage IV cancer diagnosis explores the pain and joy of living without certainty.



FURNISHING ETERNITY: A FATHER, A SON, A COFFIN, AND A MEASURE OF LIFE

David Giffels. New York: Scribner, 2018, 243 p.

A heartfelt memoir about confronting mortality, surviving loss, finding resilience in one's Midwest roots and seeking a father's wisdom through an unusual woodworking project – constructing his own coffin.



LET THE WHOLE THUNDERING WORLD COME HOME: A MEMOIR

Natalie Goldberg. Boulder: Shambhala, 2018, 208 p.

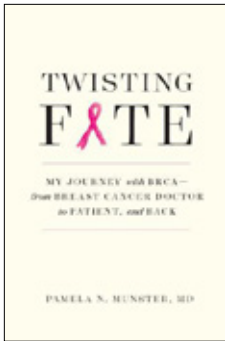
The book begins at the grave of Katagiri Roshi, Natalie's Zen teacher, in Japan. Twenty years after Katagiri's death and Natalie's return to New Mexico, she is permanently settled in Santa Fe with her partner, Yukwan. Except that, as Buddhism teaches us, nothing is permanent. Natalie learns that she has CLL, a potentially fatal form of blood cancer.



FLAT: RECLAIMING MY BODY FROM BREAST CANCER

Catherine Guthrie. New York: Skyhorse Publishing, 2018, 255 p.

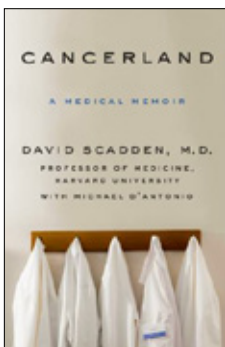
This book is Guthrie's story of how two bouts of breast cancer shook her faith in her body, her relationship, and medicine. Along the way, she challenges the view that breasts are essential to femininity and paramount to a woman's happiness. Ultimately, she traces an intimate portrayal of how cancer reshapes her relationship with Mary, her partner, revealing — in the midst of crisis — a love story.



TWISTING FATE: MY JOURNEY WITH BRCA, FROM BREAST CANCER DOCTOR TO PATIENT AND BACK

Pamela N. Munster. New York: The Experiment, 2018, 261 p.

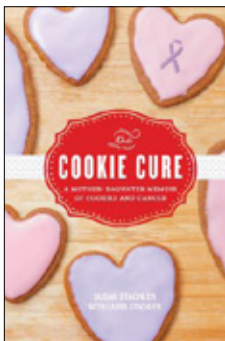
As leading oncologist at the University of California San Francisco, Dr. Pamela Munster has advised thousands of women on how to deal with the life-altering diagnosis of breast cancer. But when she got a call saying that her own mammogram showed “irregularities,” she found herself experiencing a whole new side of the disease she thought she was an expert in.



CANCERLAND: A MEDICAL MEMOIR

David Scadden and Michael D'Antonio. New York: Thomas Dunne Books/St. Martin's Press, 2018, 308 p.

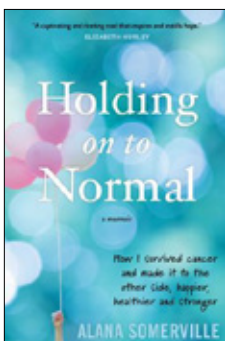
From the diagnosis of his childhood friend's mother to his poignant memories in the lab, David Scadden's seen the unknown world of cancer from the lens of a young boy, a classmate, a researcher, a friend, a doctor, and a neighbor. In this book, Dr David Scadden writes his memoir with Pulitzer Prize-winning journalist Michael D'Antonio.



THE COOKIE CURE: A MOTHER/DAUGHTER MEMOIR OF COOKIES AND CANCER

Susan and Laura Stachler. Naperville: Sourcebooks, 2018, 297 p.

When twenty-two-year-old Susan Stachler was diagnosed with cancer, her mother, Laura, was struck by déjà vu – the same illness that took her sister's life was now attacking her daughter. Heartbroken but steadfast, Laura pledged to help Susan through the worst of her treatments. When they discovered that Laura's homemade ginger cookies soothed the side effects of Susan's chemo, both mother and daughter were inspired to start a business.



HOLDING ON TO NORMAL: HOW I SURVIVED CANCER AND MADE IT TO THE OTHER SIDE, HAPPIER AND STRONGER

Alana Sommerville. Toronto: Simon and Schuster, 2018, 256 p.

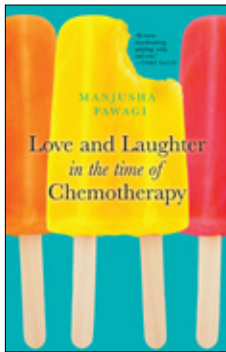
Throughout the course of her illness, Alana Sommerville learned to maneuver through the medical system, to advocate for herself, and to build a truly supportive network. She also discovered how to keep her positive spirit intact while undergoing a double mastectomy and ongoing treatment. She is now living cancer-free-a survivor and an advocate.



THE BEST OF US: A MEMOIR

Joyce Maynard. New York: Bloomsbury, 2017, 437 p.

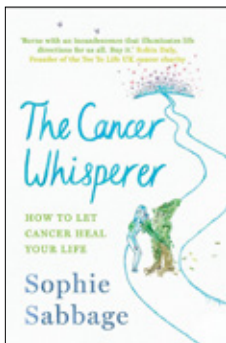
In 2011, when she was in her late fifties, beloved author and journalist Joyce Maynard met the first true partner she had ever known. Jim wore a rakish hat over a good head of hair; he asked real questions and gave real answers; he loved to see Joyce shine, both in and out of the spotlight; and he didn't mind the mess she made in the kitchen. Then, just after their one-year wedding anniversary, her new husband was diagnosed with pancreatic cancer. During the nineteen months that followed, as they battled his illness together, she discovered for the first time what it really meant to be a couple – to be a true partner and to have one.



LOVE AND LAUGHTER IN THE TIME OF CHEMOTHERAPY

Manjusha Pawagi. Toronto: Second Story Press, 2017, 288 p.

April 28, 2014: I won't be coming in today, I have leukemia.' That's the message Manjusha Pawagi, a family court judge in Brampton, Ontario relayed to her office one morning after a routine blood test showed a deadly result. She did not return to work for two and a half years. This book describes how even the darkest moments of life can be made worse by roommates; details how much determination it takes to ignore the statistics; and answers the age-old question, what does it take to get a banana Popsicle when you need one?



THE CANCER WHISPERER: FINDING COURAGE, DIRECTION, AND THE UNLIKELY GIFTS OF CANCER

Sophie Sabbage. New York: Plume, 2017, 224 p.

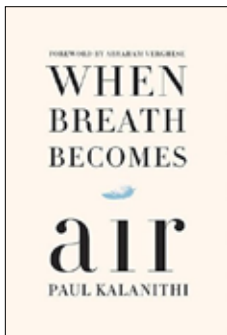
Both memoir and self-help book, this book is the chronicle of a passage from “terminal” diagnosis to exuberant wellness in just a few months.



KIDS DON'T GET CANCER: THE REMARKABLY INSPIRING STORY OF MICHAEL CROSSLAND

Michael Crossland. Sydney: Evolve Instant Author, 2016, 145 p.

Before Michael was even one year old, he was diagnosed with an aggressive cancer of the central nervous system – a tumour had taken over half of his tiny body. The chance of Michael surviving was virtually non-existent. He started chemotherapy at 1 year old and by his second birthday, doctors had basically given up all hope. His only hope was taking part in a drug trial program – a program of which Michael was the only participant to survive the treatment. Although he survived, he was left with some permanent scars – only one lung, a damaged heart and a sensitive immune system. He's a man who has faced (and still faces) extreme challenges in life, but he never gives up. And despite his own obstacles, he always puts others before himself and gives so much to people in need.



WHEN BREATH BECOMES AIR

Paul Kalanithi and Abraham Verghese. New York: Random House, 2016, 228p.

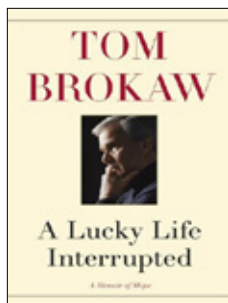
At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away?



IT'S OKAY TO LAUGH (CRYING IS COOL, TOO): A MEMOIR ABOUT LOVING MADLY AND LETTING GO

Nora McInerny Purmort. London: Piatkus, 2016, 288 p.

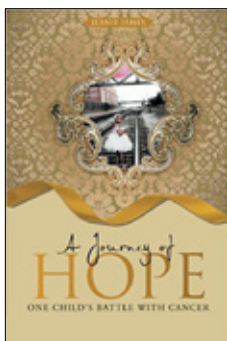
When Nora's boyfriend, Aaron, was diagnosed with brain cancer, they refused to let it limit their love. They got engaged on Aaron's hospital bed and had a baby boy while he was on chemo. With *It's Okay to Laugh*, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your 'one wild and precious life' to the fullest? How can a joyful marriage contain more sickness than health? How do you keep going when life kicks you in the junk?



A LUCKY LIFE INTERRUPTED: A MEMOIR OF HOPE

Tom Brokaw. New York: Random House, 2015, 230 p.

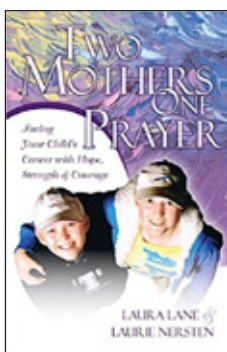
Brokaw diagnosed with multiple myeloma, a treatable but incurable blood cancer, takes us through the emotions, discoveries, setbacks, and struggles – times of denial, acceptance, turning points, and courage. This memoir is a story of a man coming to terms with his own mortality, contemplating what means the most to him now, and reflecting on what has meant the most to him throughout his life.



A JOURNEY OF HOPE: ONE CHILD'S BATTLE WITH CANCER

Jeanie James. Nashville: West Bow Press, 2015, 180 p.

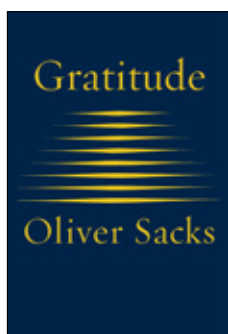
The author successfully captures the raw emotion, love, and courage that her family demonstrated while battling childhood cancer. This book provides a glimpse into the roller coaster of life that families are thrust into when they first hear those devastating words: your child has cancer.



TWO MOTHERS ONE PRAYER: FACING YOUR CHILD'S CANCER WITH HOPE, STRENGTH & COURAGE

Laura Lane. Fonthill: Ulukau Publishing, 2015, 226 p.

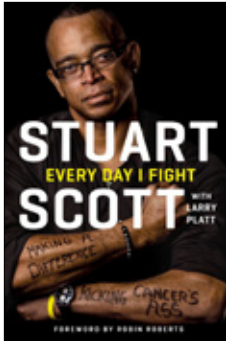
Laura and Laurie share their story of: friendship and inspiration, struggles and miracles, joy and sadness, love and loss. Their narrative provides a sense of hope and teaches us how to find needed strength and courage. It is a guide and support to any parents faltering under weight of the horrendous news that their precious child has been diagnosed with a life threatening-illness. It reminds us all of the fragility of life, the necessity to remain present in each moment, and how to find perspective in even our darkest hours.



GRATITUDE

Oliver Sacks. Toronto: Alfred A. Knopf of Canada, 2015, 45 p.

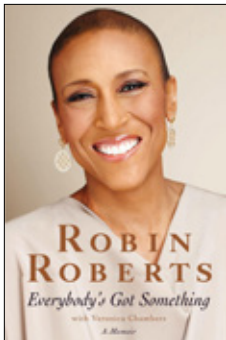
In January 2015, Oliver Sacks was diagnosed with a recurrence of cancer, and he shared this news in a *New York Times* essay that inspired readers all over the world: "I cannot pretend I am without fear. But my predominant feeling is one of gratitude. . . . Above all, I have been a sentient being, a thinking animal, on this beautiful planet, and that in itself has been an enormous privilege and adventure." *Gratitude* consists of four essays that originally appeared in *The New York Times*.



EVERY DAY I FIGHT

Stuart Scott and Larry Platt. New York: Blue Rider Press, 2015, 298 p.

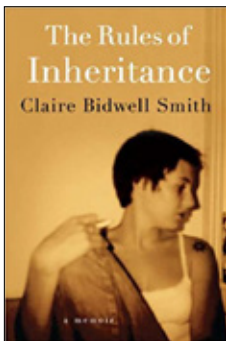
Struck by appendiceal cancer in 2007, Stuart battled this rare disease with an unimaginable tenacity and vigor. Countless surgeries, enervating chemotherapies, endless shuttling from home to hospital to office and back – Stuart continued defying fate, pushing himself through exercises and workout routines that kept him strong. He wanted to be there for his teenage daughters, Sydni and Taelor, not simply as their dad, but as an immutable example of determination and courage.



EVERYBODY'S GOT SOMETHING

Robin Roberts and Veronica Chambers. New York: Grand Central Publishing, 2014, 263 p.

With grace, heart, and humor, Robin writes about overcoming breast cancer only to learn five years later that she will need a bone marrow transplant to combat a rare blood disorder, the grief and heartbreak she suffered when her mother passed away, her triumphant return to work after her medical leave, and the tremendous support and love of her family and friends that saw her through her difficult times.



THE RULES OF INHERITANCE

Claire Bidwell Smith. New York: Hudson Street Press, 2012, 304 p.

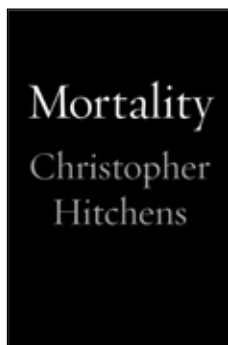
Claire Bidwell Smith, a fourteen-year-old only child, learns that both her parents have cancer. The fear of becoming a family of one compels her to make a series of fraught choices, set against the glittering backdrop of New York and Los Angeles – and the pall of regret. When the inevitable happens and Claire is alone in the world, she is inconsolable at the revelation that suddenly she is no one's special person. It is only later, when Claire falls in love, marries and becomes a mother, that she emerges from the fog of grief. Using the five stages of grief as a window onto her personal experience, Claire Bidwell Smith has written a powerful memoir that is at once exquisite and profound.



THE YELLOW WORLD: HOW FIGHTING FOR MY LIFE TAUGHT ME HOW TO LIVE

Albert Espinosa. New York: Ballantine Books, 2012, 153 p.

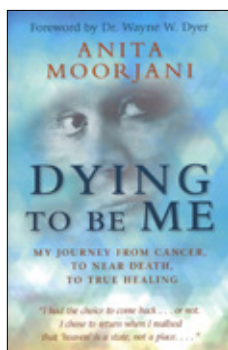
At thirteen, Espinosa was diagnosed with cancer, and he spent the next ten years in and out of hospitals, undergoing one daunting procedure after another, starting with the amputation of his left leg. After going on to lose a lung and half of his liver, he was finally declared cancer-free. Only then did he realize that the one thing sadder than dying is not knowing how to live. In this rich and rewarding book, Espinosa takes us into what he calls “the yellow world,” a place where fear loses its meaning; where strangers become, for a moment, your greatest allies; and where the lessons you learn will nourish you for the rest of your life.



MORTALITY

Christopher Hitchens. New York: Twelve, 2012, 104 p.

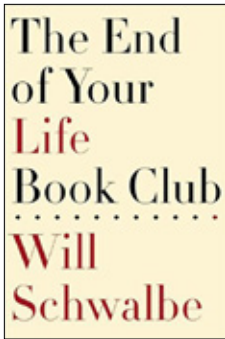
Throughout the course of Hitchens’ ordeal battling esophageal cancer, he adamantly and bravely refused the solace of religion, preferring to confront death with both eyes open. In this riveting account of his affliction, Hitchens poignantly describes the torments of illness, discusses its taboos, and explores how disease transforms experience and changes our relationship to the world around us. By turns personal and philosophical, Hitchens embraces the full panoply of human emotions as cancer invades his body and compels him to grapple with the enigma of death.



DYING TO BE ME: MY JOURNEY FROM CANCER, TO NEAR DEATH, TO TRUE HEALING

Anita Moorjani. Carlsbad: Hay House, 2012, 191 p.

After fighting cancer for almost four years, Anita’s body began shutting down – overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into a near-death experience... and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved rapidly – without a trace of cancer in her body! Anita shares all she has learned about illness, healing, fear, “being loved,” and the true magnificence of each and every human being!



THE END OF YOUR LIFE BOOK CLUB

Will Schwalbe. Toronto: Knopf Canada, 2012, 336 p.

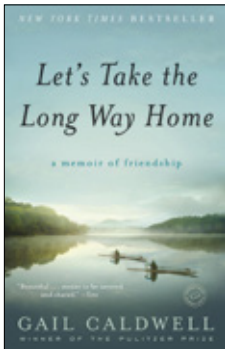
The story of a son and his mother, who is dying from cancer, forms a “book club” that brings them together as her life comes to a close.



OLLIE TIBBLES: THE BOY WHO BECAME A TRAIN

Debi Tibbles. Saint Charles: Medallion Press, 2012, 288 p.

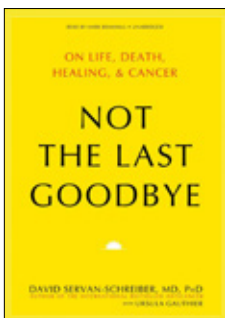
When 4-year-old Ollie Tibbles was asked what he wanted to be when he grew up, he answered, “I’m going to be a train!” Four years later at Union Station-Chicago, at the Make-A-Wish Foundation’s Grand Ball, Ollie’s prediction and wish came true. Ollie’s mother shares the story of Ollie’s struggle with brain cancer and how unbearable pain was transformed into incredible possibility.



LET'S TAKE THE LONG WAY HOME: A MEMOIR OF FRIENDSHIP

Gail Caldwell. New York: Random House, 2011, 224 p.

Caldwell reflects on her own coming-of-age in midlife, as she learns to open herself to the power and healing of sharing her life with a best friend who is diagnosed with cancer, and how she deals with losing her.



NOT THE LAST GOODBYE: ON LIFE, DEATH, HEALING, AND CANCER

David Servan-Schreiber. New York: Viking, 2011, 164 p.

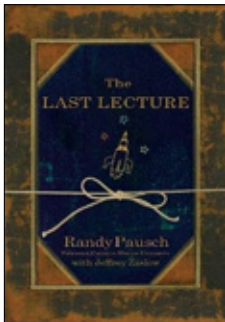
Nineteen years after his original diagnosis, years of deep study, and an urgent sense of mission about hope and alternatives for those with cancer, David Servan-Schreiber submits to an emergency MRI that confirms his greatest fear: the brain cancer has returned. Here, he shares his coming to terms with the news and, with courage and candor, examines his life from the point of view of one who understands that his illness is terminal – nevertheless, living every day fully and with hope.



THE MIDDLE PLACE

Kelly Corrigan. New York: Voice/Hyperion, 2009, 266 p.

Kelly is abruptly shoved into coming-of-age when she finds a lump in her breast – and gets the diagnosis no one wants to hear. When her father, too, learns that he has late-stage cancer, it is Kelly’s turn to take care of the man who had always taken care of her – and to show us a woman who finally takes the leap and grows up.



THE LAST LECTURE

Randy Pausch. New York: Hyperion, 2008, 206 p.

If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn’t have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave – “Really Achieving Your Childhood Dreams” – wasn’t about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because “time is all you have...and you may find one day that you have less than you think”).

NOVELS

**WHY BIRDS SING**

Nina Berkhout. Toronto: ECW Press, 2020, 248 p.

When opera singer Dawn Woodward has an onstage flameout, all she wants is to be left alone. She's soon faced with other complications the day her husband announces her estranged brother-in-law, Tariq, is undergoing cancer treatment and moving in, his temperamental parrot in tow. Eventually, Dawn forms unexpected friendships with her new companions. But when her marriage shows signs of trouble and Tariq's health declines, she begins questioning her foundations, including the career that she has worked so hard to build and the true nature of love and song.

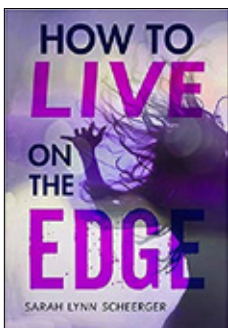


Also available on pretnumerique.ca

**WILDLAND**

Rebecca Hodge. New York: Crooked Lane, 2020, 336 p.

When Kat Jamison retreats to the Blue Ridge Mountains, she's counting on peace and solitude to help her make a difficult decision. Her breast cancer has returned, but after the death of her husband, her will to fight is dampened. Now she has a choice to make: face yet another round of chemotherapy or surrender gracefully. Self-reflection quickly proves impossible as her getaway is complicated by a pair of abandoned dogs and two friendly children staying nearby, Lily and Nirav.

**HOW TO LIVE ON THE EDGE**

Sarah Lynn Scheerger. Minneapolis: Carolrhoda Lab, 2020, 305 p.

Cayenne's mother died of breast cancer when Cayenne was four. The women in her family have a history of dying young. Figuring she'll meet the same fate, she engages in death-defying risks like dodging trains and jumping off cliffs with her boyfriend. When Cayenne receives a series of video messages her mother made for her before dying, she isn't sure she wants them. Then Aunt Tee— who raised her— tests positive for a BRCA gene mutation and decides to get a mastectomy to reduce her chances of developing cancer. For the first time Cayenne starts to question what it truly means to live life to the fullest, even when death might be written into her DNA.



THE WONDER OF NOW

Jamie Beck. Seattle: Montlake Romance, 2019, 306 p.

Peyton Prescott would give anything for the carefree life she knew before breast cancer changed everything. But instead of using her second chance to move forward, she's stuck promoting the memoir her brother convinced her to write, thus reliving the very battle she wants to forget. If she hopes her European book tour will allow her to enjoy revisiting her favorite travel-writing destinations, she's wrong: her PR whiz is too consumed with his own goals to consider her needs. Mitch Mathis has relied on discipline to achieve his goals, and with his new firm's success riding on Peyton's book launch, he must keep her on task. They're here for business, not pleasure. And Mitch won't let unbridled desire harm his professional reputation-not again. When frustrated expectations and attraction throw the tour into chaos, it challenges everything Mitch and Peyton believe about themselves, life, and love, forcing these opposites to consider whether they can embrace the change they need to grow.



THE MUTATIONS

Jorge Comensal. New York: Farrar, Straus and Giroux, 2019, 192 p.

The Mutations, by Jorge Comensal, is a comedy tracing the metastasis of Ramón's cancer through his body and in the lives of his family members, colleagues, and doctors, dissecting the experience of illness and mapping the relationships both strengthened and frayed by its wake.



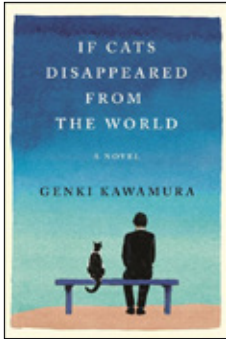
Also available on pretnumerique.ca



BANSHEE

Rachel Dewoskin. New York: Dottir Press, 2019, 296 p.

Samantha Baxter has a full, sane life – creative job, lovely family, and all the trappings of middle-age happiness. But when she gets a diagnosis that terrifies her, a lifetime of polite pleasing and putting others first ignites in her a surprising, pure rage.

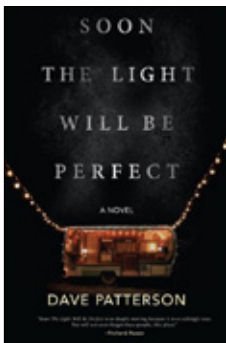


IF CATS DISAPPEARED FROM THE WORLD

Genki Kawamura. New York: Flatiron Books, 2019, 168 p.

The postman's days are numbered. Estranged from his family, living alone with only his cat Cabbage to keep him company, he was unprepared for the doctor's diagnosis that he has only months to live. But before he can tackle his bucket list, the Devil appears to make him an offer: In exchange for making one thing in the world disappear, our narrator will get one extra day of life. And so begins a very bizarre week. . . With each object that disappears the postman reflects on the life he's lived, his joys and regrets, and the people he's loved and lost.

 Also available on prenumerique.ca

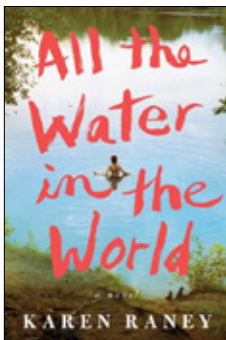


SOON THE LIGHT WILL BE PERFECT

Dave Patterson. Toronto: Hanover Square Press, 2019, 247 p.

A young altar boy questions his impoverished family's hard-line Catholic beliefs in the face of his father's weapons-plant job, his mother's diagnosis with cancer, and a peer's struggles against the pressures of growing up too fast.

 Also available on prenumerique.ca

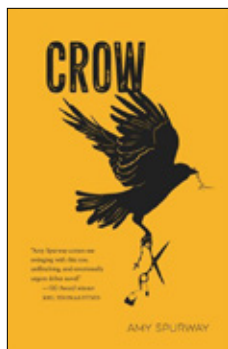


ALL THE WATER IN THE WORLD

Karen Raney. New York: Scribner, 2019, 342 p.

Maddy is sixteen. She has loyal friends, a mother with whom she's unusually close, a father she's never met, devoted grandparents, and a crush on a boy named Jack. Maddy also has cancer. Deeply curious, wry, and vivacious, she's poised at the outset of adulthood, ready to untangle all the mysteries that living holds – if she survives her teens.

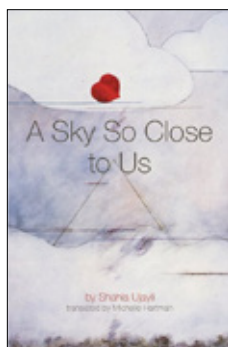
 Also available on prenumerique.ca



CROW

Amy Spurway. Fredericton: Goose Lane Editions, 2019, 305 p.

When Stacey Fortune is diagnosed with three highly unpredictable – and inoperable – brain tumours, she abandons the crumbling glamour of her life in Toronto for her mother Effie’s scruffy trailer in rural Cape Breton. Back home, she’s known as Crow, and everybody suspects that her family is cursed. With her future all but sealed, Crow decides to go down in a blaze of unforgettable glory by writing a memoir that will raise eyebrows and drop jaws. She’ll dig up “the dirt” on her family tree, including the supposed curse, and uncover the truth about her mysterious father, who disappeared a month before she was born.



A SKY SO CLOSE TO US

Shahla Ujayli. Northampton: Interlink Books, 2019, 303 p.

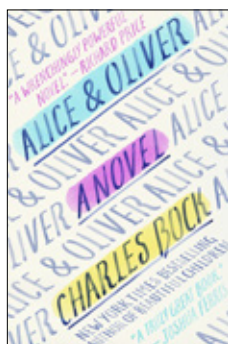
A Syrian woman living in Jordan struggles with a cancer diagnosis while her family remains trapped in Raqqa during the present civil war.



CRAVING

Esther Gerritsen. New York: World Editions, 2018, 189 p.

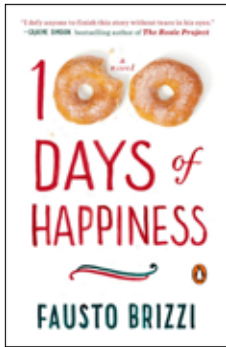
Elisabeth and her adult daughter Coco happen upon each other in the city, on opposite sides of the street. The accidental nature of their meeting is indicative of their estrangement. Elisabeth divorced Coco’s father long ago, and contact with her daughter has been scant ever since. She takes the opportunity to share some bad news; she has terminal cancer and not long to live.



ALICE & OLIVER: A NOVEL

Charles Bock. New York: Random House, 2016, 399 p.

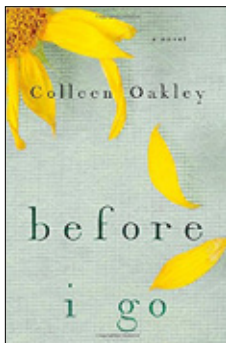
Alice Culvert is one of those people who just seem so vividly alive, which makes her cancer diagnosis feel almost incongruous. How could such a being not go on? But all at once, Alice’s existence, and that of her husband Oliver, is reduced to a single purpose: survival. As they combat the disease, the couple must also face off against the serpentine healthcare system, the good intentions of loved ones, and the deep, dangerous stressors that threaten to push the two of them apart.



100 DAYS OF HAPPINESS

Fausto Brizzi and Antony Shugaar. New York: Pamela Dorman Books, 2015, 384 p.

What would you do if you knew you only had 100 days left to live? So begins the last hundred days of Lucio's life, as he attempts to care for his family, win back his wife, and spend the next three months enjoying every moment with a zest he hasn't felt in years. From helping his hopelessly romantic, widowed father-in-law find love, discovering comfort in enduring friendships, and finding new ones, Lucio becomes, at last, the man he's always meant to be.



BEFORE I GO

Colleen Oakley. New York: Gallery Books, 2015, 312 p.

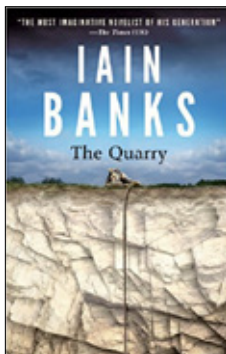
A heartfelt novel about a young woman in Georgia with stage four breast cancer who undertakes a mission to find a "replacement wife" for her husband before she passes away.



WHAT'S LEFT OF ME

Amanda Maxlyn. Flower Mound: Bandit Publishing, 2014, 308 p.

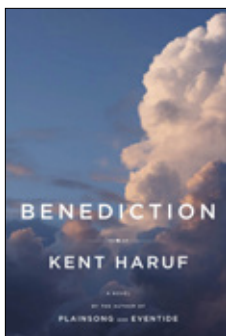
Four years ago I became known as the girl with cancer. I refuse to cry. And I refuse to give in. A relationship with a man is the last thing I'm looking for right now, but one night with Parker changes everything. He is persistent, and he knows what he wants. Me. He doesn't treat me like I'm fragile. But he doesn't know that I have cancer, and I'm not ready to tell him.



THE QUARRY

Iain Banks. New York: RedHook Books, 2013, 326 p.

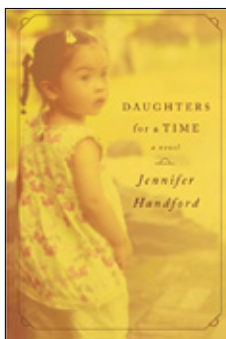
Kit doesn't know who his mother is. What he does know, however, is that his father, Guy, is dying of cancer. Feeling his death is imminent, Guy gathers around him his oldest friends – or at least the friends with the most to lose by his death. What will happen to Kit when Guy is gone? And why isn't Kit's mother in the picture? As the friends reunite for Guy's last days, old jealousies, affairs and lies come to light as Kit watches on.



BENEDICTION

Kent Haruf. New York: Alfred A. Knopf, 2013, 257 p.

When Dad Lewis is diagnosed with terminal cancer, he and his wife, Mary, must work together to make his final days as comfortable as possible. Their daughter, Lorraine, hastens back from Denver to help look after him; her devotion softens the bitter absence of their estranged son, Frank, but this cannot be willed away and remains a palpable presence for all three of them.

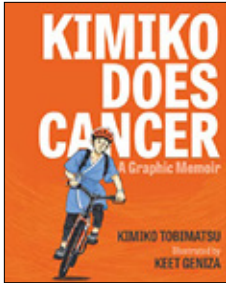


DAUGHTERS FOR A TIME

Jennifer Handford. Thorndike: Center Point Large Print, 2012, 352 p.

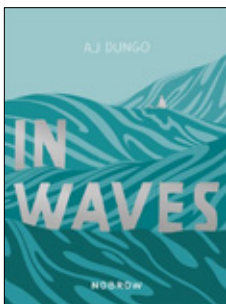
A woman raised by her older sister adopts a child to start a family of her own, but her joy is short-lived when her sister is diagnosed with life-threatening cancer.

COMICS

**KIMIKO DOES CANCER**

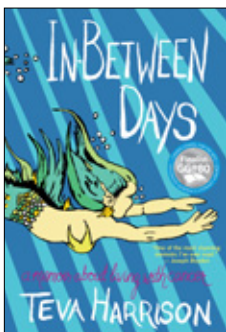
Kimiko Tobimatsu and Keet Geniza. Vancouver: Arsenal Pulp Press, 2020, 96 p.

Kimiko Does Cancer is a graphic memoir that upends the traditional cancer narrative from a young woman's perspective, confronting issues such as dating while in menopause, navigating work and treatment, and talking to well-meaning friends, health care professionals, and other cancer survivors with viewpoints different from her own. Not one for pink ribbons or runs for the cure, Kimiko seeks connection within the cancer community while also critiquing the mainstream cancer experience. Honest and poignant, Kimiko Does Cancer is about finding one's own way out of a health crisis.

**IN WAVES**

A.J. DUNGO. London: No Brow, 2019, 367 p.

A tale of love, heartbreak and surfing from an important new voice in comics. In Waves is Craig Thompson's Blankets meets William Finnegan's Barbarian Days. In this visually arresting graphic novel, surfer and illustrator AJ DUNGO remembers his late partner, her battle with cancer, and their shared love of surfing that brought them strength throughout their time together. With his passion for surfing uniting many narratives, he intertwines his own story with those of some of the great heroes of surf in a rare work of nonfiction that is as moving as it is fascinating.

**IN-BETWEEN DAYS: A GRAPHIC MEMOIR ABOUT LIVING WITH CANCER**

Teva Harrison. Toronto: House of Anansi Press, 2016, 128 p.

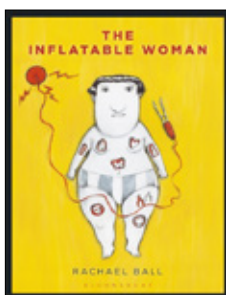
Harrison documents through comic illustration and short personal essays what it means to live with breast cancer. She confronts with heartbreaking honesty the crises of identity that cancer brings. She struggles to reconcile her long-term goals with an uncertain future, balancing the innate sadness of cancer with everyday acts of hope and wonder.



EMBROIDERED CANCER COMIC

Sima Elizabeth Shefrin. Philadelphia: Singing Dragon, 2016, 32 p.

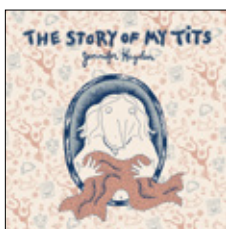
As soon as Bob was diagnosed with aggressive prostate cancer, he and his wife Elizabeth started making cancer jokes to take the edge off of an otherwise frightening situation. A lot of those jokes were about sex. Here, textile artist Elizabeth Shefrin has picked up a needle and thread to share those intimate jokes, revealing how they helped her and her husband to process the realities of cancer treatment.



THE INFLATABLE WOMAN

Rachael Ball. London: Bloomsbury Publishing, 2015, 543 p.

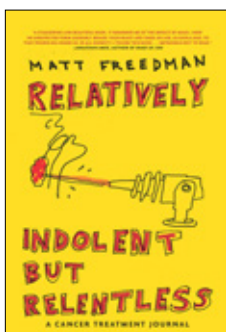
Iris (or balletgirl-42, as she's known on the Internet dating circuit) is a zookeeper looking for love when she is diagnosed with breast cancer. Overnight, her life becomes populated with a carnival of daunting hospital characters. Despite the attempts of her friends – Maud, Granma Suggs, Larry the Monkey and a group of singing penguins – to offer comfort, Iris's fears begin to encircle her until all she has to cling to is the attention of a lighthouse keeper called sailor_buoy_39.



THE STORY OF MY TITS

Jennifer Hayden. Marietta: Top Shelf Productions, 2015, 352 p.

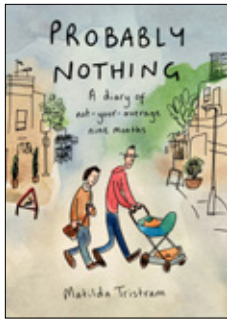
When Jennifer Hayden was diagnosed with breast cancer at the age of 43, she realized that her tits told a story. Across a lifetime, they'd held so many meanings: hope and fear, pride and embarrassment, life and death. And then they were gone. Now, their story has become a way of understanding her story: a journey from the innocence of youth to the chaos of adulthood, through her mother's mastectomy, her father's mistress, her husband's music, and the endlessly evolving definition of family.



RELATIVELY INDOLENT BUT RELENTLESS: A CANCER TREATMENT JOURNAL

Matt Freedman. New York: Seven Stories Press, 2014, 240 p.

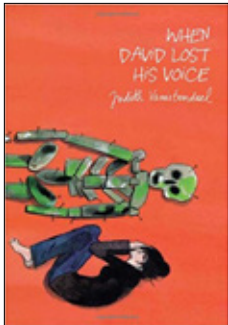
Freedman underwent radiation and chemotherapy for his adenoid cystic carcinoma, a rare cancer that had spread from his tongue to his neck to his lungs by the time it was discovered. This is the funny, moving, courageous, and witty journal he kept during that time, in comics and words, of his thirty-five-day course of treatment.



PROBABLY NOTHING: A DIARY OF NOT-YOUR-AVERAGE NINE MONTHS

Matilda Tristram. London: Viking, 2014, 97 p.

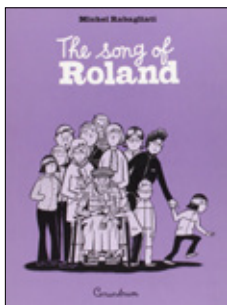
At 31, the author was 17 weeks pregnant and looking forward to having her first baby. Then she discovered she had bowel cancer. This graphic memoir, which is never morose or self-pitying, starts at the moment she was diagnosed and ends when her course of chemotherapy finishes.



WHEN DAVID LOST HIS VOICE

Judith Vanistendael. London: SelfMadeHero, 2013, 280 p.

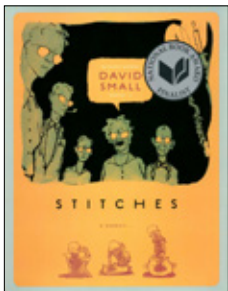
The doctor's report is final: David has cancer. Now the whole family is under the same terrible verdict. David's wife becomes progressively consumed by the looming shadow of death while his daughters struggle to be as helpful as possible. Meanwhile, David soldiers on, not wanting the tumor to rob him of everything, including the chance to see his granddaughter grow up.



THE SONG OF ROLAND

Michel Rabagliati. Wolfville: BDANG, 2012, 187 p.

The Song of Roland focuses on the life and death of Rabagliati's father-in-law, Roland. As the family stands vigil over Roland in his hospital bed, Rabagliati weaves a story of one man's journey through life and the legacy he leaves behind.



STITCHES: A MEMOIR

David Small. Toronto: McClelland & Stewart, 2010, 336 p.

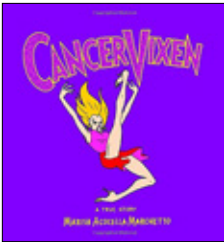
With this graphic memoir, David Small takes readers on an unforgettable journey into the dark heart of his tumultuous childhood in 1950s Detroit, in a coming-of-age tale like no other. At the age of fourteen, David awoke from a supposedly harmless operation to discover his throat had been slashed and one of his vocal chords removed, leaving him a virtual mute. No one had told him that he had cancer and was expected to die.



MOM'S CANCER

Brian Fies. New York: Abrams Image, 2006, 114 p.

Brian Fies is a freelance journalist whose mother was diagnosed with lung cancer. As he and his two sisters struggled with the effects of her illness and her ongoing recovery from treatment, Brian processed the experience in his journal, which took the form of words and pictures.



CANCER VIXEN: A TRUE STORY

Marisa Acocella Marchetto. New York: Alfred A. Knopf, 2006, 211 p.

A New York City cartoonist recounts her eleven-month bout with breast cancer, from initial diagnosis to cure, chronicling her high-powered Manhattan lifestyle, the romance between the ultimate bachelorette and her surprising Prince Charming, and her fierce battle against disease.

YOUTH LITERATURE



AGES 3 TO 7

THE BOY WHO MOVED CHRISTMAS

Eric Walters, Carloe Liu and Nicole Wellwood. Halifax, Nova Scotia: Nimbus Publishing, 2020, 32 p.

It's October, but in seven-year-old Evan's town, every house is decorated for Christmas and a giant holiday parade is about to begin. The bump in Evan's head means he might not make it to December, so all his friends, family, neighbours, and thousands of strangers have moved Christmas just for him. Evan is delighted to see the trees, the lights, and even snow, but he's a little worried that the parade might not be complete. How will Santa know he needs to visit so early? Will it even feel like Christmas without Santa there?



AGES 3 TO 8

CANCER IS A C WORD

Sunita Pal and Cody Andreasen. Nanoose Bay, BC, Canada: Rebel Mountain Press, 2020, 32 p.

Dealing with Cancer is a sad reality that many families have to face and explaining it to little children can be very difficult, and hard to do without creating a Monster of Fear. *Cancer is a C Word* written by Sunita Pal and illustrated by Cody Andreasen, will help families and schools to introduce the concept of Cancer to little ones, specifically to early primary-aged children, in a very simple way that is easy for them to understand. At the same time, the book also focuses on the positive aspects by demonstrating that there are other C words linked to Cancer that have an uplifting effect, such as Caring, Community, Cuddling, and Companionship.

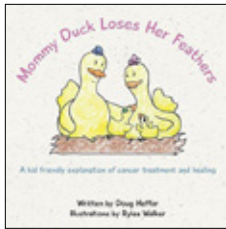


AGES 4 TO 8

WHEN A KID LIKE ME FIGHTS CANCER

Catherine Stier and Angel Chang (ill.). Chicago: Albert Whitman & Company, 2019, 32 p.

When Ben finds out he has cancer, he discovers that even though many things change, the most important things stay the same, and everyone around him wants to help him fight.

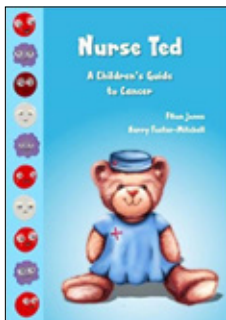


AGES 4 TO 9

MOMMY DUCK LOSES HER FEATHERS: A KID FRIENDLY EXPLANATION OF CANCER TREATMENT AND HEALING

Doug Heffer and Rylea Walker (ill.). Victoria: Tellwell Talent, 2015, 21 p.

Mommy Duck feels scared when she senses something isn't right, and her doctor confirms her worst fears. With her family by her side, she deals with her cancer treatments and their side effects on her journey to wellness.

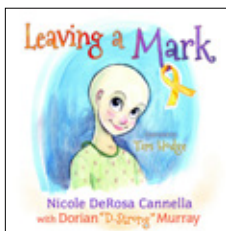


AGES 4 TO 10

NURSE TED: A CHILDREN'S GUIDE TO BRAIN TUMOURS

Ffion Jones and Kerry Foster-Mitchell. Belrose: Belrose Books, 2015, 46 p.

A child-friendly picture book to help parents who have a brain tumour explain their diagnosis and treatment to their children.



AGES 5 TO 8

LEAVING A MARK

Nicole DeRosa Cannella, Dorian Murray and Tim Hodge (ill.). Silverstein: Lampion Press, 2016, 27 p.

The plight of children diagnosed with terminal cancer, and other life-threatening diseases, touches the hearts of millions of us today. None has done more so than the struggles and courage of a young boy named Dorian Murray. Known by #DStrong, millions around the world have seen his determination against this disease and responded with wishes of health, prayers for healing, and replies to his desire to be known, from China, to Australia, Europe, and the United States. He has said that before he goes to heaven he wants to be famous. Nicole DeRosa Cannella has captured the beliefs and ideas of Dorian D-Strong Murray that have enabled him to share his strength with other children and their parents who are facing the challenge of serious illness so that they too might become D-Strong.

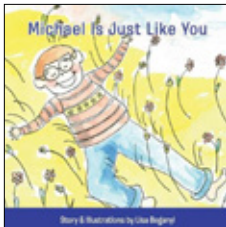


AGES 5 TO 8

THE GOODBYE CANCER GARDEN

Janna Matthies. Chicago: Albert Whitman, 2011, 32 p.

After Mom and Dad tell Janie and Jeffrey that Mom has cancer, the whole family goes to the doctor to ask questions. “Is Mom better yet?” Jeffrey asks. “Not yet,” the doctor says. “But we’re working very hard to make her better – probably by pumpkin time.” That gives Janie an idea: to plant a vegetable garden. As the garden grows, Mom’s treatment progresses...surgery, chemo, head-shaving, radiation...and when it’s all done, there are healthy pumpkins and a recovering Mom!

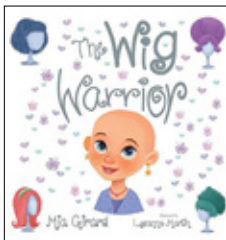


AGES 5 TO 9

MICHAEL IS JUST LIKE YOU

Lisa Beganyi. Barrie: Echo Books, 2015, 32 p.

No matter what someone is going through or how different they may seem, friendship and acceptance is always the best option! Michael is Just Like You is a delightful tale inspired by a true story of how a young boy who loses his eye to cancer likes a lot of the same activities other children also enjoy. Inferring acceptance and inclusion, this illustrated book is a perfect way to spread the message that we are all connected.



AGES 5 TO 9

THE WIG WARRIOR

Mia Girard. Laval: Domnizelles Publications, 2014, 30 p.

Anna, after losing her hair to cancer treatment, gets the courage to go to school with a wig. Soon she finds out her friends to be very supportive. When she sees many children wearing colourful wigs, she decides to use this idea to hold a cancer fundraiser.

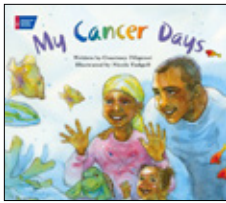


AGES 5 TO 9

A FRIEND IN HOPE: A STORY ABOUT HOPE'S JOURNEY WITH A BRAIN TUMOUR

Marisa Zammit. London: Brain Tumour foundation of Canada, 2012, 36 p.

This colourful book tells the story of a little girl named Hope and her journey with a brain tumour through the eyes of her friend Danny. The story follows Hope’s journey to wellness and addresses medical procedures, symptoms such as hair loss, hospital stays as well as missing school and friends.

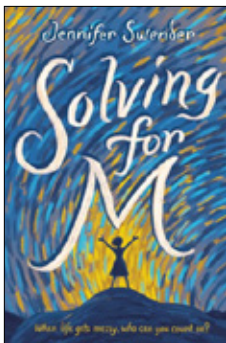


AGES 7 TO 9

MY CANCER DAYS

Courtney Filigenzi and Nicole Tadgell (ill.). Atlanta: American Cancer Society, 2016, 24 p.

Helping children with cancer cope with their illness, this illustrated book approaches their emotions from diagnosis through treatment in a way that they can easily understand and can help describe what they are feeling. In the story, a young girl uses color to express her full range of emotions as she undergoes cancer treatment. Some days she's sad, some days she's happy, and other days she's scared or angry. The girl comes to realize that these ups and downs are perfectly normal for her situation. The book assures children with cancer that they are not alone, and helps them understand that it's okay to let out their feelings.



AGES 8 TO 12

SOLVING FOR M

Jennifer Swender. New York: Crown Books for Young Readers, 2019, 239 p.

Shortly after starting fifth grade, Mika learns that her mother has cancer and uses her math notebook to explore the new changes in her life.

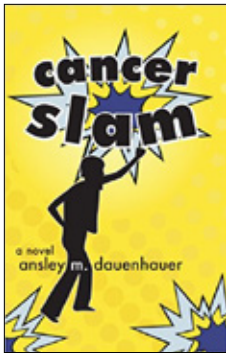


AGES 8 TO 12

MRS. B HAS CANCER

Glynis M. Belec. Drayton: Angel Hope Publishing, 2013, 120 p.

Tristan has a million questions when he finds out Mrs. B has ovarian cancer. When he learns about all the tests Mrs. B has to go through, Tristan starts thinking the worst. Then he gets an idea. Why not surprise Mrs. B with a Cancel Cancer Party? Tristan rounds up his friends to help, and soon the big day arrives. But there is something fishy going on. And Mrs. B is not the only one who is surprised.

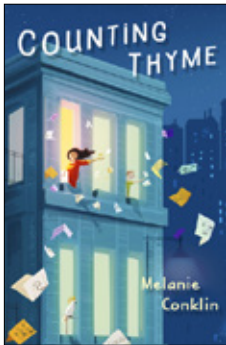


AGES 8 TO 12

CANCER SLAM

Ansley Dauenhauer. Milwaukee: Three Towers Press, 2012, 240p.

Hannah and Max Bennett's mom has just been diagnosed with breast cancer, and suddenly the whole world feels like it has been put on hold. To her relief, Hannah discovers that having cancer in the family doesn't keep birthdays, Halloween, or Christmas from coming, and even cancer can't keep here little brother Max from occasionally being a pest. *Cancer Slam* humanizes breast cancer and reminds the reader that life goes on, even in the face of adversity.



AGES 8 TO 14

COUNTING THYME

Melanie Conklin. New York: G.P. Putnam's Sons, 2016, 300 p.

Thyme Owens moves across the country with her family so her younger brother can take part in a promising cancer drug trial, and though all she wants is for him to get better, adjusting to life in Manhattan is anything but easy.



AGES 8 TO 15

WHAT'S UP WITH SAM'S GRANDMA?: MEDIKIDZ EXPLAIN LUNG CANCER

Kim Chilman-Blair and Shwan DeLoache (ill.). Atlanta: American Cancer Society/Health Promotions, 2013, 32p.

Lung cancer is explained in this graphic novel. The Medikidz are larger-than-life superheroes who live in Mediland, a living, moving virtual world within the human body. Each character is an expert on one component of human anatomy and the role it plays in fighting the disease.



AGES 8+

TOPPLING

Sally Murphy and Rhian Nest James (ill.). Somerville: Candlewick Press, 2012, 121 p.

Now that John's best friend is sick, hanging out with his pals isn't the same. But what can they do? A kid-friendly story of silliness, sadness, and solidarity.

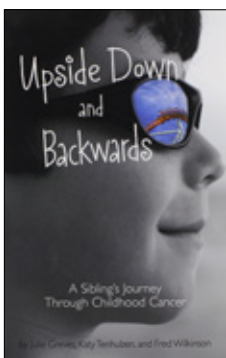


AGES 9 TO 12

WINK: SURVIVING MIDDLE SCHOOL WITH ONE EYE OPEN

Ro Harrell. New York: Dial Books for Young Readers, 2020, 314 p.

After being diagnosed with a rare eye cancer, twelve-year-old Ross discovers how music, art, and true friends can push him through treatment and survive middle school.



AGES 9 TO 12

UPSIDE DOWN AND BACKWARDS: A SIBLING'S JOURNEY THROUGH CHILDHOOD CANCER

Julie Greves, Katy Tenhulsen and Fred Wilkinson. Washington: Magination Press, 2014, 112 p.

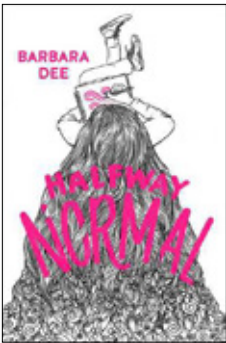
Follows eighth-grader Bryce as he learns about his sister Paige's cancer and watches his family's focus turn toward her, leaving him feeling left out, jealous, worried, afraid, and confused about the disease. Includes note to readers.


AGES 9 TO 12

AND STILL THEY BLOOM: A FAMILY'S JOURNEY OF LOSS AND HEALING

Amy Rovere and Joel Spector (ill.). Atlanta: American Cancer Society, 2012, 41 p.

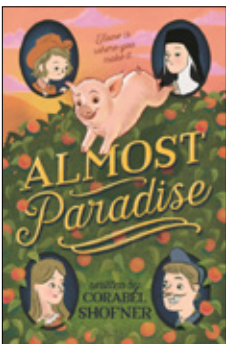
Losing a loved one is hard. The grief can be overwhelming for every family member – especially for children, who may have a hard time understanding and expressing their feelings. *And Still They Bloom* follows Emily and Ben as they both struggle to come to terms with their loss and make sense of their changed world. The children embark on a journey of healing and acceptance as they come to realize they can keep their mother's memory alive – that her love will stay with them always.


AGES 9 TO 13

HALFWAY NORMAL

Barbara Dee. New York: Aladdin, 2017, 247 p.

Twelve-year-old cancer survivor Norah struggles to fit in at middle school after two years of treatment, but she finds her voice with the help of new friend Griffin, who shares her love of mythology.


AGES 10 TO 12

ALMOST PARADISE

Corabel Shofner. New York: Farrar, Straus and Giroux, 2017, 296 p.

When twelve-year-old Ruby's mother goes to jail, Ruby finds her Aunt Eleanor, an ornery nun with some dark secrets, who Ruby hopes will help free her mother.

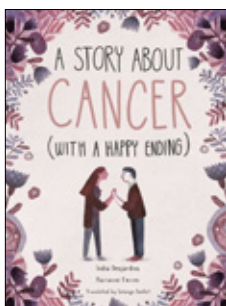


AGES 10 TO 14

FRIEND OR FICTION

Abby Cooper. Watertown: Charlesbridge, 2019, 267 p.

About the time that her father was diagnosed with cancer, Jade invented Zoe, an imaginary friend in the pages of her notebook that she could depend on; then one of her classmates, Gresham Gorham (called Clue), somehow brings Zoe to life, and Jade suddenly has a best friend, one she can still control by what she writes in her notebook – but soon Jade begins to wonder how much a friendship is worth if you are calling all of the shots, and whether she should let Clue return Zoe to the notebook, and so rejoin reality herself.

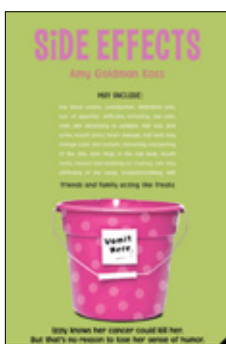


AGES 10 TO 14

A STORY ABOUT CANCER (WITH A HAPPY ENDING)

India Desjardins and Marianne Ferrer (ill.). Minneapolis: Frances Lincoln Children's Books, 2019, 96 p.

A teenage girl heads towards the hospital waiting room where the doctors are going to tell her how much time she's got to live. As she walks, she thinks about her journey up to this point... the terrible decor in the hospital, wearing a headscarf, the horrible treatments, but also being with her friends, family, and her new boyfriend Victor. This is a story about cancer with a happy ending. It's about life, love, and especially, hope.

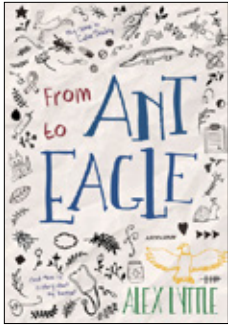


AGES 11 TO 15

SIDE EFFECTS

Amy Goldman Koss. New York: Square Fish, 2010, 135 p.

As if it isn't bad enough to have cancer, practically every time we pick up a book or hear about a character in a movie that gets sick, we know they'll be dead by the last scene. In reality, kids get all kinds of cancers; go through unspeakable torture and painful treatments, but walk away, fine in the end. Isabelle, not quite 15, is living a normal life of fighting with her younger brother, being disgusted with her parents, and hoping to be noticed by a cute guy. Everything changes in an instant when she is diagnosed with lymphoma – and even her best friend, Kay, thinks Izzy is going to die. But she doesn't, and her humor – sardonic, sharp, astute – makes reading this book accessible and actually enjoyable.



AGES 12 TO 13

FROM ANT TO EAGLE

Alex Lyttle. Delta: Central Avenue Publishing, 2017, 243 p.

It's the summer before grade six and Calvin Sinclair is bored to tears. He's recently moved from a big city to a small town and there's nothing to do. It's hot, he has no friends and the only kid around is his six-year-old brother, Sammy, who can barely throw a basketball as high as the hoop. When Calvin meets Aleta Alvarado, a new girl who shares his love for Goosebumps books and adventure, Sammy is pushed aside. Cal feels guilty but not enough to change. At least not until a diagnosis causes things at home to fall apart and he's left wondering whether Sammy will ever complete his own journey...



AGES 12 TO 14

BETTER ANGELS: YOU CAN CHANGE THE WORLD; YOU ARE NOT ALONE

Sadie Keller and Michael McCaul. United States: Gavia Books, 2020, 237 p.

Diagnosed with cancer at age seven, Sadie sneaked into her mother's closet and filmed an instructional video to help kids like her. It became a viral sensation. Worried about whether Santa could deliver toys to all the kids in her hospital, she started a toy drive. It became a movement that turned into a foundation and a national year-round program that has collected tens of thousands of toys for kids battling cancer. Along the way Sadie met hundreds of cancer kids... and ended up having to say goodbye to some of her closest friends.

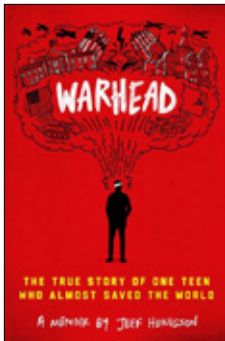


AGES 12 TO 17

DANCING AT THE PITY PARTY: A DEAD MOM GRAPHIC MEMOIR

Tyler Feder. New York: Dial Books, 2020, 201 p.

Tyler Feder shares her story of her mother's first oncology appointment to facing reality as a motherless daughter in this frank and refreshingly funny graphic memoir.

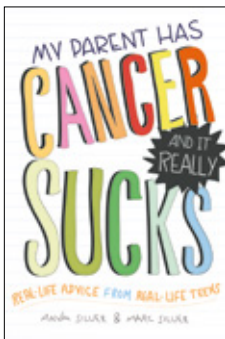


AGES 12 TO 17

WARHEAD: THE TRUE STORY OF ONE TEEN WHO ALMOST SAVED THE WORLD

Jeff Henigson. New York: Delacorte Press, 2019, 347 p.

A memoir about Jeff Henigson's teen Starlight Children's Foundation wish after being diagnosed with brain cancer: to meet Mikhail Gorbachev and plea for nuclear disarmament and world peace.



AGES 12+

MY PARENT HAS CANCER AND IT REALLY SUCKS

Marc Silver. Naperville: Sourcebooks Fire, 2013, 272 p.

Currently one million American teenagers live with a parent who is fighting cancer. It's a hard blow for those already navigating high school, preparing for college, and becoming increasingly independent. This is a collection of stories and advice from over one hundred teens who have dealt with a parent battling cancer.

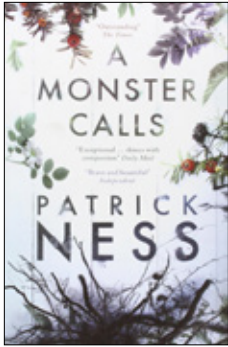


AGES 12+

WHAT'S UP WITH TIFFANY'S DAD?: MEDIKIDZ EXPLAIN MELANOMA

Kim Chilman-Blair and Shawn deLoache. Atlanta: American Cancer Society, 2012, 32 p.

Melanoma is explained in this graphic novel. The Medikidz are larger-than-life superheroes who live in Mediland, a living, moving virtual world within the human body. Each character is an expert on one component of human anatomy and the role it plays in fighting the disease.

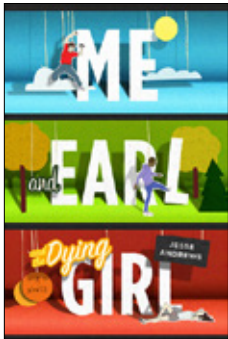


AGES 12+

A MONSTER CALLS

Patrick Ness. Somerville: Candlewick Press, 2011, 204 p.

An unflinching, darkly funny, and deeply moving story of a boy, his seriously ill mother, and an unexpected monstrous visitor.

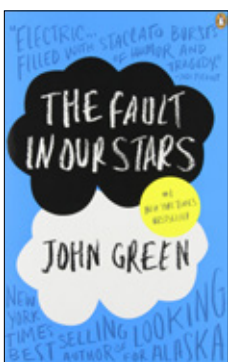


AGES 13+

ME AND EARL AND THE DYING GIRL

Jesse Andrews. New York: Amulet Books, 2012, 295 p.

Up until senior year, Greg has maintained total social invisibility. He only has one friend, Earl, and together they spend their time – when not playing video games and avoiding Earl’s terrifying brothers – making movies, their own versions of Coppola and Herzog cult classics. Greg would be the first one to tell you his movies are terrible, but he and Earl don’t make them for other people. Until Rachel. Rachel has leukemia, and Greg’s mom gets the genius idea that Greg should befriend her. Against his better judgment and despite his extreme awkwardness, he does. When Rachel decides to stop treatment, Greg and Earl make her a movie, and Greg must abandon invisibility and make a stand. It’s a hilarious, outrageous, and truthful look at death and high school by a prodigiously talented debut author.

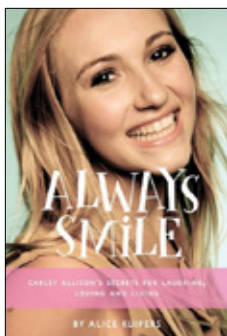


AGES 13+

THE FAULT IN OUR STARS

John Green. New York: Dutton Books, 2012, 318 p.

Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel’s story is about to be completely rewritten.

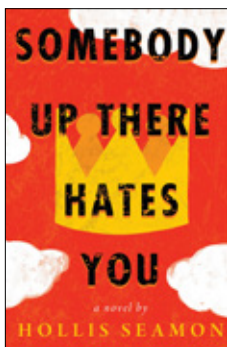


AGES 14 TO 18

ALWAYS SMILE: CARLEY ALLISON'S SECRETS FOR LAUGHING, LOVING AND LIVING

Alice Kuipers. Toronto: KCP Loft, 2019, 390 p.

Carley Allison was an up-and-coming young figure skater and singer who died tragically at the age of 18 of a cancer so rare there were only seven cases in the world. In this book, you will come to know Carley in her own words and in the words of the people who knew and loved her. Award-winning author Alice Kuipers weaves the memories of Carley's friends, family, and boyfriend with the blog Carley kept throughout her journey, from the moment she was diagnosed until her final months of searching for treatment that would keep the disease at bay. Kuipers also recreates pivotal moments from Carley's point of view, acting as ventriloquist for a voice lost too young. This book is built around the words she lived by, both in sickness and in health. Above all, again and again, she summed up her philosophy in two words: always smile.

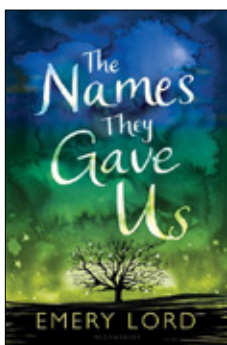


AGES 14+

SOMEBODY UP THERE HATES YOU

Hollis Seamon. Chapel Hill: Algonquin, 2013, 239 p.

This book is about a 17-year-old boy called Richard, who is in a hospice as he has terminal cancer. Richard wants to make the most of the rest of his short life, gaining as many experiences as he can. He shares a few of these with Sylvie, the only other teenager there, but Sylvie also wants as many experiences, dragging Richard along with her, until a budding romance is formed, in very different circumstances. Richard tells about the hospice and his adventures, keeping light-hearted and funny, but also showing the realities of SUTHY (Somebody Up There Hates You) syndrome.



AGES 15+

THE NAMES THEY GAVE US

Emery Lord. New York: Bloomsbury, 2017, 388 p.

Lucy Hansson was ready for a perfect summer with her boyfriend, working at her childhood Bible camp on the lake and spending quality time with her parents. When her mom's cancer reappears, her boyfriend «pauses» their relationship, and her summer job switches to a camp for troubled kids, Lucy falters in her faith. Then long-hidden family secrets emerge. Can Lucy set aside her problems and discover what grace really means?

FILM, SERIES AND PROGRAM SUGGESTIONS

DID YOU KNOW?

LIBRARIES HAVE RICH COLLECTIONS OF
DVDS AND BLU-RAYS THAT CAN BE BORROWED.
THEY ALSO OFFER ONLINE ACCESS TO MOVIES,
SERIES AND PROGRAMS. CHECK WITH YOUR
LOCAL LIBRARY.

FICTION

General works



CLOUDS

Justin Baldoni. 2020, 121 min.

Young musician Zach Sobiech discovers his cancer has spread, leaving him just a few months to live. With limited time, he follows his dream and makes an album, unaware that it will soon be a viral music phenomenon.



ALL MY LIFE

Marc Meyers. 2020, 91 min.

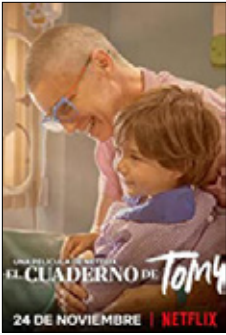
A couple's wedding plans are thrown off course when the groom is diagnosed with liver cancer.



LIFE IN A YEAR

Mitja Okorn. 2020, 107 min.

The movie follows 17-year-old Daryn who finds out that his girlfriend is dying. He sets out to give her an entire life in the last year she has left.



NOTES FOR MY SON

Carlos Sorin. 2020, 84 min.

A woman with terminal cancer decides to keep a notebook full of musings on life and love for her toddler son to read after she dies.



ORDINARY LOVE

Lisa Barros D'Sa, Glenn Leyburn. 2019, 92 min.

An extraordinary look at the lives of a middle-aged couple in the midst of the wife's breast cancer diagnosis.



THE FAREWELL

Lulu Wang. 2019, 100 min.

A Chinese family discovers their grandmother has only a short while left to live and decide to keep her in the dark, scheduling a wedding to gather before she dies.



PADDLETON

Alex Lehmann. 2019, 89 min.

An unlikely friendship between two misfit neighbors becomes an unexpectedly emotional journey when the younger man is diagnosed with terminal cancer.



FOR MOLLY

Cathal Kenna. 2018.

Uncertain about the future following a shock cancer diagnosis, a young father to be starts recording a series of home movie messages for soon to be born daughter in an attempt to offer some helpful fatherly advice and a document of who he is for when she is older.



THE IMMORTAL LIFE OF HENRIETTA LACKS

George C. Wolfe. 2017, 93 min.

An African-American woman becomes an unwitting pioneer for medical breakthroughs when her cells are used to create the first immortal human cell line in the early 1950s.

13+



MISS YOU ALREADY

Catherine Hardwicke. 2015, 103 min.

Drama (Great Britain). Two best friends navigate life's highs and lows. Inseparable since childhood, they can't remember a time they didn't share everything – secrets, clothes, even boyfriends – but nothing can prepare them for the day Milly is hit with life-altering news.

G



THE FAULT IN OUR STARS

Josh Boone. 2014, 125 min.

Drama (United States). Hazel, a teen with Stage 4 thyroid cancer, is forced by her parents to attend a cancer support group. Gus, a basketball player who lost his right leg to osteosarcoma but is now in remission, meets her at the group. Although the teens are attracted to her each and start up a friendship, Hazel is reluctant at first, not wanting to cause Gus pain, because she knows she will eventually die. Gus is persistent and talks Hazel into coming with him to meet Peter van Houten, the author of her favorite book, but the meeting leads to surprising revelations.

G



G

DECLARATION OF WAR

Valérie Donzelli and Jérémie Elkäim. 2011, 99 min. (Original title: La guerre est déclarée)

Drama (France). The happiness of Romeo and Juliet, a young Parisian couple with a promising future, is dramatically compromised by the terrible news that their 18-month-old son Adam is suffering from a brain tumor. A renowned surgeon manages to remove most of the mass, but the residue forms an aggressive rhabdoid tumor, leading them to begin chemotherapy and radiotherapy treatment. Forced to leave their respective jobs to stay at their baby's bedside, Romeo and Juliet rely on the financial and emotional support of their relatives and friends. But the painful and exhausting ordeal threatens to jeopardize their marriage.



G

RESTLESS

Gus Van Sant. 2011, 91 min

Drama, romance (United States). The story of a terminally ill teenage girl who falls for a boy who likes to attend funerals and their encounters with the ghost of a Japanese kamikaze pilot from WWII.

Brain cancer



G

OSCAR AND THE LADY IN PINK

Éric-Emmanuel Schmitt. 2009, 105 min. (Original title: Oscar et la dame rose)

Drama (France). Listening in to a conversation between his doctor and parents, 10-year-old Oscar learns what nobody has the courage to tell him. He only has a few weeks to live. Furious, he refuses to speak to anyone except straight-talking Rose, the lady in pink he meets on the hospital stairs. As Christmas approaches, Rose uses her fantastic experiences as a professional wrestler, her imagination, wit and charm to allow Oscar to live life and love to the full, in the company of his friends Pop Corn, Einstein, Bacon and childhood sweetheart Peggy Blue.



THE BIG C

Darlene Hunt. (2010- 2013)

TV series. Drama, comedy (United States). A suburban mother faces her cancer diagnosis while trying to find humor and happiness as well.



THE BLUE BUTTERFLY

Léa Pool. 2004, 97 min. (Original title: Le papillon bleu)

Drama (Quebec). With his brain cancer reaching the terminal phase, Pete, a ten-year-old boy, takes refuge in observing the world of the insects. His biggest wish is to capture the blue Morpho, a butterfly found in the tropical forests of Central and South America. Pete asks his idol, the entomologist Alan Osborne, to help him carry out his dream. At first flat out refusing, the scientist reconsiders after Pete's mother pleads with him. The three of them fly to Costa Rica, but the season of blue Morpho is drawing to a close and Alan and Pete only have a few days to capture a specimen.



DOCUMENTARIES



CRACKING CANCER

The Nature of things, CBC. 2017, 44 min.

Online: www.youtube.com/watch?v=ellnS1S1w-M

POG – Personalized OncoGenomics – is the subject of the gripping new documentary. With exclusive and rare access, *Cracking Cancer* follows a group of patients, all with incurable cancer, through the highly experimental clinical trial at the BC Cancer Agency, a trial that holds the promise of personalized cancer diagnosis and treatment.



THE C WORD

Meghan O'Hara. 2016, 89 min.

Documentary (United States). A personal, important, surprising, and funny documentary about the industries of death that give us cancer, and the unheralded science of prevention.



EXERCISE AND CANCER

Catalyst, ABC Australia. 2016, 26 min.

Online: www.abc.net.au/catalyst/exercise-and-cancer/11016526

By the time you hit midlife, odds are you or someone close to you will be touched by cancer. Cancer remains a potentially lethal lottery and everyone's experience is different. But appropriate exercise under professional supervision – before, during, or after treatment – seems to substantially improve your odds. *Catalyst* meets a group of cancer patients that is experiencing extraordinary benefits from prescribed targeted exercise programs.



STRESS AND CANCER

Catalyst, ABC Australia. 2016, 14 min.

Online: www.abc.net.au/catalyst/stress-and-cancer/11016592

Can stress accelerate the spread of cancer? Every day in Australia 360 people learn they have cancer. It goes without saying it's a very stressful time. Stress as a cause of cancer has not been convincingly proven but recently researchers have been looking at how stress drives the spread of an existing cancer from the original tumour. They've identified pathways caused by stress that facilitate the spread of breast cancer cells around the body. What's more remarkable, the researchers may have found a way to prevent it.



CANCER – THE EMPEROR OF ALL MALADIES: MAGIC BULLET

Barak Goodman and Jack Youngelson, PBS. 2015, 112 min.

The search for a cure is the greatest epic in the history of science, spanning centuries and continents. This film centers on the story of Sidney Farber, who defied conventional wisdom in the late 1940s to introduce the modern era of chemotherapy. He later galvanized a “war on cancer” campaign with philanthropist Mary Lasker that culminated in the National Cancer Act. Interwoven with Farber's narrative is the contemporary story of a 17-month-old diagnosed with T-cell acute lymphoblastic leukemia. The film follows her as she and her parents struggle with the many hardships and decisions foisted upon a cancer patient.



CANCER – THE EMPEROR OF ALL MALADIES: FINDING THE ACHILLES HEEL

Chris Durrance and Barak Goodman, PBS. 2015, 113 min.

Scientists believe they have cracked the mystery of the malignant cell, and the first targeted therapies have been developed. But very quickly cancer reveals new layers of complexity and a formidable array of defenses. Many call for a new focus on prevention and early detection as the most promising fronts in the war on cancer. By the second decade of the 2000s, the bewildering complexity of the cancer cell yields to a more ordered picture, revealing new vulnerabilities and avenues of attack. Perhaps most exciting is the prospect of harnessing the human immune system to defeat cancer. A 60-year-old NASCAR mechanic with melanoma and a six-year-old with leukemia are pioneers in new immunotherapy treatments, which the documentary follows as their stories unfold.



CANCER – THE EMPEROR OF ALL MALADIES: THE BLIND MAN AND THE ELEPHANT

Deborah Dickson and Barak Goodman, PBS. 2015, 113 min.

This episode picks up the story in the wake of the declaration of a “war on cancer” by Richard Nixon in 1971 and the search for a cure. Three causation theories emerge linking cancer to viruses, chemicals, and genes that divide the scientific community. In the lab, rapid progress is made in understanding the essential nature of the cancer cell, leading to the revolutionary discovery of the genetic basis of cancer, but few new therapies become available. Not until the late 1990s make advances in research begin to translate into more precise targeted therapies with breakthrough drugs. Following the history during these fraught decades, the film intertwines the contemporary story of an oncologist diagnosed with breast cancer. Her emotional and physical struggles provide a bracing counterpoint to the historical narrative.



CANCER: THE NEW TRAILBLAZER

Marie-Pierre Jaury, ARTE France. 2015, 51 min.

Should cancer really be understood and treated as a genetic disease or could another avenue – which was once abandoned but has now been taken up again – enable us to combat it? Researchers and doctors in various countries want to revolutionize the cancer paradigm. For them, cancer is a disorder of cellular metabolism, which could be treated with a few simple molecules and anti-diabetes drugs already on the market. This film examines why genetic cancer theories became the sole focus of government funding and invites us to take stock of new research and clinical trials taking a big-picture approach by depriving cancer cells of the food and resources they need to develop.



CHECKUP ON CANCER: ARE WE WINNING THE BATTLE?

The National, CBC. 2014, 15 min.

In the time it takes to watch this short report from *The National's* Checkup panel, seven Canadians will find out they have cancer. Today 210 Canadians will lose their lives fighting it. Billions have been raised and spent on the battle against this deadly disease, but is anything really changing? What can we do as individuals to prevent it, what are we doing to treat it and are we any closer to a cure (Canadian Broadcasting Corporation)?



THE NANO REVOLUTION: MORE THAN HUMAN (2 OF 3)

The nature of things, CBC. 2011, 45 min.

In the second part of this series from *The Nature of Things*, get a glimpse of nano devices that could deliver treatment directly to affected cells. In the case of cancer, destroying specific cells with fewer side effects. Medicine could evolve from treating disease to a practice that is predictive, personalized and pre-emptive. Discover a brave new medical future where permanent nano devices can roam the body, provide early diagnosis and take action against diseases.

TAKING PART IN ONE'S HEALTH CARE

This section can be found in every Biblio-Santé thematic booklet. The resources have been selected with a patient-as-partner approach that aims to help the health system users to actively participate in their health care and to make informed decisions.

WHAT DOES PATIENT-AS-PARTNER MEAN?

A patient-as-partner is a person who progressively becomes able as they receive treatment to make informed and independent health choices. Their experience related knowledge is recognized and their care related competences are developed with help from the team. Respected in all aspects of their humanity, they are a full member of this team when it comes to the care and services offered to them. While fully recognizing the expertise of the team members, the patient-as-partner can direct the team's concern towards their particular needs and long term well being.

Source: Faculté de médecine de l'Université de Montréal

ORGANIZATIONS AND ASSOCIATIONS

Legal information

CHAMBRE DES NOTAIRES DU QUÉBEC

Phone	514 879-1793
Toll free	1 800 263-1793
Website	www.cnq.org/en/home.html

The Chambre des notaires offers basic legal information, including information about powers of attorney, mandates in case of incapacity, wills and successions.

Toll free line 1-800-NOTAIRE (668-2473)

Chat free of charge with a notary.

COMMUNITY JUSTICE CENTERS

Website www.justicedeproximite.qc.ca/en/

The Community Justice Centers provide services in six regions in Quebec. They inform you about your legal rights and obligations. They support you by helping you in the identification of your legal needs and the options available to address them. They also refer you to the legal resources available related to the legal system or the community, so you can choose the service that best suits your needs.

CONSEIL POUR LA PROTECTION DES MALADES

Phone	514 861-5922
Toll free	1 877 276-2433
Website	http://cpm.qc.ca/en/home/

You can contact this organization free of charge to get information about the rights of sick people or to report an abuse or a situation which affects the rights of health and social service network users. Every call will be kept strictly confidential.

CURATEUR PUBLIC DU QUÉBEC

Phone 514 873-4074
Toll free 1 844 532-8728
Website <https://www.curateur.gouv.qc.ca/cura/en/>

The Curateur public ensures the protection of incapacitated persons. It educates the public about the protection needs associated with incapacity and supports families and close friends who are representing incapacitated persons, administering the property of an incapacitated person or a minor, or serving as members of a tutorship council. The site provides information about incapacity (protection mandate, tutorship, curatorship, etc.).

FÉDÉRATION DES CENTRES D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES

Toll free 1 877 767-2227
Website <https://fcaap.ca/en/>

Complaint assistance and support centers assist the user in any process to file a complaint with an establishment, a CISSS, a CIUSSS or the Protecteur des usagers. They accompany the user for the duration of the appeal, including when the complaint is referred to the Council of Physicians, Dentists and Pharmacists of an establishment. You can find on the FCAAP website the list of assistance centers as well as information on your rights.

INSTITUT DE PLANIFICATION DES SOINS DU QUÉBEC

Phone 514 805-2408
Website www.planificationdessoins.org

The Institute's mission is to help people with loss of autonomy or suffering from a degenerative disease to plan their health care. It notably offers different tools as well as lectures and online training. Website only in French.

JURISTES À DOMICILE

Phone 514 944-9929
Website www.juristesadomicile.com

Juristes à Domicile guides and supports its members who find themselves in a difficult situation, or who are vulnerable, when it comes to ensuring that their rights are respected. The organization can also facilitate access to low cost legal services, if needed. As the name of the organization suggests, the team's lawyers come to their homes. Website only in French.

PROTECTEUR DU CITOYEN

Toll free 1 800 463-5070
Website <https://protecteurducitoyen.qc.ca/en>

The Protecteur du citoyen conducts investigations into complaints or reports involving individuals, groups, organizations or undertakings who claim that they were treated unfairly or improperly by a Quebec Government department or public agency, or by Health and Social Services network authorities. The Quebec Ombudsman is independent of the government, neutral and unbiased. All complaints are treated as confidential. The services are free and easily accessible.

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)

Phone 514 436-3744
Website www.rpcu.qc.ca/en/

The Regroupement provincial des comités des usagers defends and protects the rights of all users of the Health and Social Services network. Visit the website of the Regroupement for more information on the rights and recourse of the loved one you support.

INTERNET RESOURCES

General works

CHOOSING WISELY CANADA

<https://choosingwiselycanada.org/>

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The website provides information related to treatments and medication. It offers recommendations and resources by specialty for health professionals and patients. Patient Pamphlets are also available under the “Patient Resources” tab.

COLLÈGE DES MÉDECINS DU QUÉBEC

<http://www.cmq.org/hub/en/services-au-public.aspx>

The “Services for the public” section of the Collège des médecins du Québec provides information on various aspects of consultations with a doctor (access to a doctor, medical fees, complaints, etc.) and on the role of other health professionals.

GOVERNEMENT DU QUÉBEC – COPING WITH A LOSS OF INDEPENDENCE

<https://www.quebec.ca/en/government/services-quebec/lossofindependence/>

This guide provides comprehensive information on government programs and services for individuals experiencing a loss of autonomy and their caregivers. Topics covered include health and social services, housing, home care services, tax credits, justice, work and employment, and transportation. Note also that the forms necessary to obtain the aforementioned services and programs are available on this site.

Finally, you may choose to fill out the “My personalized itinerary” questionnaire to obtain a list of steps to take to benefit from the government programs and services intended for you that is specific to your situation.

GOVERNEMENT DU QUÉBEC – INFO-SANTÉ 811

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/>

Info-Santé 8-1-1 is a free and confidential telephone consultation service. Dialling 8-1-1 promptly puts you in contact with a nurse in case of a non-urgent health issue. The service is available 24 hours a day, 365 days a year. Anyone living in Quebec can call Info-Santé 8-1-1 for themselves or a family member.

GOVERNEMENT DU QUÉBEC – SERVICE ORGANIZATION

<https://www.quebec.ca/en/health/health-system-and-services/service-organization/>

This web page of the Government of Quebec presents a portrait of the organization of services in Quebec as well as relevant information for each service offered.

HEALTHCARE EXCELLENCE CANADA – ENGAGING PATIENTS IN PATIENT SAFETY – A CANADIAN GUIDE

<https://www.patientsafetyinstitute.ca/en/toolsresources/patient-engagement-in-patient-safety-guide/pages/default.aspx>

The Engaging Patients in Patient Safety Canadian guide is presented to you in detail on this web page. You will discover who is this guide for, its purpose and what is included inside. You also have the option to download it.

HEALTHCARE EXCELLENCE CANADA – PATIENT, FAMILY AND CAREGIVER ENGAGEMENT AND PARTNERSHIPS

<https://www.cfhi-fcass.ca/WhatWeDo/PatientEngagement/PatientEngagementResourceHub/Results.aspx>

On this page of the Canadian Foundation for Healthcare Improvement, you will find information about the participation and collaboration of patients in their health care, including the Bridge-to-Home project that allows improve the quality of care, as well as the experience of patients, caregivers and providers during transitions from hospital to home.

HEALTHCARE EXCELLENCE CANADA – SHIFT TO SAFETY

<https://www.patientsafetyinstitute.ca/en/about/programs/shift-to-safety/pages/public.aspx>

The “Public” section of SHIFT to safety program aims to help you take an active part in the safety of your healthcare. It offers resources on a range of topics for making informed care choices, links to other patients, and tips for working with health care providers based on personal needs.

HEALTH CHARITIES COALITION OF CANADA – “HOW TO” HEALTH GUIDE

www.healthcharities.ca/resources/how-to-health-guide.aspx

The “How To” Health Guide was developed to assist patients, caregivers, friends and families in managing information about the Canadian health care system, which can often be challenging to navigate. If you, or someone you love and care for, are trying to find health services, support or information for an illness or disease, there are actions you can take to help get the best possible health care. The Guide provides basic information about how to speak to those working within the system on a range of issues. A link to download a copy of the guide is available at the bottom of the page.

HEART & STROKE FOUNDATION – BEING A PARTNER IN YOUR HEALTH CARE

https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?_

This section of the Heart & Stroke foundation website provides an overview of what you need to know to prepare well for a medical appointment.

INSTITUTE FOR SAFE MEDICATION PRACTICE CANADA – SAFEMEDICATIONUSE.CA

<https://safemedicationuse.ca/newsletter/index.html>

ISMP Canada SafeMedicationUse.ca newsletters contain information for consumers to promote the safe use of drugs in all areas of health. One of their objectives is to make recommendations to prevent medication-related accidents.

MCGILL UNIVERSITY HEALTH CENTER

Patient Safety and Physical Restraints: What You Need to Know

http://www.muhcpatienteducation.ca/DATA/GUIDE/349_en~v~patient-safety-and-physical-restraint.pdf

This booklet aims to help you understand physical restraints.

MERCK MANUAL (CONSUMER VERSION) – MAKING THE MOST OF HEALTH CARE

<https://www.merckmanuals.com/en-ca/home/fundamentals/making-the-most-of-health-care>

This web page offers you valuable tips for participating actively in your health care, such as when to see your doctor, how to get the most out of a consultation, and investigating a disease.

ORDRE DES PHARMACIENS DU QUÉBEC – GRAND PUBLIC

www.opq.org/fr-CA/grand-public/

The “Grand public” section of the Ordre des pharmaciens du Québec website allows you to find a pharmacist, obtain advice related to the protection of the public as well as better understand the role of the pharmacist and what pharmaceutical care is. Website only in French.

OTTAWA HOSPITAL RESEARCH INSTITUTE – PATIENT DECISION AIDS

<https://decisionaid.ohri.ca/AZinvent.php>

The A to Z Inventory of Decision Aids is designed to help you find a decision aid to meet your needs.

RÉGIE DE L'ASSURANCE MALADIE – CITIZENS

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/Pages/health-insurance.aspx>

The RAMQ website provides you information on health insurance, prescription drug insurance, aid programs and temporary stays outside Quebec. You will find the services available online as well as the forms necessary to benefit from the services offered.

SANTÉ ET SERVICES SOCIAUX QUÉBEC

Quick Reference: I'm taking care of my Health

<https://publications.msss.gouv.qc.ca/msss/fichiers/2016/16-909-01A.pdf>

This checklist offers you some tips to help you prepare for meetings with health professionals.

HAVE YOU HEARD OF DEPRESCRIBING?

Deprescribing means reducing or stopping medication. Its goal is to maintain or improve quality of life.

WHY RESORT TO DEPRESCRIBING?

Medication controls symptoms, cures illness and can even extend lifetime. However, it can cause side effects or interactions that can be harmful. The more medication we take, the higher the risks of negative effects. It's also important to know that as we get older, changes in the body make us more sensitive to medications, which increases the risk of suffering from negative side effects.

HOW DOES IT WORK?

For all these reasons, it's recommended to regularly review your medication with your health care provider. They will be able to determine whether the risk of taking a specific medication is higher than its benefits and if deprescribing is an option. **Deprescribing is a planned process that must always be done with the help of your doctor, nurse or pharmacist.**

Source: Canadian Deprescribing Network

CANADIAN DEPRESCRIBING NETWORK

www.deprescribingnetwork.ca

The Canadian Deprescribing Network provide you information about medication safety, deprescribing and safer alternatives to risky medications. Different articles and resources on the subject are proposed on the website of the Network.

Legal information

COMITÉ DES USAGERS DU CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL – THE RIGHTS AND THE RESPONSABILITIES

<http://www.cucssslaval.ca/user/the-rights-and-the-responsibilities>

The various rights in terms of health and well-being in Quebec and everyone's responsibilities in this area are grouped together on this web page.

ÉDUCALOI – CAREGIVERS: PRACTICAL LEGAL TOOLS

www.educaloi.qc.ca/en/caregivers-practical-legal-tools

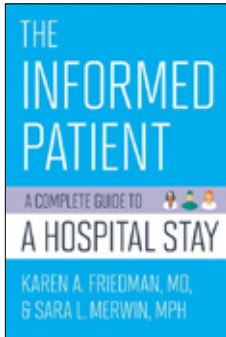
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

ÉDUCALOI – HEALTH TOPICS

www.educaloi.qc.ca/en/categories/health

This section of the Éducaloi website clearly explains the rights and responsibilities of doctors, patients, partners, caregivers, etc., within the Quebec health care system. Topics covered include the public health system, filing a complaint, access to medical records, making medical decisions, incapacity, and loss of autonomy.

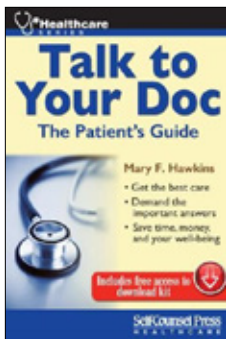
READING SUGGESTIONS



THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

Karen A. Friedman and Sara L. Merwin. Ithaca: ILR Press, 2017, 228 p.

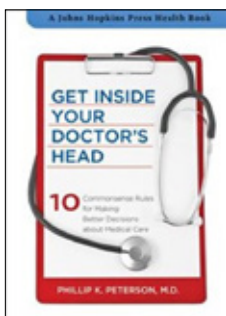
Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. The Informed Patient is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families can expect during a hospital stay. Anyone who will experience a hospital stay – or friends or family who may be in charge of a patient's care – will find all the help and advice they could need in the detailed sections that cover every aspect of what they can expect.



TALK TO YOUR DOC: THE PATIENT'S GUIDE

Mary Hawkins. North Vancouver: Self-Counsel Press, 2015, 163 p.

Doctors are busier than ever and the Internet produces more information than ever for patients. Getting the right treatment can be challenging if you don't have the right approach. Mary Hawkins helps patients advocate for the best care with a guide on how to discuss your condition with your doctor.



GET INSIDE YOUR DOCTOR'S HEAD: 10 COMMONSENSE RULES FOR MAKING BETTER DECISIONS ABOUT MEDICAL CARE

Phillip K. Peterson. Baltimore: The Johns Hopkins University Press, 2013, 130 p.

In simple direct language Dr. Peterson tells readers how to understand their doctors' recommendations and ask intelligent questions about their validity.



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