

# CANCER

INFORMATION FOR CAREGIVERS





# BIBLIOAIDANTS®

BETTER INFORMED  
TO BETTER HELP®

## ABOUT

*Biblio-Aidants* is a program of the Quebec Public Library Association, which includes the independent public libraries of Quebec (more than 5,000 residents). Close to 165 municipalities and corporations are members of the Quebec Public Library Association for a total of more than 300 service locations covering 81% of the Quebec population.

*Biblio-Aidants* is available in more than 640 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-Aidants* is an initiative of the Charlemagne, L'Assomption and Repentigny libraries. 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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## VISIT OUR WEBSITE

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

[www.biblioaidants.ca](http://www.biblioaidants.ca)

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 2018 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-Aidants 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 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-Aidants, please visit [www.biblioaidants.ca/criteria](http://www.biblioaidants.ca/criteria)

ALZHEIMER'S  
DISEASE



AUTISM SPECTRUM  
DISORDER



BEREAVEMENT



CANCER



CAREGIVERS



DIABETES



HEART DISEASE  
AND STROKE



INTELLECTUAL  
DISABILITY



MENTAL  
HEALTH



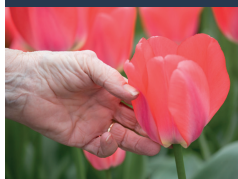
MULTIPLE  
SCLEROSIS



PALLIATIVE  
CARE



PARKINSON'S  
DISEASE



PHYSICAL  
DISABILITY



PULMONARY  
DISEASE



SENIORS  
AND AGING



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# RESOURCE DIRECTORY

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# ORGANIZATIONS AND ASSOCIATIONS

## CANADIAN CANCER SOCIETY (QUEBEC DIVISION)

<b>Phone</b>	514 255-5151
<b>Toll free</b>	1 888 939-3333
<b>Email</b>	webmestre@quebec.cancer.ca
<b>Website</b>	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.

### Canadian Cancer Society's Publications

[www.cancer.ca/en/support-and-services/resources/publications/?region=qc](http://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.

### Directory of Services by Region

<http://info.cancer.ca/CSD/searchCon.aspx?id=3172&Lang=E&sri=N>

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](http://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.

## CANCER CHAT CANADA AT DE SOUZA INSTITUTE

<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 10 to 12 weeks, in a live “chat” room on the Internet. You can register for upcoming groups by completing our online registration form.

## CANCER RESEARCH SOCIETY

**Phone** 514 861-9227  
**Email** [info@src-crs.ca](mailto:info@src-crs.ca)  
**Website** [www.societederecherchesurlecancer.ca/en](http://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  
**Email** [cedarscansupport@muhc.mcgill.ca](mailto:cedarscansupport@muhc.mcgill.ca)  
**Website** [www.cansupport.ca](http://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** 514 875-7745  
**Toll free** 1 877 50-COLON (1-877-502-6566)  
**Email** [info@colorectalcancercanada.com](mailto:info@colorectalcancercanada.com)  
**Website** [www.colorectalcancercanada.com](http://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.

## CONSEIL POUR LA PROTECTION DES MALADES

**Phone** 514 861-5922  
**Toll free** 1 877 CPM-AIDE (276-2433)  
**Email** [info@cpm.qc.ca](mailto:info@cpm.qc.ca)  
**Website** <http://cpm.qc.ca>

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.

## CANCERFIGHT CLUB

**Phone** 514 340-3616  
**Email** [info@cancerfightclub.com](mailto:info@cancerfightclub.com)  
**Website** [www.cancerfightclub.com](http://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.

## L'APPUI POUR LES PROCHES AIDANTS D'AÎNÉS

**Toll free** 1 855 852-7784  
**Email** [info-aidant@lappui.org](mailto:info-aidant@lappui.org)  
**Website** [www.lappui.org/en](http://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 Info-Aidant 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** 514 731-3696  
**Toll free** 1 800 361-9643  
**Email** [info@leucan.qc.ca](mailto:info@leucan.qc.ca)  
**Website** [www.leucan.qc.ca/en/](http://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** 514 436-8666  
**Toll free** 1 800 914-5665  
**Email** [info@lgfb.ca](mailto:info@lgfb.ca)  
**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  
**Email** [info@ovariancanada.org](mailto:info@ovariancanada.org)  
**Website** <http://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.

### 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

<http://ovariancanada.org/events-support/go-online-for-support>

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 BREAST CANCER FOUNDATION

**Phone** 514 871-1717  
**Toll free** 1 877 990-7171  
**Email** [info@rubanrose.org](mailto:info@rubanrose.org)  
**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  
**Email** [soutien@rubanrose.org](mailto:soutien@rubanrose.org)

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  
**Email** [infocancer@fqc.qc.ca](mailto:infocancer@fqc.qc.ca)  
**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.

### **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)**

<b>Phone</b>	514 524-1959
<b>Toll free</b>	1 855 524-1959
<b>Email</b>	<a href="mailto:info@ranq.qc.ca">info@ranq.qc.ca</a>
<b>Website</b>	<a href="http://www.ranq.qc.ca">www.ranq.qc.ca</a>

The Regroupement des aidants naturels du Québec (RANQ) includes about 60 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. Website in French.

### **Publications**

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

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

#### **Taking care of myself while taking care of others**

[www.mcdc.info/uploads/pdf/LivreProchesaidant.pdf](http://www.mcdc.info/uploads/pdf/LivreProchesaidant.pdf)

## **REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)**

<b>Phone</b>	514 436-3744
<b>Courriel</b>	<a href="mailto:info@rpcu.qc.ca">info@rpcu.qc.ca</a>
<b>Website</b>	<a href="http://www.rpcu.qc.ca/en/index.aspx">www.rpcu.qc.ca/en/index.aspx</a>

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.

## 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?

## INTERNET RESOURCES

### **13THIRTY – GET INFORMED**

<http://13thirty.org/get-informed/>

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 RESOURCE CENTRE**

[www.aboutkidshealth.ca/En/ResourceCentres/Leukemia/Pages/default.aspx](http://www.aboutkidshealth.ca/En/ResourceCentres/Leukemia/Pages/default.aspx)

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-acs-fights-childhood-cancer.html](http://www.cancer.org/latest-news/special-coverage/how-acs-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](http://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.

## **CANCER AND WORK**

[www.cancerandwork.ca](http://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.

## **CANCERVIEW**

[www.cancerview.ca](http://www.cancerview.ca)

Connects Canadians to online services, information and resources on cancer prevention, screening, treatment and research. Brought to you by the Canadian Partnership Against Cancer.

## **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.

## **HEALTH CANADA – CANCER**

[www.hc-sc.gc.ca/hc-ps/dc-ma/cancer-eng.php](http://www.hc-sc.gc.ca/hc-ps/dc-ma/cancer-eng.php)

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](http://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 – PUBLICATIONS**

[www.nccn.org/patients/guidelines/cancers.aspx](http://www.nccn.org/patients/guidelines/cancers.aspx)

Patient guides for patients and caregivers on various cancer types.

## **NOURISH – CANCER TREATMENT AND NUTRITION**

[www.nourishonline.ca/ctan/](http://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.

# HEALTH INFORMATION PORTALS

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

## HEALTHY CANADIANS

[www.canada.ca/en/services/health.html](http://www.canada.ca/en/services/health.html)

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

## MAYO CLINIC

[www.mayoclinic.org/patient-care-and-health-information](http://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.nlm.nih.gov/medlineplus/medlineplus.html](http://www.nlm.nih.gov/medlineplus/medlineplus.html)

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

## PORTAIL SANTÉ MIEUX-ÊTRE

[www.sante.gouv.qc.ca/en/](http://www.sante.gouv.qc.ca/en/)

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

# 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](http://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](http://www.banq.qc.ca/formulaires/abonnement)

### **BOOKS24/7 WELL-BEING ESSENTIALS**

<http://numerique.banq.qc.ca/ressources/details/5259>

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.

## **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.

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# READING SUGGESTIONS

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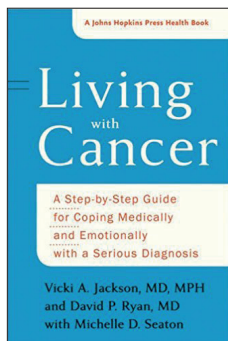
**YOUR LIBRARY DOESN'T  
HAVE THE BOOK THAT YOU  
ARE LOOKING FOR?**

**LEARN ABOUT THE LOAN SERVICE BETWEEN  
LIBRARIES. YOUR LIBRARY CAN THEN OBTAIN  
THE DOCUMENT YOU WOULD LIKE FROM  
ANOTHER LIBRARY.**



# NON-FICTION

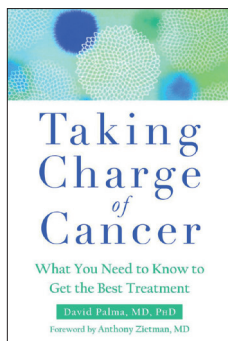
## General works



### **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.

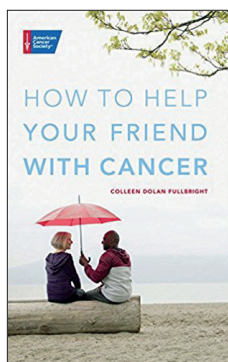
A resource for cancer patients and their caregivers shares relatable patient stories along with tips on how to ask the right questions to receive the proper care while continuing to living the best life possible.



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

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

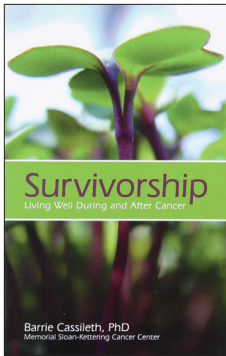
Receiving a cancer diagnosis can be terrifying, and the first thing you probably want to know is: How am I going to survive this? Cancer care requires decisions from numerous professionals, delivering treatments that are potentially life-saving, but also potentially dangerous and life-threatening. The 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.

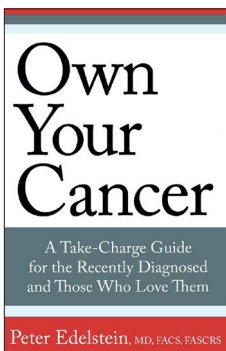
This book contains suggestions for expressing concern and helping in practical ways throughout a friend's cancer experience, from diagnosis, through treatment, and after active treatment. It also provides insight into a friend's cancer experience in each part of the journey. For example: What is a source 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.

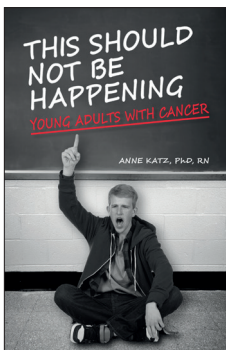
Cancer patients may have heard of using integrative medicine to complement traditional care and alleviate both short- and long-term side effects of cancer treatments, but where do they locate accurate information on acupuncture, massage, yoga, and nutritional therapies? This book will help patients separate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

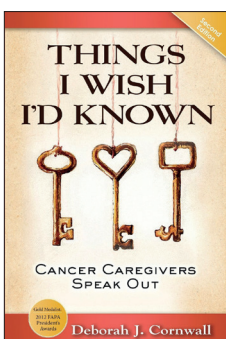
Dr. Peter Edelstein translates the challenging medical and psychological issues facing the cancer patient into lay terms, as well as outlining options for “owning” the path ahead. The result empowers patients and their loved ones to take control of their treatment regardless of cancer type or stage,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

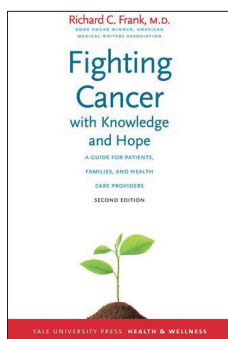
This book offers information and insight on a broad range of issues affecting young people with cancer.



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

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

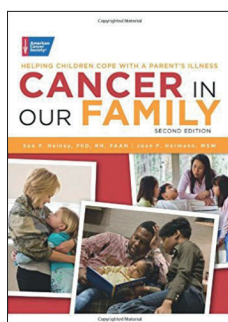
This book is the first to capture the thoughts, feelings, and insights of cancer caregivers on a large scale. Things I wish I'd known shares what 86 interviewees and dozens of others who were consulted informally wish they had known at the outset of their caregiving journeys.



## 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.

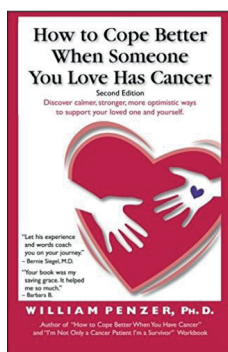
This book features topics such as: what cancer is and how it spreads, how cancer treatment strategies are chosen, how cancer-fighting drugs work to shut down the growth of the disease, which factors affect a patient's prognosis, how patients can visualize cancer treatments at work in the body and why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

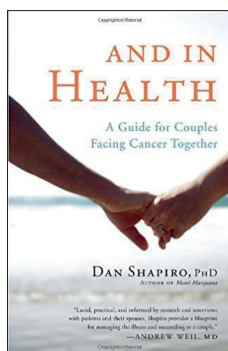
Explains to parents how to talk to children to help them cope when their mother or father is diagnosed with cancer, in a book that also has an illustrated activities section.



## HOW TO COPE BETTER WHEN SOMEONE YOU LOVE HAS CANCER

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

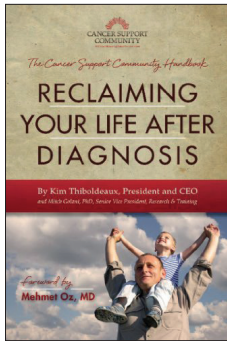
Dr. William Penzer, a psychologist, found himself falling on his emotional face when his 31-year-old daughter was diagnosed with breast cancer. Despite having helped thousands of people navigate the challenging demands life often imposes, he was drowning in a sea of his own emotions. In this book, he 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.

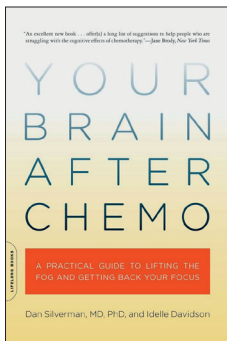
Here are engaging and digestible lessons for couples navigating the life changes brought about by a cancer diagnosis. Dan Shapiro draws on his more than twenty-five years of clinical work as a health psychologist who has researched and worked with couples facing cancer, and on his own experiences of 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.

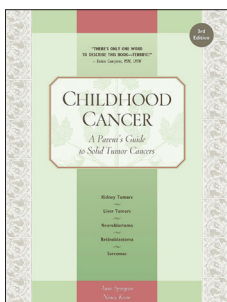


## YOUR BRAIN AFTER CHEMO: A PRACTICAL GUIDE TO LIFTING THE FOG AND GETTING BACK YOUR FOCUS

**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.

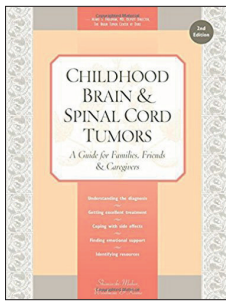
## Cancer in children and adolescents



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

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

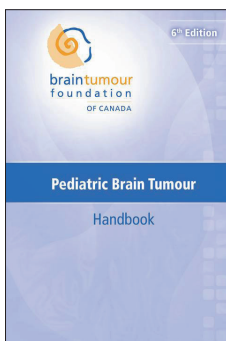
This book contains information for families on the newest treatments, such as computer-assisted surgery, tandem stem cell transplants, and targeted therapies as well as practical advice about how to cope with diagnosis, medical procedures, hospitalization, school, and finances. Woven throughout the text 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.

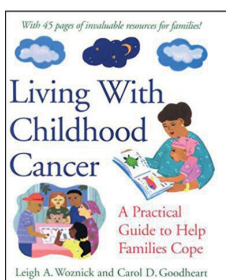
This comprehensive parent guide covers medulloblastoma, astrocytoma, primitive neuroectodermal tumors (PNET), brainstem gliomas, hypothalamic gliomas, atypical teratoid/rhabdoid tumor (AT/RT), ependymomas, craniopharyngiomas, germ cell tumors, and choroid plexis tumors. It contains essential information 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.

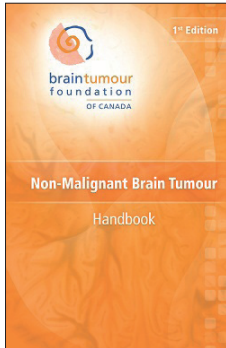


## LIVING WITH CHILDHOOD CANCER: A PRACTICAL GUIDE TO HELP FAMILIES COPE

**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.

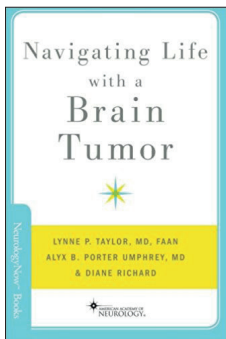
## Brain and nervous system cancers



### **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.

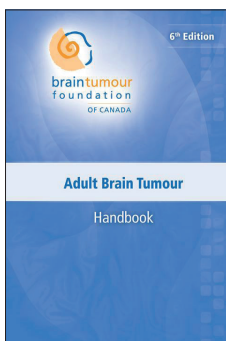
This handbook aims to diminish the misconception that non-malignant or “benign” brain tumours do not alter the lives of those affected.



### **NAVIGATING LIFE WITH A BRAIN TUMOR**

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

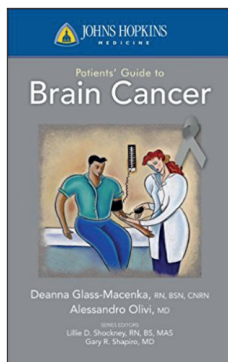
This book discusses the basics of brain tumors, types of tumors, management of different tumors, related symptoms, treatments and side effects, the role of medical team members, and coping strategies from initial diagnosis throughout the course of the illness. At the same time, it also offers practical 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.

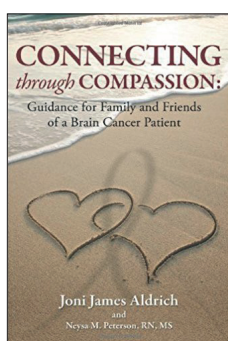
This handbook provides an overview of the brain and how it functions, explains the types of brain tumours, provides an overview of current treatments and medications, what to expect at the hospital and at home, and much more.



## 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.

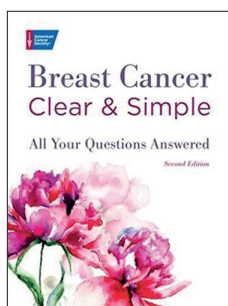


## CONNECTING THROUGH COMPASSION: GUIDANCE FOR FAMILY AND FRIENDS OF A BRAIN CANCER PATIENT

**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.

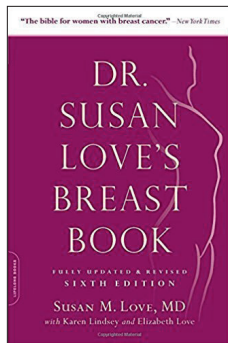
## Breast cancer



## BREAST CANCER CLEAR & SIMPLE: ALL YOUR QUESTIONS ANSWERED

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

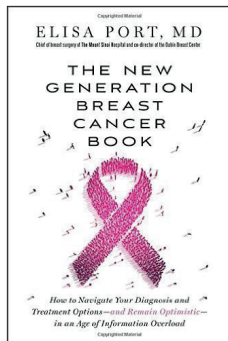
This book guides patients through the important decisions they'll need to make, from diagnosis through treatment. It helps women with breast cancer and their caregivers know what to expect, what to do, how to get through what can be an overwhelming, life-changing experience; tips for choosing the right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

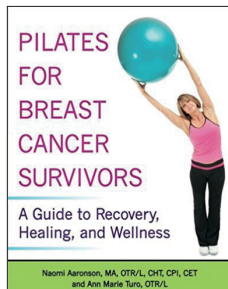
This book discusses the new genetic tests, controversies regarding screening, and what you need to know about dense breasts. Dr. Love reviews the most recent technologies, such as liquid biopsies (identifying tumor cells in blood), plus current findings on the timing of chemotherapy, male breast cancer,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

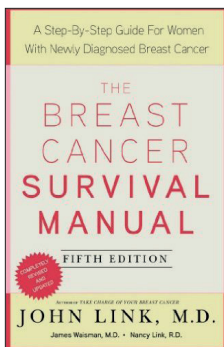
Inside you'll discover various scenarios when mammograms indicate the need for a biopsy; the questions to ask about surgery, chemotherapy, radiation, and breast reconstruction; the important things to look for when deciding where to get care; the key to deciphering complicated pathology reports and avoiding 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.

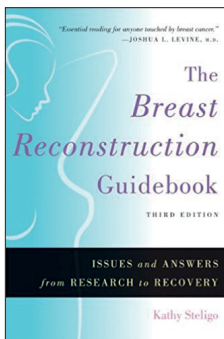
No matter where you are in treatment, what side effects you may be experiencing, or your general fitness level, Pilates is a safe and effective way to help you regain flexibility, power, and endurance while relieving treatment side effects such as lymphedema, fatigue, depression, peripheral neuropathy,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

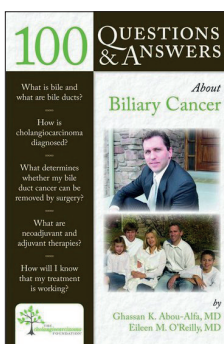


## THE BREAST RECONSTRUCTION GUIDEBOOK: ISSUES AND ANSWERS FROM RESEARCH TO RECOVERY

**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.

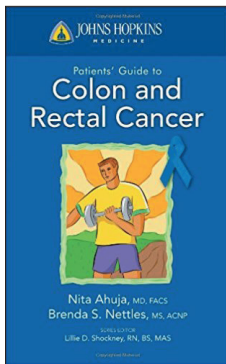
## Digestive/gastrointestinal cancers



## 100 QUESTIONS & ANSWERS ABOUT BILIARY CANCER

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

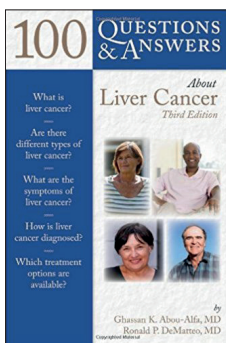
This book provides authoritative and practical answers to the most common questions asked by patients and their loved ones. Providing both doctor and patient perspectives, this guide offers the basics of biliary cancer, risk factors and prevention, diagnosis, treatment, survivorship, and life after diagnosis.



## JOHNS HOPKINS PATIENTS' GUIDE TO COLON AND RECTAL CANCER

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

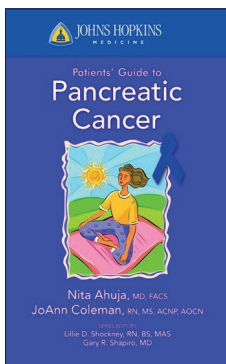
Describes treatment options for colorectal cancer from start to finish, covering meeting the treatment team, managing the side effects of treatment, communicating with family and friends, and maintaining a work-life balance.



## 100 QUESTIONS & ANSWERS ABOUT LIVER CANCER

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

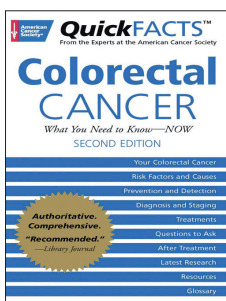
Providing both doctor and patient perspectives, this guide offers authoritative answers to the most commonly asked questions about liver cancer including diagnosis, treatment, post-treatment quality of life, and coping strategies.



## 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.

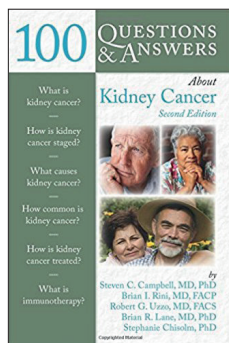


## QUICKFACTS COLORECTAL CANCER

**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

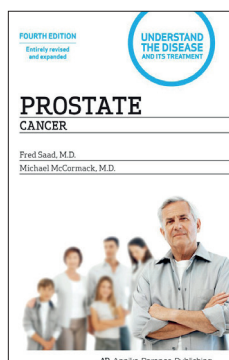


### 100 QUESTIONS & ANSWERS ABOUT KIDNEY CANCER

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

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

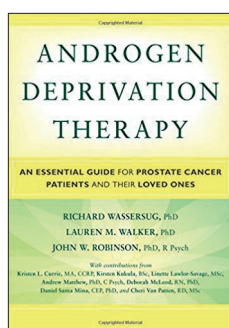
What is kidney cancer? What causes kidney cancer? How is kidney cancer treated? Along with the answers to these and other questions, this book provides information on the different types of kidney cancer, signs and symptoms, treatment options, and more.



### PROSTATE CANCER

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

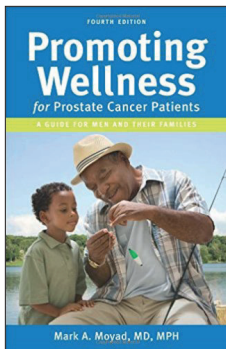
This book helps patients understand prostate cancer, including prevention strategies and causes, its early diagnosis, the treatment options available and their side effects and complications.



### 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.

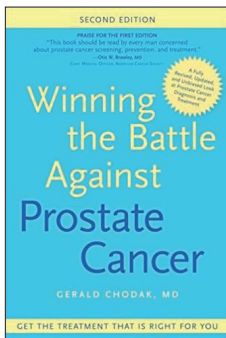
For many men with prostate cancer, androgen deprivation therapy (sometimes referred to as hormone therapy) offers hope for controlling the disease and living longer. But the side effects can leave you with unexpected physical and emotional changes. In this book, you will learn how to: reduce hot flashes 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.

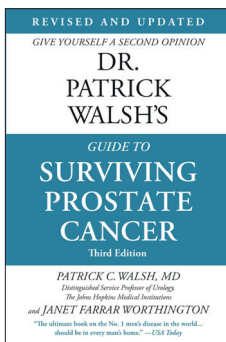
An educational book for individuals dealing with any aspect of prostate cancer: from prevention to treatment and managing the common (and not so common) side effects of conventional therapy. The goal is to empower the patient with lifestyle suggestions and overall information so that he and his doctor 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.

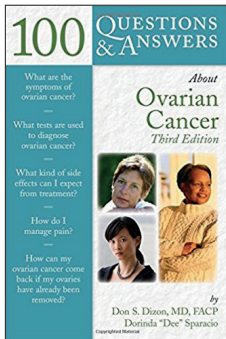


## **DR. PATRICK WALSH'S GUIDE TO SURVIVING PROSTATE CANCER**

**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.

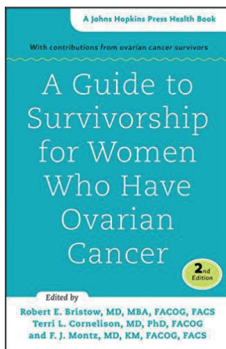
## Gynecologic cancers



### 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.

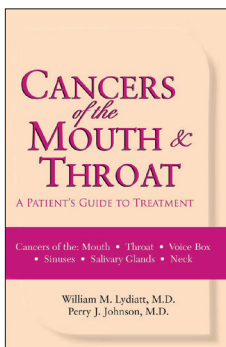


### A GUIDE TO SURVIVORSHIP FOR WOMEN WHO HAVE OVARIAN CANCER

**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

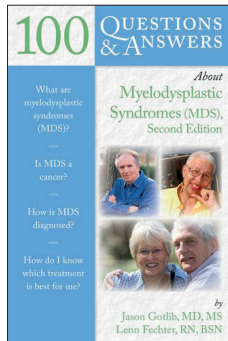


### CANCERS OF THE MOUTH AND THROAT: A PATIENT'S GUIDE TO TREATMENT

**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.

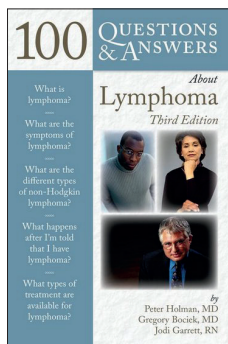
## Hematologic/blood cancers



### 100 QUESTIONS & ANSWERS ABOUT MYELODYSPLASTIC SYNDROMES

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

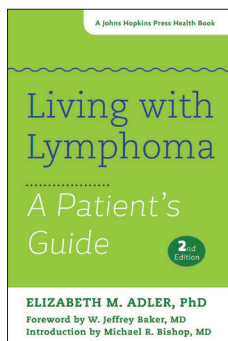
This book provides authoritative and practical answers to the most common questions asked by patients and their loved ones. What is myelodysplastic syndromes (MDS)? What causes MDS? Is MDS hereditary, and will I give it to my children?



### 100 QUESTIONS & ANSWERS ABOUT LYMPHOMA

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

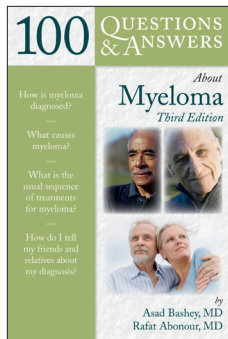
This text features information on treatments and medication, Hodgkin's and Non-Hodgkin's lymphoma, natural killer cells, T-cell lymphoma, autoimmune diseases, and much more! It provides both the patient and health professional's perspective on the non-professional caregiver caring for a cancer patient, 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.

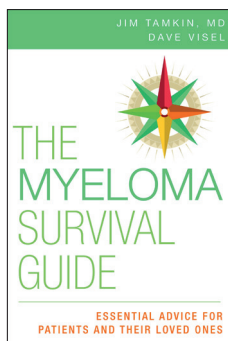
A comprehensive resource for coping with medical, emotional and practical challenges. The author, who is a lymphoma survivor and neurobiologist, thoroughly explains the disease, describing the many different kinds of Hodgkin and non-Hodgkin lymphomas, the wide range of symptoms and the various treatment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



## 100 QUESTIONS & ANSWERS ABOUT MYELOMA

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

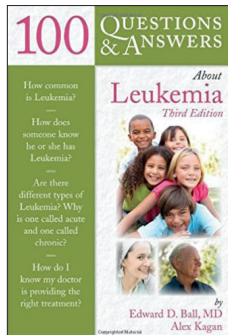
Whether you're a newly diagnosed myeloma patient, a survivor, or a friend or relative of either, this book offers help. The book offers authoritative and practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more.



## 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.

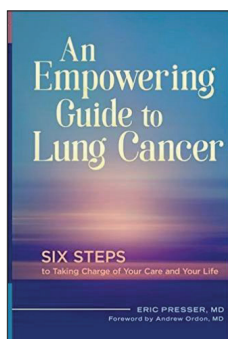


## 100 QUESTIONS & ANSWERS ABOUT LEUKEMIA

**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.

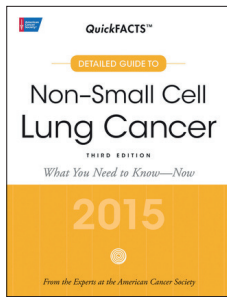
## Lung cancer



## 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.

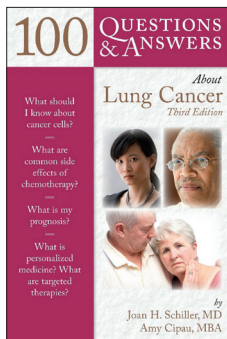
Dispelling the commonly held belief that lung cancer is always self-inflicted, this book guides patients, their loved ones, and caregivers through diagnosis, acceptance, and treatment, and provides support and hope to the tens of thousands of people coping with this illness.



## 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.

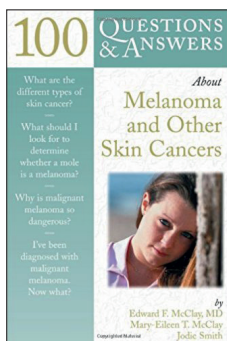


## 100 QUESTIONS & ANSWERS ABOUT LUNG CANCER

**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.

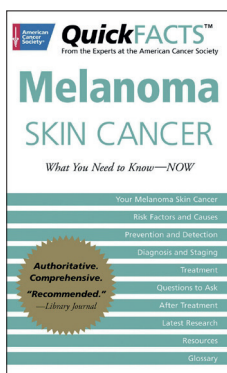
## Skin cancers



## 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.

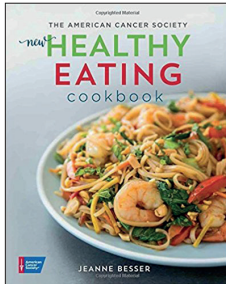


## QUICKFACTS MELANOMA SKIN CANCER: WHAT YOU NEED TO KNOW – NOW

**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.

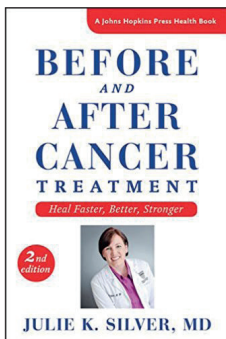
## Healthy living



### THE AMERICAN CANCER SOCIETY NEW HEALTHY EATING COOKBOOK

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

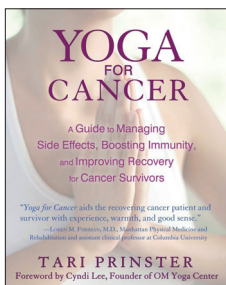
The cookbook includes more than 100 simple dishes. It includes healthy substitutions, simple tips in the kitchen, smart shopping ideas, and notes on how to judge portion sizes.



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

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

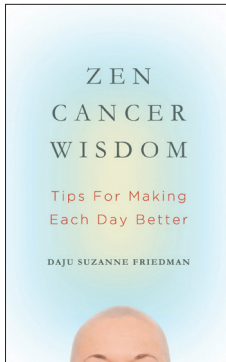
This survivor-oriented book is filled with exercise and diet recommendations as well as step-by-step instructions for fighting fatigue, monitoring mood, and overcoming setbacks.



### 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.

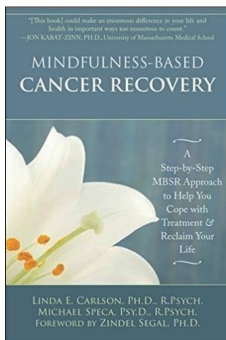
Using yoga to manage the challenges of cancer and its treatment, this book explains how to create a safe home yoga practice that addresses the specific physical needs, risks, and emotions of cancer patients and survivors. It also includes 53 yoga poses and 20 practice sequences that use movement and 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.

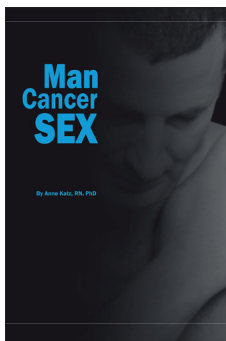
While single-minded focus can be beneficial, it is also important to remember that you are more than your diagnosis, and that there is more to life than being a patient. With sections devoted to soothing the spirit, harnessing the mind, nourishing the body, and qigong stretches for soothing aches and 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.

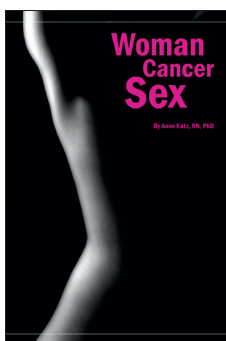
If you have received a cancer diagnosis, you know that the hundreds of questions and concerns you have about what's to come can be as stressful as the cancer treatment itself. But research shows that if you mentally prepare yourself to handle cancer treatment by getting stress and anxiety under control, 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.

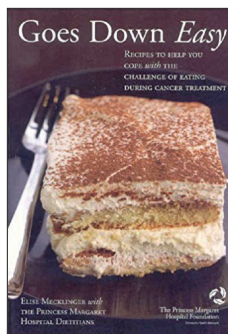
The author describes the changes that men with cancer might experience and guidelines for handling these changes. Each chapter describes the experience of a man with a particular kind of cancer and a variety of related problems, including loss of libido, physical pain, and struggles communicating with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

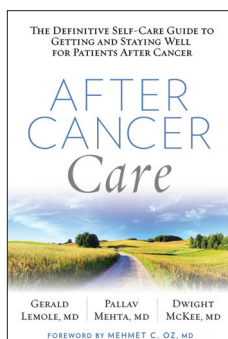


## **GOES DOWN EASY: RECIPES TO HELP YOU COPE WITH THE CHALLENGE OF EATING DURING CANCER TREATMENT**

**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 dietitians 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.

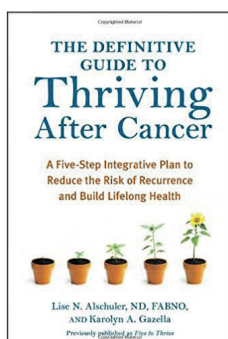
## Life after cancer



## **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.

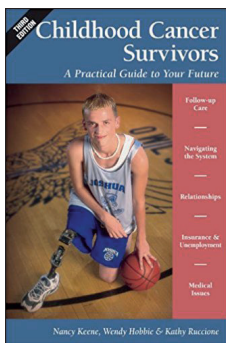
If you or someone you love is a cancer survivor, you may be living in fear that one day it will return. But you can protect yourself and build a strong anti-cancer defense system of health and wellness with this practical five-step plan.



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

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

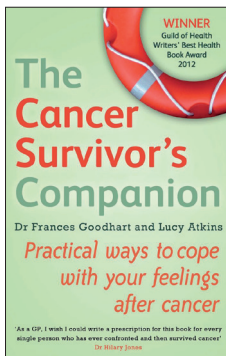
Explores the 10 key challenges for cancer survivors, featuring clinical vignettes and an accessible, engaging tone for the consumer audience.



## CHILDHOOD CANCER SURVIVORS: A PRACTICAL GUIDE TO YOUR FUTURE

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

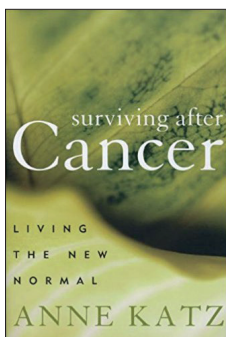
A resource for survivors of childhood cancer and their families that includes information about medical late effects of treatment, necessary follow-up care, emotional aspects of survivorship, navigating the healthcare system, ways to maximize health, a survivor's treatment record, and a list of helpful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



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

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

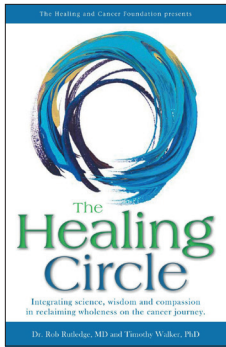
This book helps readers deal with the emotional fallout of cancer whether it's days, months or years since the treatment ended.



## SURVIVING AFTER CANCER: LIVING THE NEW NORMAL

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

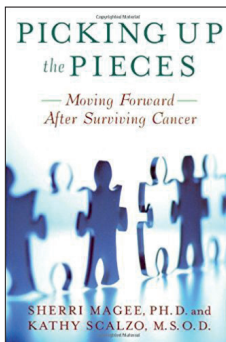
Each chapter of this book presents the story of a cancer survivor who has met the challenges of survivorship and contains tips and solutions for problems encountered in all aspects of survivorship.



## **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.

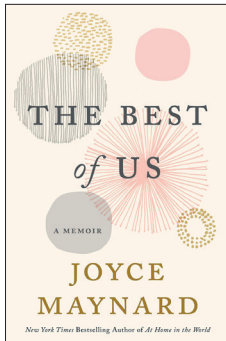


## **PICKING UP THE PIECES: MOVING FORWARD AFTER SURVIVING CANCER**

**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.

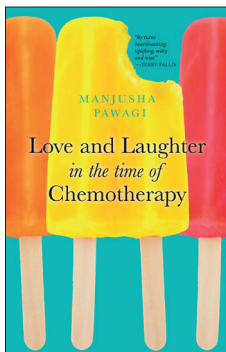
# LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



## THE BEST OF US: A MEMOIR

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

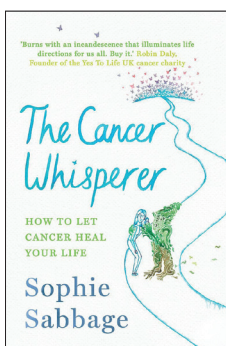
In 2011, when she was in her late fifties, beloved author and journalist Joyce Maynard met the first true partner she had ever known. Jim wore a rakish hat over a good head of hair; he asked real questions and gave real answers; he loved to see Joyce shine, both in and out of the spotlight; and he didn't 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.

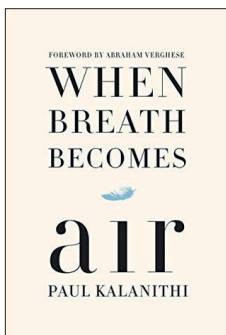
Both memoir and self-help book, this book is the chronicle of a passage from 'terminal' diagnosis to exuberant wellness in just a few months.



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

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

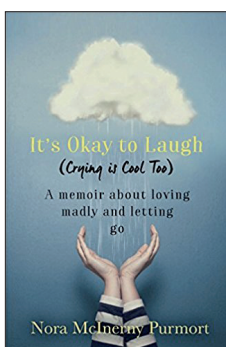
Before Michael was even one year old, he was diagnosed with an aggressive cancer of the central nervous system – a tumour had taken over half of his tiny body. The chance of Michael surviving was virtually non-existent. He started chemotherapy at 1 year old and by his second birthday, doctors had basically 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.

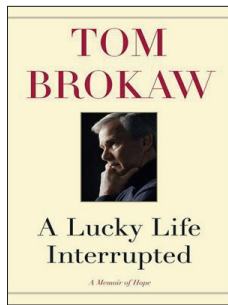
At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. What makes life worth living in the face of death? 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.

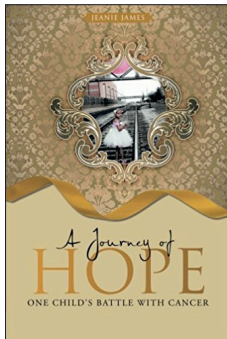
When Nora's boyfriend, Aaron, was diagnosed with brain cancer, they refused to let it limit their love. They got engaged on Aaron's hospital bed and had a baby boy while he was on chemo. With *It's Okay to Laugh*, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it 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.

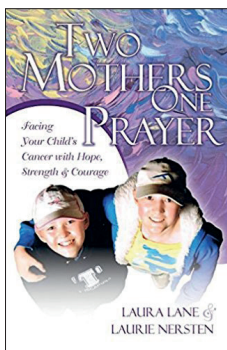
Brokaw diagnosed with multiple myeloma, a treatable but incurable blood cancer, takes us through the emotions, discoveries, setbacks, and struggles – times of denial, acceptance, turning points, and courage. This memoir is a story of a man coming to terms with his own mortality, contemplating what means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

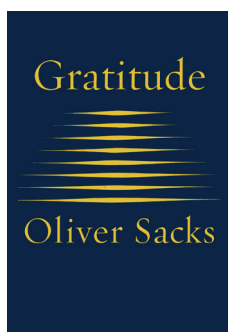
The author successfully captures the raw emotion, love, and courage that her family demonstrated while battling childhood cancer. This book provides a glimpse into the roller coaster of life that families are thrust into when they first hear those devastating words: your child has cancer.



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

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

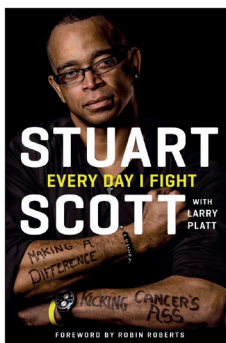
Laura and Laurie share their story of: friendship and inspiration, struggles and miracles, joy and sadness, love and loss. Their narrative provides a sense of hope and teaches us how to find needed strength and courage. It is a guide and support to any parents faltering under weight of the horrendous 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.

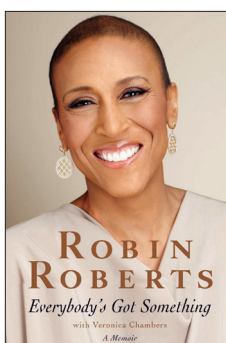
In January 2015, Oliver Sacks was diagnosed with a recurrence of cancer, and he shared this news in a *New York Times* essay that inspired readers all over the world: "I cannot pretend I am without fear. But my predominant feeling is one of gratitude. . . . Above all, I have been a sentient being, a 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.

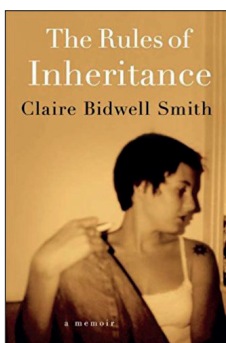
Struck by appendiceal cancer in 2007, Stuart battled this rare disease with an unimaginable tenacity and vigor. Countless surgeries, enervating chemotherapies, endless shuttling from home to hospital to office and back – Stuart continued defying fate, pushing himself through exercises and workout routines 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.

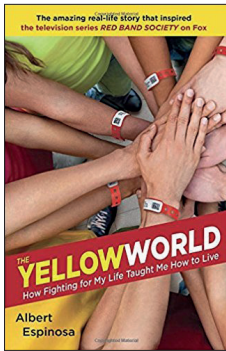
With grace, heart, and humor, Robin writes about overcoming breast cancer only to learn five years later that she will need a bone marrow transplant to combat a rare blood disorder, the grief and heartbreak she suffered when her mother passed away, her triumphant return to work after her medical leave,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

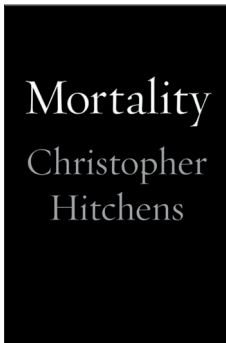
Claire Bidwell Smith, a fourteen-year-old only child, learns that both her parents have cancer. The fear of becoming a family of one compels her to make a series of fraught choices, set against the glittering backdrop of New York and Los Angeles – and the pall of regret. When the inevitable happens and 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.

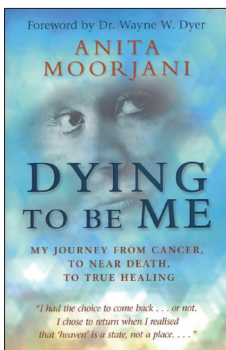
At thirteen, Espinosa was diagnosed with cancer, and he spent the next ten years in and out of hospitals, undergoing one daunting procedure after another, starting with the amputation of his left leg. After going on to lose a lung and half of his liver, he was finally declared cancer-free. Only then 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.

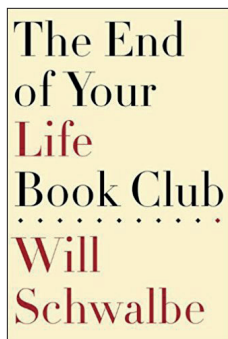
Throughout the course of Hitchens’ ordeal battling esophageal cancer, he adamantly and bravely refused the solace of religion, preferring to confront death with both eyes open. In this riveting account of his affliction, Hitchens poignantly describes the torments of illness, discusses its taboos, and 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.

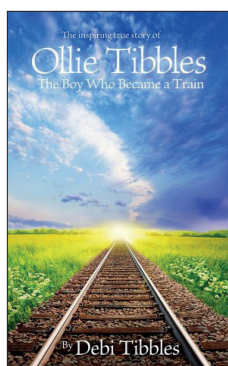
After fighting cancer for almost four years, Anita’s body began shutting down – overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into a near-death experience... and the actual cause of her disease. Upon regaining consciousness, Anita found that her 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.

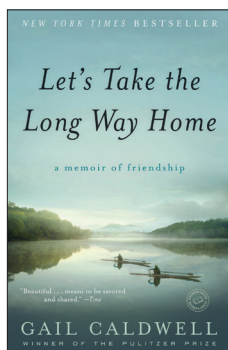
The story of a son and his mother, who is dying from cancer, forms a “book club” that brings them together as her life comes to a close.



## OLLIE TIBBLES: THE BOY WHO BECAME A TRAIN

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

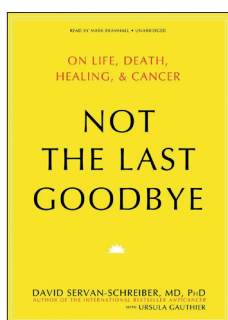
When 4-year-old Ollie Tibbles was asked what he wanted to be when he grew up, he answered, “I’m going to be a train!” Four years later at Union Station-Chicago, at the Make-A-Wish Foundation’s Grand Ball, Ollie’s prediction and wish came true. Ollie’s mother shares the story of Ollie’s struggle with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

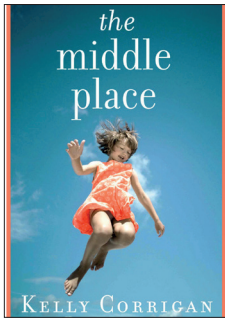
Caldwell reflects on her own coming-of-age in midlife, as she learns to open herself to the power and healing of sharing her life with a best friend who is diagnosed with cancer, and how she deals with losing her.



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

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

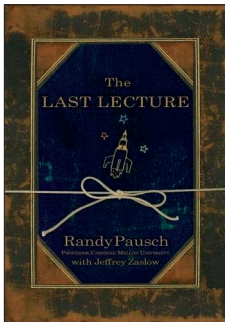
Nineteen years after his original diagnosis, years of deep study, and an urgent sense of mission about hope and alternatives for those with cancer, David Servan-Schreiber submits to an emergency MRI that confirms his greatest fear: the brain cancer has returned. Here, he shares his coming to terms with 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.

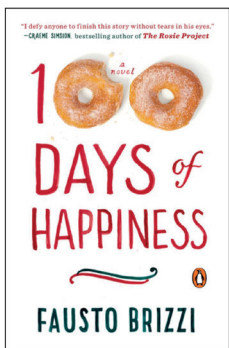
If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn’t have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave – “Really 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

**ALICE & OLIVER: A NOVEL**

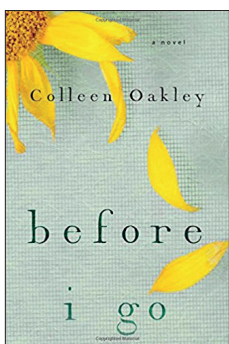
**Charles Bock.** New York: Random House, 2016, 399 p.

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**

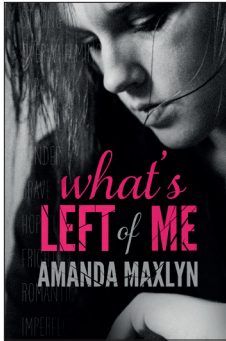
**Fausto Brizzi and Antony Shugaar.** New York: Pamela Dorman Books, 2015, 384 p.

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.

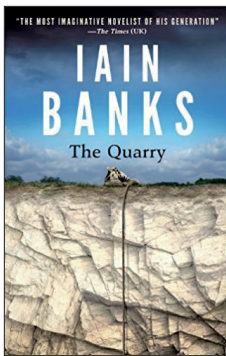
A heartfelt novel about a young woman in Georgia with stage four breast cancer who undertakes a mission to find a "replacement wife" for her husband before she passes away.



## WHAT'S LEFT OF ME

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

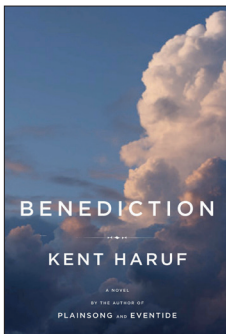
Four years ago I became known as the girl with cancer. I refuse to cry. And I refuse to give in. A relationship with a man is the last thing I'm looking for right now, but one night with Parker changes everything. He is persistent, and he knows what he wants. Me. He doesn't treat me like I'm fragile.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

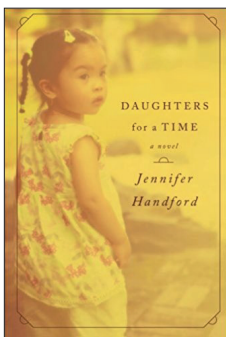
Kit doesn't know who his mother is. What he does know, however, is that his father, Guy, is dying of cancer. Feeling his death is imminent, Guy gathers around him his oldest friends – or at least the friends with the most to lose by his death. What will happen to Kit when Guy is gone? And why isn't Kit's 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.

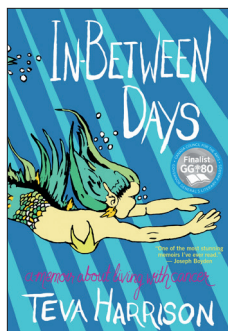


## DAUGHTERS FOR A TIME

**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.

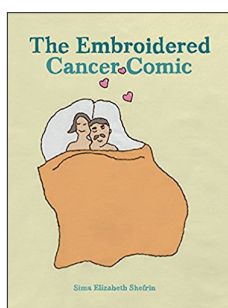
## COMICS



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

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

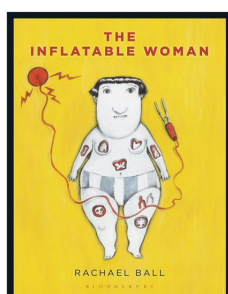
Harrison documents through comic illustration and short personal essays what it means to live with breast cancer. She confronts with heartbreaking honesty the crises of identity that cancer brings. She struggles to reconcile her long-term goals with an uncertain future, balancing the innate sadness of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



## EMBROIDERED CANCER COMIC

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

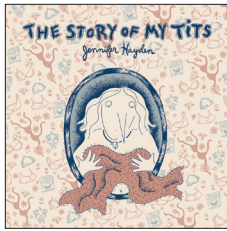
As soon as Bob was diagnosed with aggressive prostate cancer, he and his wife Elizabeth started making cancer jokes to take the edge off of an otherwise frightening situation. A lot of those jokes were about sex. Here, textile artist Elizabeth Shefrin has picked up a needle and thread to share those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

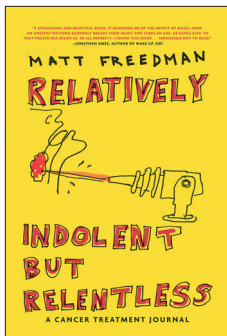
Iris (or balletgirl-42, as she's know on the Internet dating circuit) is a zookeeper looking for love when she is diagnosed with breast cancer. Overnight, her life becomes populated with a carnival of daunting hospital characters. Despite the attempts of her friends – Maud, Granma Suggs, Larry the Monkey 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.

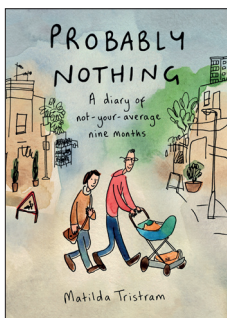
When Jennifer Hayden was diagnosed with breast cancer at the age of 43, she realized that her tits told a story. Across a lifetime, they'd held so many meanings: hope and fear, pride and embarrassment, life and death. And then they were gone. Now, their story has become a way of understanding her story: 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.

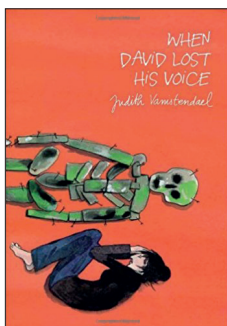
Freedman underwent radiation and chemotherapy for his adenoid cystic carcinoma, a rare cancer that had spread from his tongue to his neck to his lungs by the time it was discovered. This is the funny, moving, courageous, and witty journal he kept during that time, in comics and words, of his thirty-five-day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



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

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

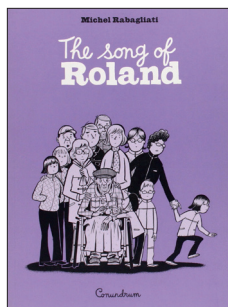
At 31, the author was 17 weeks pregnant and looking forward to having her first baby. Then she discovered she had bowel cancer. This graphic memoir, which is never morose or self-pitying, starts at the moment she was diagnosed and ends when her course of chemotherapy finishes.



## WHEN DAVID LOST HIS VOICE

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

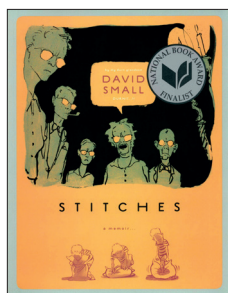
The doctor's report is final: David has cancer. Now the whole family is under the same terrible verdict. David's wife becomes progressively consumed by the looming shadow of death while his daughters struggle to be as helpful as possible. Meanwhile, David soldiers on, not wanting the tumor to rob him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



## THE SONG OF ROLAND

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

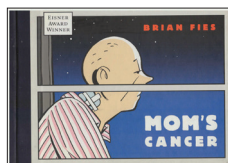
*The Song of Roland* focuses on the life and death of Rabagliati's father-in-law, Roland. As the family stands vigil over Roland in his hospital bed, Rabagliati weaves a story of one man's journey through life and the legacy he leaves behind.



## STITCHES: A MEMOIR

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

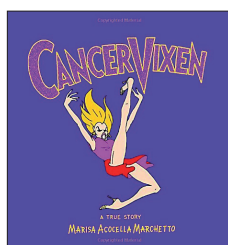
With this graphic memoir, David Small takes readers on an unforgettable journey into the dark heart of his tumultuous childhood in 1950s Detroit, in a coming-of-age tale like no other. At the age of fourteen, David awoke from a supposedly harmless operation to discover his throat had been slashed and 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.

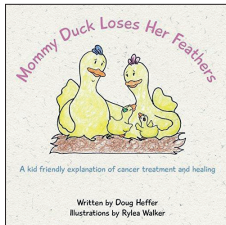


## CANCER VIXEN: A TRUE STORY

**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.

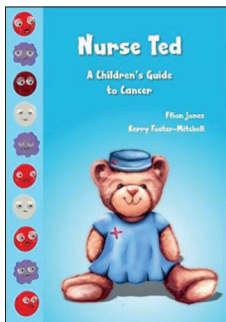
## YOUTH LITERATURE



AGES 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.

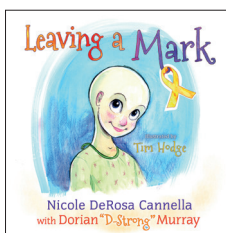
Mommy Duck feels scared when she senses something isn't right, and her doctor confirms her worst fears. With her family by her side, she deals with her cancer treatments and their side effects on her journey to wellness.



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.

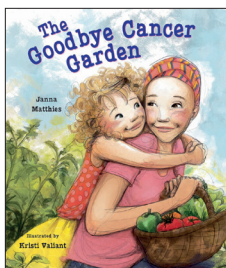
A child-friendly picture book to help parents who have a brain tumour explain their diagnosis and treatment to their children.



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.

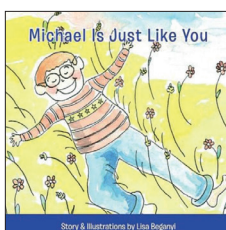


AGES 5 TO 8

## 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!

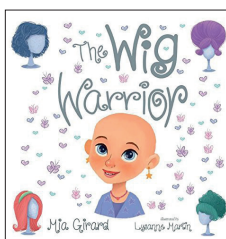


AGES 5 TO 9

## 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.

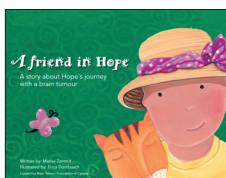


AGES 5 TO 9

## 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.

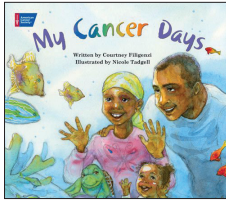


AGES 5 TO 9

## 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.

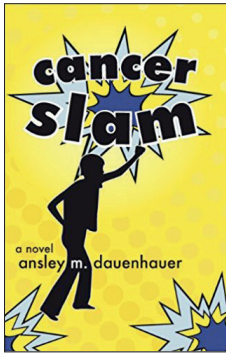


**AGES 7 TO 9**

## MY CANCER DAYS

**Courtney Filigenzi and Nicole Taddell (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**

## 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 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.

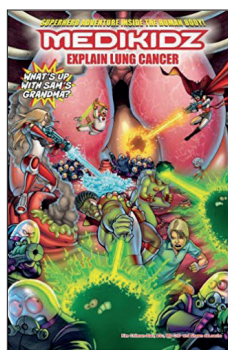


AGES 8 TO 14

## 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.

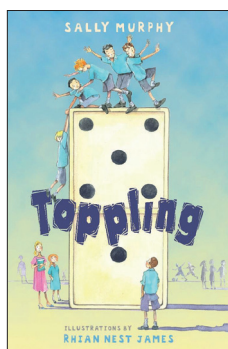


AGES 8 TO 15

## 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.

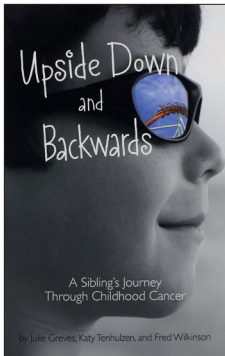


AGES 8+

## 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.

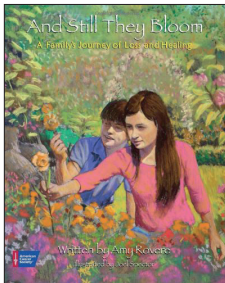


**AGES 9 TO 12**

## **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.

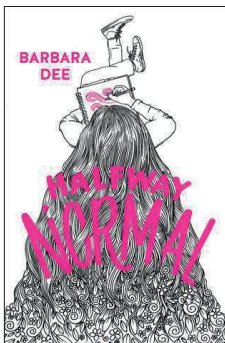


**AGES 9 TO 12**

## **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.

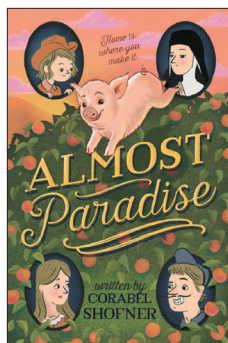


**AGES 9 TO 13**

## **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.

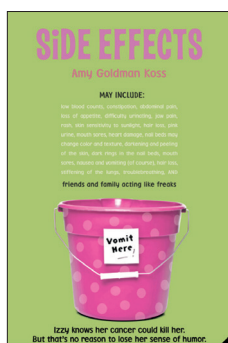


AGES 10 TO 12

## 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.

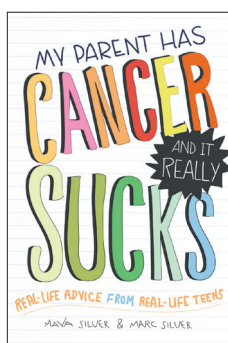


AGES 11 TO 15

## 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+

## 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.

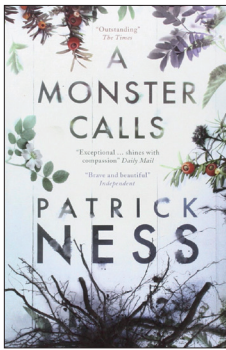


**AGES 12+**

## 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.

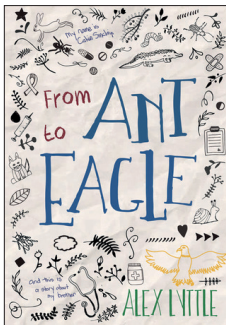


**AGES 12+**

## 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 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...

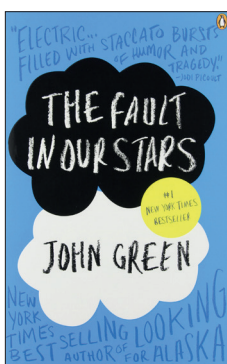


AGES 13+

## 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.

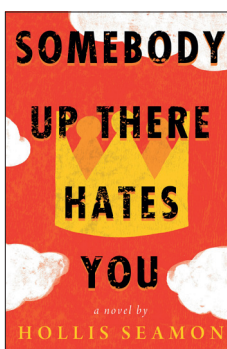


AGES 13+

## 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.

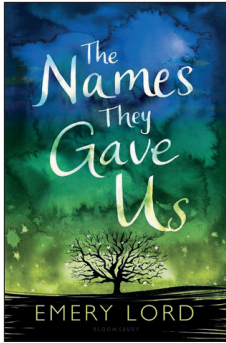


AGES 14+

## 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?

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# FILM, SERIES AND PROGRAM SUGGESTIONS

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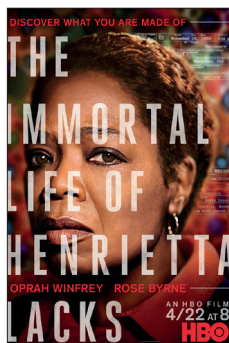
## DID YOU KNOW?

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



13+

### 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.



G

### 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.

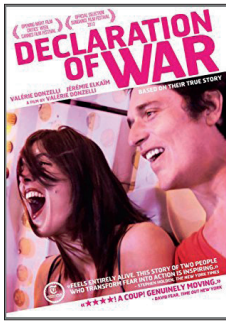


G

### 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**

## DECLARATION OF WAR

**Valérie Donzelli and Jérémie Elkaim.** 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

**THE C WORD**

**Meghan O'Hara.** 2016, 89 min.

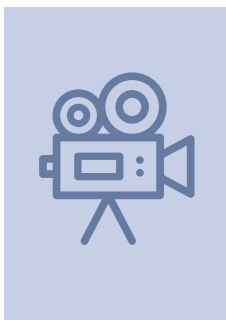
Documentary (United States). A personal, important, surprising, and funny documentary about the industries of death that give us cancer, and the unheralded science of prevention.

**EXERCISE AND CANCER**

**Catalyst, ABC Australia.** 2016, 26 min.

Online: [www.abc.net.au/catalyst/stories/4459555.htm](http://www.abc.net.au/catalyst/stories/4459555.htm)

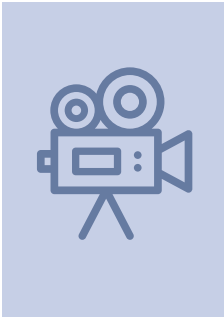
By the time you hit midlife, odds are you or someone close to you will be touched by cancer. Cancer remains a potentially lethal lottery and everyone's experience is different. But appropriate exercise under professional supervision – before, during, or after treatment – seems to substantially improve 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/stories/4489949.htm](http://www.abc.net.au/catalyst/stories/4489949.htm)

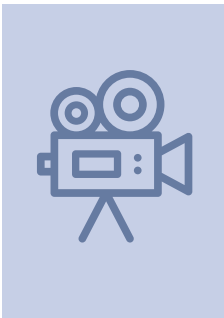
Can stress accelerate the spread of cancer? Every day in Australia 360 people learn they have cancer. It goes without saying it's a very stressful time. Stress as a cause of cancer has not been convincingly proven but recently researchers have been looking at how stress drives the spread of an existing 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.

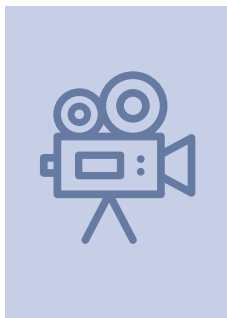
Should cancer really be understood and treated as a genetic disease or could another avenue – which was once abandoned but has now been taken up again – enable us to combat it? Researchers and doctors in various countries want to revolutionize the cancer paradigm. For them, cancer is a disorder of cellular 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.

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