

straightforward and friendly way by a physician who has herself undergone mastectomy and chemotherapy. It deals with diagnosis, staging, treatment, and breast reconstruction options.

Availability for loan:

FE 300 B72 2007 Health Information and Wellness Centre, both locations
616.9449 Toronto Reference Library

The Centres also carry a wide selection of pamphlets and booklets from the Canadian Cancer Society

COMMUNITY RESOURCES

Canadian Breast Cancer Network

Suite 300, 331 Cooper Street
Ottawa, ON K2P 0G5
Tel: (613) 230-3044
Toll-Free 1-800-685-8820
E-mail: cbcn@cbcn.ca
<http://www.cbcn.ca>

Canadian Cancer Society – Ontario

55 St. Clair Avenue West, Ste. 500
Toronto, ON M4V 2Y7
Tel: 416-480-7901 OR 1-800-268-8874

For information about cancer:

1-888-939-3333 OR
info@cis.cancer.ca
<http://www.cancer.ca>

Willow Breast Cancer Support Canada

30 St. Patrick Street, 4th Floor
Toronto, ON M5T 3A3
Tel: 416-778-5000
Toll-Free: 1-888-778-3100
TTY: 416-778-4082
E-mail: info@willow.org
<http://www.willow.org>

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga
100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto
150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System
905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library
416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.



INTERNET SITES

Canadian Breast Cancer Network

<http://www.cbcn.ca>

This is a survivor-directed, national network of organizations and individuals which provides information, support, and advocacy for those affected by breast cancer. The CBCN organizes conferences and workshops, and makes available many resources about breast cancer treatments, conditions, and prevention.

Canadian Cancer Encyclopedia – Breast Cancer Information

<http://tinyurl.com/22mztho>

The Canadian Cancer Encyclopedia is a comprehensive database of cancer information covering a wide range of topics including risk reduction, screening, diagnosis, treatment and supportive care. It is provided by the Canadian Cancer Society and the content is reviewed and updated regularly.

Canadian Cancer Society <http://www.cancer.ca>

The CCS is a national community-based organization whose purpose is the eradication of cancer and the enhancement of the quality of life of people living with the disease. As well as comprehensive information about breast cancer and other types of cancers, the site provides facts on support, risk reduction and the latest research.

Willow Breast Cancer Support & Resource Services

<http://www.willow.org>

Willow is an organization whose mandate is to provide accessible, community-based information and support services to help those living with breast cancer. Peer counseling is provided by women

who are themselves survivors of the disease.

Wellspring <http://www.wellspring.ca>

Wellspring is an Ontario based network of support centres for people with cancer and their loved ones. It provides support groups and coping skills programs which aid in stress management, communication, education and access to other community resources. One-on-one counselling is also available.

BOOKS

What You Need to Know about Breast Cancer: Diagnosis, Treatment and Beyond 6th ed. by Pat Kelly with Mark Levine. Toronto: Key Porter Books, 2006

Written by a breast cancer survivor and an oncologist, this book combines practical medical information with first-hand experience and advice. Topics include diagnosis, finding support, dealing with emotions, treatment, and recurrence. The sixth edition has been updated to include information on new drugs, additional therapies, and an internet resource list.

Availability for loan:

FE 300 K35 2002 Health Information and Wellness Centre, both locations
616.99449 KEL Toronto Public Library System

Navigating Breast Cancer by Lillie Shockney. Boston: Jones and Bartlett, 2007.

This is an invaluable book which offers authoritative, practical advice to breast cancer patients and their families. Information is provided on diagnosis, the emotional reaction, treatment options, the decision-making process, therapy, and recovery.

Availability for loan:

FE 300 S46 2007 Health Information and

Wellness Centre, both locations

Breast Cancer by Christobel Saunders & Sunil Jassal. Oxford, UK: Oxford University Press, 2009.

This is a concise and accessible guide to breast cancer which provides essential background information on the disease, and assists with understanding treatment options. It includes special sections on women at high risk, menopause and fertility after treatment, clinical research, and the emotional aspects of diagnosis and survivorship.

Availability for loan:

FE 300 S28 2009 Health Information & Wellness Centre, both locations.
616.99449 SAU Toronto Library System

Dr. Susan Love's Breast Book, 4th ed. by Susan M. Love with Karen Lindsey. Cambridge, MA: Da Capo Press, 2005

This is considered one of the standard references in its field. Topics covered include descriptions of the breast and its development, common problems, prediction and prevention of cancer, diagnosis, treatment, and coping.

Availability for loan:

FE 300 L68 2005 Health Information and Wellness Centre, both locations
618.19 LOV Mississauga Library System
618.19 LOV Toronto Public Library System

Straight Talk about Breast Cancer: from Diagnosis to Recovery 3rd ed. by Suzanne Braddock et al. Omaha, NB: Addicus, 2007

This book aims to answer the questions that many women may have when they are first diagnosed with breast cancer. It is written in a straightforward and friendly way by a many women may have when they are first diagnosed with breast cancer. It is written in a