

extensive volume. Sections include diagnosis and treatment, supportive care, quality of life, and research. The last part of the book is devoted to descriptions of the various types of cancers, including staging, treatment options, and prognosis. The newly revised and updated 5th edition includes the latest medical breakthroughs and advice about cancer treatment.

Availability for loan:

FE200 K66 2008 Health Information and Wellness Centre, both locations
616.99406 EVE Mississauga Library System
616.99406 EVE Toronto Public Library System

The Centres also carry pamphlets and booklets from the Canadian Cancer Society

COMMUNITY RESOURCES

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

Wellspring

Tel: 416-961-1928 or 1-877-499-9904
Email: feedback@wellspring.ca

Wellspring has several locations throughout southern Ontario.

<http://www.wellspring.ca>

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 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 the various types of cancers, the site provides facts on support, risk reduction and the latest research.

Canadian Cancer Encyclopedia

<http://info.cancer.ca/cce%2Decc>

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.

BC Cancer Agency

<http://www.bccancer.bc.ca/default.htm>

The BC Cancer Agency provides care to residents of British Columbia, but its comprehensive website is still an excellent source of information about the disease for everyone. It covers the various types of cancer, treatment, prevention, symptom management, and alternative therapies.

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.

American Cancer Society

<http://www.cancer.org>

This U.S. cancer organization site provides extensive information about the disease, including treatment options, clinical trials, and coping. There is also a cancer survivors' network and a good online bookstore.

National Cancer Institute

<http://www.cancer.gov>

This is part of the U.S. National Institutes of Health, and its website contains comprehensive and wide ranging information about all types of cancer. There are also a number of useful publications which are available for downloading at the site.

BOOKS

Cancer is a Word, Not a Sentence by Robert Buckman. Toronto: Key Porter, 2006

This is a straightforward guide for those just diagnosed with cancer, to help them deal with what follows. Dr. Buckman describes staging, tests, treatment and follow-up. His six-step plan outlines the options, suggests the right questions to ask, and highlights the decisions to be made.

Availability for loan:

FE 100 B82 2006 Health Information and Wellness Centre, both locations
616.996 BUC Mississauga Library System
616.994 BUC Toronto Public Library System

What You Really Need to Know About Cancer 2nd ed. by Robert Buckman. Toronto: Key Porter, 2006

This is a fully revised and updated edition of Dr. Buckman's popular guide. It avoids confusing jargon and provides extensive information on all

aspects of cancer care and treatment. There is also a helpful section for friends and families on how best to support the person living with cancer.

Availability:

FE200 B82 2006 Health Information & Wellness Centre, both locations
616.994 BUC Toronto Public Library System

The Chemotherapy Survival Guide 3rd ed. by Judith McKay & Tamera Schacher. Oakland, CA: New Harbinger, 2009

Written by two experienced oncology nurses, this compassionate and comprehensive guide explains, in straightforward language, everything patients and families need to know about chemotherapy treatment. It describes what to expect at each stage of treatment, and what can be done to minimize side effects. There is advice on nutrition, relaxation skills and other helpful techniques.

Availability for loan:

FE 225 M25 2009 Health Information & Wellness Centre, both locations

Goes Down Easy by Elise Mecklinger. Toronto: Princes Margaret Hospital Foundation, 2006

This is a practical cookbook to help people living with cancer manage eating difficulties during treatment. Each chapter deals with a different side effect, and provides recipes tailored to that condition. The final chapter contains information on healthy eating after treatment.

Availability for loan:

FE 260 M32 2006 Health Information & Wellness Centre, both locations

Everyone's Guide to Cancer Therapy: how Cancer is Diagnosed, Treated and Managed Day to Day, 5th ed. by Andrew Ko and others. Kansas City: Andrews McNeel, 2008

All aspects of the disease are covered in this