

COMMUNITY RESOURCES

Colorectal Cancer Association of Canada

60 St. Clair Avenue East, Suite #204
Toronto, ON M4T 1N5
Tel: 416-920-4333
E-mail: information@colorectal-cancer.ca
<http://www.ccac-acc.ca>

Colorectal Cancer Info Line:

1-877-50-COLON

Canadian Cancer Society

Ontario Division
55 St. Clair Avenue West, Ste 500
Toronto, ON M4V 2Y7
Tel: 416-488-5400
1 800 268-8874
<http://www.cancer.ca>

For information about cancer generally:

1 888 939-3333 OR
info@cis.cancer.ca

Wellspring

Odette House & The Coach House
81 Wellesley Street East
Toronto ON M4Y 1H6
Tel: 416-961-1928
Toll-Free: 1-877-499-9904
Email: feedback@wellspring.ca
<http://www.wellspring.ca>

Also at Sunnybrook in Toronto, Oakville, London & Thorold

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.

HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

Colorectal Cancer



INTERNET SITES

Colorectal Cancer Association of Canada

<http://www.ccac-acc.ca>

The CCAC is a non-profit organization dedicated to supporting people with colorectal cancer, as well as their families and caregivers. Good information about the disease itself is provided at its website, including risk factors, screening, symptoms, diagnosis and treatment options. There is also a list of support groups across Canada and a news and resources section.

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 colorectal cancer and other types of cancers, the site provides facts on support, risk reduction and the latest research. The Society also makes available its extensive list of publications, many of which can be downloaded directly at the site.

Colon Cancer Alliance

<http://www.ccalliance.org>

The Colon Cancer Alliance (CCA) is a U.S. patient advocacy organization dedicated to ending the suffering caused by colorectal cancer. It provides comprehensive information on the disease itself, including a number of fact sheets and articles which are downloadable from the site. Other features include an Internet chat room, information about clinical trials, and a well-written frequently asked questions section for both patients and caregivers.

National Cancer Institute

<http://www.cancer.gov/cancertopics/pdq/treatment/colon/patient>

The National Cancer Institute is part of the U.S. National Institutes of Health, and is the federal government's principal agency for cancer research and training. The website also contains information for patients, including a clearly written section on colorectal cancer. There are excellent illustrations throughout the site.

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, and education. It also informs patients about other community resources and one-on-one counselling.

BOOKS

Positive Options for Colorectal Cancer by Carol Ann Larson. Alameda, CA: Hunter House, 2005

Written by a survivor of colorectal cancer, this clear and supportive guide covers everything from early testing and diagnosis to treatment choices and self-care. The book includes extensive input from medical experts.

Availability for loan:

FE 427 L27 2005 Health Information & Wellness Centre, both locations
616.99434 LAR Mississauga Library System
616.99434 LAR Toronto Public Library System

Colon Cancer: What You Need to Know – Now
Atlanta, GA: American Cancer Society, 2007

This title is one of the Quick Facts series from the American Cancer Society. It provides

concise coverage of diagnosis, treatment options, and coping issues for those with colon cancer and their families. There is also a section on what's new in colon cancer research and treatment, and a list of questions to ask your health care team.

Availability for loan:

FE 427 A63 2007 Health Information & Wellness Centre, both locations
616.99437 QUI Mississauga Library System
616.99434 QUI Toronto Public Library System

What Your Doctor May Not Tell You about Colorectal Cancer by Mark Bennett Pochapin. New York: Warner Books, 2004

Dr. Pochapin has written a reassuring, easy-to-understand book which is packed with important information and helpful features. Topics covered include prevention, screening, detection, diagnosis, treatment options and aftercare.

Availability for loan:

FE 427 P67 2004 Health Information & Wellness Centre, both locations.
616.99434 POC Mississauga Library System
616.99434 POC Toronto Public Library System

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