

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

COMMUNITY RESOURCES

Canadian Cancer Society – Ontario

55 St. Clair Avenue West, Suite 500
Toronto, ON M4V 2Y7
Phone: 416-488-5400
E-mail: ontdiv@ontario.cancer.ca

For information about cancer:
1 888 939-333 OR
info@cis.cancer.ca

Wellspring – Support Centres

Tel: 416-961-1928 OR 1-877-499-9904

Wellspring has locations in Toronto, Brampton, Oakville, Newmarket, London, Stratford, and Calgary.

<http://www.wellspring.ca>

Lung Cancer Canada

1896A Avenue Road
Toronto, ON M5M 3Z8
Tel: 416-785-3439 OR 1-888-445-4403
Email: info@lungcancerCanada.ca

The Lung Association – Toronto Office

Tel: 416-864-9911 OR 1-800-972-2636
Email: olalung@on.lung.ca

For information about lung disease:
1-888-344-5864

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.

Lung Cancer



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

Lung Cancer Canada

<http://www.lungcancercanada.ca>

Lung Cancer Canada is a non-profit organization whose aim is to increase awareness, and to provide support and education with respect to lung cancer. Available at the website is an excellent twice-yearly newsletter *Connections*, and a set of links to relevant websites and other resources.

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. The site gives access to location information and schedules for all programs and groups.

The Lung Association

http://www.lung.ca/diseases/cancer_lungs.html

This is a Canadian non-profit organization whose chief purpose is to combat both disease and environmental threats to the lungs. The site has a useful section on lung cancer, which provides

information on causes, detection, diagnosis, and treatment of the disease. There are also links to additional web based resources.

Lung Cancer Alliance

<http://www.lungcanceralliance.org/index.php>

The Lung Cancer Alliance is a US non-profit organization dedicated to helping people with lung cancer improve the quality of their lives. Click on the 'Facing Lung Cancer' tab at the top of the homepage to find facts on the disease itself, access to publications, lists of other web-based resources, and online support groups.

National Cancer Institute

<http://tinyurl.com/5b3eo>

The NCI is part of the National Institutes of Health in the U.S. It has comprehensive information about lung cancer at its website, including prevention, causes, treatments, diagnosis, access to clinical trials, research, and statistics.

MedlinePlus <http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on Lung Cancer, including an Interactive Health Tutorial on the disease which allows the user to follow a slide show with sounds and pictures. At the MedlinePlus homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on L and then follow the link for Lung Cancer.

BOOKS

Quick Facts: Lung Cancer by American Cancer Society. Atlanta, GA: American Cancer Society, 2007

The concise yet information-packed guide provides all the basic facts about lung cancer in a readable format. Topics covered include diagnosis, treatment options, potential side effects, copying, and quality of life issues. There is a section about new research, a dictionary, and a list of useful books and websites.

Availability for Loan:

FE400 A63 2007 Health Information and Wellness Centre, both locations

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

Lung Cancer: Making Sense of Diagnosis, Treatment & Options by Lorraine Johnston. Sebastapol, CA: O'Reilly, 2001

Written in straightforward language, this book addresses medical, emotional, and support needs of patients and their families. Topics include diagnosis, types of lung cancer, treatments, and coping skills.

Availability for loan:

FE400 J64 2001 Health Information and Wellness Centre, both locations
616.99424 JOH Mississauga Library System