

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

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>

Lung Cancer Canada

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.

Canadian Cancer Encyclopedia – Lung Cancer Information

<http://tinyurl.com/273rosn>

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.

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 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 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.

BOOKS

Lung Cancer 3rd ed. by Stephen Falk & Chris Williams. Oxford, UK: Oxford University Press, 2010

The aim of this useful guide is to give, in a clear and simple way, succinct information about all aspects of lung cancer, with a stress on the practical side of its treatment. Advice is provided on how to manage the disease, including tips on quitting smoking.

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The Cleveland Clinic Guide to Lung Cancer by Peter Mazzone. New York: Kaplan, 2010

This book from one of America's top hospitals provides information on how to combat lung cancer at every stage of the disease. Topics covered include recognition of signs and symptoms, treatment approaches, and the latest research breakthroughs.

Availability for loan:

FE 400 M29 2010 Health Information & Wellness Centre, both locations.

616.99424 MAZ Toronto Public Library System

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, coping, 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, and what can be done to minimize