

# Pathfinder Series: Gallbladder and Pancreatic Cancer

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books & Audiovisual

*Recipes and nutrition tips for people with pancreatic cancer*

Call Number: 8.5.6 2016

This book provides people diagnosed with pancreatic cancer and their caregivers a wide range of recipes to make sure they have to resources to make healthy, tasty, memorable dishes for any meal of the day.

*100 Questions & Answers about Biliary Cancer / Ghassan K. Abou-Alfa*

Call Number: 7.17.2 2015

This book provides both doctor and patient perspectives, this easy-to-read book is a comprehensive guide to the basics of biliary cancer, risk factors and prevention, diagnosis, treatment, survivorship, and life after diagnosis. Written by Dr. Ghassan Abou-Alfa, a board-certified medical oncologist who specializes in primary liver cancer (hepatocellular carcinoma), pancreas, gallbladder, and bile duct tumors, this is an invaluable resource for anyone interested in learning what to expect after being diagnosed with biliary cancer.

*100 Questions & Answers about Diseases of the Pancreas / Timothy B. Gardner*

Call Number: 7.17.1 2012

This book provides both doctor and patient perspectives, this easy-to-read book is a comprehensive guide to the basics of pancreatic diseases, risk factors and prevention, diagnosis, treatment, survivorship, and life after diagnosis. Written by Dr. Timothy B. Gardner, Director of Pancreatic Disorders at Dartmouth-Hitchcock Medical Center, this is an invaluable resource for anyone interested in learning what to expect after being diagnosed with pancreatitis, pancreatic cancer, pancreatic insufficiency, diabetes, cystic fibrosis or other pancreatic diseases.

*Pancreatic cancer: A patient & his doctor balance hope & truth / Michael J. Lippe*

Call Number: 7.17.5 2011

This book offers clear explanations of what the disease is, describes what people with the disease will feel physically and mentally, and discusses current treatments and future directions of research. The authors hope that their honest yet hopeful perspective will help all people with cancer and those who care about them.

## Websites

### **Cancer.Net – Gallbladder Cancer**

<http://www.cancer.net/patient/Cancer+Types/Gallbladder+Cancer>

The patient information website from the American Society for Clinical Oncology, Cancer.Net includes an overview of cancer of the gallbladder, information about staging, treatment and life after treatment. It also provides a good section on questions to ask the doctor, side effects, research news, and where to go to find other credible information sources.

### **Cancer Research UK – Cancer Help UK – Gallbladder cancer**

<http://www.cancerhelp.org.uk/help/default.asp?page=7973>

This site from Cancer Research UK includes a “*What’s new in gallbladder cancer?*” section that outlines current research, new treatments and more. Information on living with gallbladder cancer, a reading list, questions to ask, and much more is included in this comprehensive site.

### **Johns Hopkins Pathology – Gallbladder & Bile Duct Cancer**

<http://pathology2.jhu.edu/gbbd/index.htm>

This website from Johns Hopkins University explains the different types of gallbladder cancer, current treatments, diagnosis and staging and more. The information is easy to read and understand, and is well illustrated, and detailed. A discussion forum is included where patients and family members can ask questions and get information from other patients.

### **National Pancreatic Cancer Canada Foundation** <http://www.pancreaticcancercanada.ca/>

This organization has been around since 2005, but their new website was just launched in 2011. NPCCF is a volunteer-driven foundation committed to building awareness, advancing research and providing support and resources to pancreatic cancer patients and their families. Information is relevant to newly-diagnosed patients as well as patients who have been dealing with pancreatic cancer for some time. Clinical trials, research information, fundraising and awareness event information and much more is provided on the site.

### **Pancreatic Cancer Action Network** <http://www.pancan.org/>

This is a large US-based organization dedicated to providing educational information for pancreatic cancer patients, as well as advocating for research funding, and offering support for those with a diagnosis of pancreatic cancer. The site is packed with information and stories from current patients and survivors. Well worth a visit.

### **Pancreatica.org** <http://www.pancreatica.org/>

An extremely comprehensive site dedicated to information about pancreatic cancer, Pancreatica includes a detailed FAQ section, a clinical trials database, current news and research, support services and much more. Some of its focus is quite medical in scope, but there is enough for the layperson as well, and the site is well laid out and easy to navigate. Highly recommended for current information on pancreatic cancer.