

Pathfinder Series: Advanced Breast Cancer

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

Books & Audiovisual

100 Questions & answers about advanced and metastatic breast cancer / Lillie D. Shockney.

Call number: 7.4.25 2009

A practical guide with answers to questions about treatment options, quality of life, sources of support and much more. This book also provides commentary from actual patients, and is an excellent resource for anyone dealing with the medical, psychological and emotional turmoil of this condition.

Advanced breast cancer: A guide to living with metastatic disease / Musa Mayer.

Call number: 7.4.26 1998

All aspects of dealing with metastatic disease are covered in this book, including coping with the shock of recurrence and making treatment decisions, communicating effectively with medical personnel, managing symptoms of disease progression and side effects, getting support from other patients, family and friends, and finding ways to keep hope alive and discover meaning in adversity.

The Beautiful 8: Learning to live with advanced breast cancer / Young Survival Coalition.

Call number: 7.4.9 2006 DVD

Join an intimate discussion among eight young women diagnosed with metastatic breast cancer as they undertake a journey filled with hope, fear, laughter, anxiety and determination to live life to the fullest. The Beautiful Eight connects viewers with a community of young women who openly share their experience of living with advanced breast cancer.

Frankly speaking about cancer: Advanced breast cancer / Linda Miller. Call number: 7.4.60 2011

This guide helps patients with advanced breast cancer find information and support in order to make the best decisions for their health and future. With a better understanding of the disease and treatment options available, patients will be able to gain a sense of control, alleviate some feelings of isolation and find a renewed sense of hope.

Websites

Advanced BC: Metastatic Breast Cancer Information and Support for Patients, Family Members and Friends <http://advancedbc.org/>
AdvancedBC.org is dedicated solely to the needs of people living with **metastatic** breast cancer and the perspectives of Musa Mayer, long-time advocate and author. Patients can find information, support and hope within this excellent website.

I Still Buy Green Bananas <http://digital.turn-page.com/issue/2065?RID=143423>
From the organization Network of Strength, this is an online booklet (can be viewed online or downloaded from the site) that offers information for anyone living with metastatic breast cancer. Topics include coming to terms with the diagnosis, facing the future, pulling together a support system, and living with cancer.

Living Beyond Breast Cancer – Metastatic Breast Cancer <http://www.lbcc.org/Audiences/Living-with-Metastatic-Breast-Cancer>
This section of the LBCC website has news, treatment information, clinical trials details, and a fact-filled newsletter, all about metastatic breast cancer. There is a lot packed into this online community, including podcasts, patient first person stories, videos and more. Highly recommended.

Recurrent and Metastatic Breast Cancer
http://www.breastcancer.org/symptoms/types/recur_metast
A very comprehensive look at living with metastatic disease from the experts at Breastcancer.org, one of the first and best sites for breast cancer information. Detailed information, a FAQ page and an “Ask the Expert” session are all included, and information is updated regularly.

When Cancer Returns <http://www.cancer.gov/cancertopics/coping/when-cancer-returns>
This site, from the National Cancer Institute, covers many topics relating to metastatic and recurrent cancer in general (not breast cancer specifically). The information can be viewed online or downloaded as a PDF. Resources and places to go for more information are also included.