

Pathfinder Series: Anal and Rectal

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

Books & Audiovisual

Colon & rectal cancer: a comprehensive guide for patients & families / Lorraine Johnston
Call number: 7.7.4

A detailed guide to learning about rectal cancer. Information about diagnosis, adjusting to life with an ostomy, coping with symptoms, and more. Stories from patients and survivors offer tips and guidance for dealing with this disease.

Colon & rectal cancer: From diagnosis to treatment / Paul Ruggieri, Addison R. Tolentino.
Call number: 7.7.3 2012

The authors aim to help you navigate the maze of medical tests and treatments by explaining topics such as: symptoms of colon and rectal cancers, medical tests for getting a diagnosis, the importance of staging cancer, surgeries, radiation therapy, chemotherapy, and follow-up care after treatment.

Websites

American Cancer Society – All About Anal Cancer

<http://www.cancer.org/cancer/analcancer/index.htm>

From the ACS's website, users can get an overview or a detailed guide to anal cancer, depending on how much information they want at any given time. The site provides a "What is anal cancer?" section, as well as information about diagnosis and treatment, questions to ask your healthcare team, and more. For latest news and updates, patients can check the "What's new in anal cancer research and treatment?" section as well.

Cancer.Net Guide to Anal Cancer <http://www.cancer.net/cancer-types/anal-cancer>

Cancer.Net is the patient information site from the American Society for Clinical Oncology and is an excellent resource on all topics related to cancer diagnosis and treatment. A good overview of anal cancer is provided, and Cancer.Net also offers a variety of podcasts and webcasts on cancer-related topics, as well as access to current research, news and much more information. Definitely a site worth exploring!

Medline Plus – Anal cancer <http://www.nlm.nih.gov/medlineplus/analcancer.html>

Medline Plus – Rectal cancer <http://www.nlm.nih.gov/medlineplus/colorectalcancer.html>

From the National Library of Medicine in the US, Medline Plus is a subject directory, pointing you to various resources that help explain different types of cancer. The pages are broken into different sections including diagnosis and symptoms, disease management, research information, current news and overviews of new treatments and tests and much more. With links to credible organizations such as the Mayo Clinic, the American Cancer Society and others, the site is updated regularly, and information is always accurate and very current. The site also offers interactive tutorials to help you learn about diagnostic tests, treatments and other topics.

National Cancer Institute – Anal Cancer <http://www.cancer.gov/cancertopics/types/anal>

National Cancer Institute – Rectal Cancer <http://www.cancer.gov/cancertopics/types/colon-and-rectal>

The National Cancer Institute in the US is a leader in patient education initiatives, and their website provides an enormous amount of information relating to both anal and rectal cancers. Guides to treatment, diagnostic testing and other topics are easy to read, well-illustrated and the information is concise. Patients can also access supportive information such as learning how to cope with your disease, information for caregivers, explaining cancer to your children and family, and much more.

United Ostomy Association of Canada <http://www.ostomycanada.ca/>

The UOAC is a volunteer organization dedicated to helping people who have had an ostomy operation. Here you can find ostomy information, FAQ, a list of ostomy product manufacturers, an online chatroom and more.

Hollister Education Theatre <http://www.hollister.com/canada/ostomy/resource/theatre.html>

This link offers easy to understand videos about ostomys and ostomy pouching systems and the videos teach you how to use your ostomy system and how to manage your surgery.

