

# Pathfinder Series: Esophageal and Stomach

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

## Books & Audiovisual

*100 Questions and Answers on Esophageal Cancer* / Pamela K. Ginex. Call number: 7.10.4 2005

This book gives authoritative, practical answers to your questions about treatment options, post-treatment quality of life and sources of support. The “100 Q & A” series is a good place to begin your research into esophageal cancer.

*Johns Hopkins Patients' Guide to Cancer of the Stomach and Esophagus* / Mark D. Duncan.

Call number: 7.17.6 2011

This small yet concise guide to cancer of the stomach and esophagus covers topics from diagnosis, treatment and side effects, through to dealing with recurrence, communicating with family and your healthcare team and much more.

*Goes Down Easy: Recipes to Help You Cope With the Challenge of Eating During Cancer Treatment* /

Elise Mecklinger. Call number: 8.5.7 2006

This book contains over 100 recipes to help people living with cancer manage eating difficulties during treatment. Each chapter includes advice from a dietitian specializing in cancer nutrition, and recipes designed to help alleviate side effects such as loss of appetite, nausea, and swallowing difficulties.

*100 Questions and Answers on Gastric Cancer* / Manish A. Shah. Call number: 7.17.4 2008

From the same series as the first book in the list, this will answer your questions on stomach – also known as gastric – cancer. It outlines tests, treatments, coping with cancer, caregiving and much more.

*Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated, and Managed Day to Day* / Andrew H. Ko, Malin Dollinger and Ernest H. Rosenbaum. Call number: 1.1.3 2008

This trusted cancer resource is a comprehensive guide to a wide variety of topics, and has large sections dealing with both esophageal and stomach cancers. Also included is information about surgery, treatments, new areas of research supportive care and also includes a glossary of medical terms and bibliography.

## Websites

**Medline Plus – Esophageal Cancer** <http://www.nlm.nih.gov/medlineplus/esophagealcancer.html>

**Medline Plus – Stomach Cancer** <http://www.nlm.nih.gov/medlineplus/stomachcancer.html>

From the National Library of Medicine in the US, Medline Plus is a subject directory, directing 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 – “What you need to know about cancer of the esophagus”**  
<http://www.cancer.gov/cancertopics/wyntk/esophagus>

**National Cancer Institute – What you need to know about stomach cancer**  
<http://www.cancer.gov/cancertopics/wyntk/stomach>

Two very comprehensive guides from the National Cancer Institute in the US. The “What you need to know about” series offers information on understanding a diagnosis of cancer, staging, treatment, follow-up care, and where to find support. The guides can be read online or downloaded and printed out in PDF. Each is written for patients, and the information is concise and easy to understand. A glossary of cancer-related terms is also included.

**OncoLink – Esophageal and Stomach (Gastric) Cancer** <http://www.oncolink.org/>

One of the very first web-based tools for cancer patients and survivors, OncoLink is still one of the best around. Search OncoLink by type of cancer for detailed information on both esophageal and stomach cancers by clicking “Cancer Type” on the left side of the page. Users can take advantage of the OncoPilot program – an online navigational tool that can help you find information and keep track of appointments, medications, history and more. OncoLink also has a great deal of information surrounding the more supportive aspects of cancer care including nutrition, survivorship, coping, relationships, and much more.

**Cancer.Net – Cancer Types**

One of the most detailed guides to cancer, Cancer.Net has good information both esophageal and stomach (gastric) cancers. Information includes treatment, coping with side effects, staging information, latest research, questions to ask your healthcare team and more. The information is easy to follow and the site is easy to access and navigate. As well as information about specific cancers, Cancer.Net provides excellent podcasts – downloadable audio files – on topics of interest to cancer patients and their families. The entire site is worth exploring for all cancer-related information needs and resources.



