

# Pathfinder Series: Genetics and 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

*Confronting Hereditary Breast and Ovarian Cancer: Identify Your Risk, Understand Your Options, Change Your Destiny* / Sue Friedman et al. Call number: 2.5.6 2012

Developed by Facing our Risk of Cancer Empowered (FORCE), a non-profit organization dedicated to supporting families affected by hereditary breast and ovarian cancer, this book stands alone among breast and ovarian cancer resources. Equal parts health guide and memoir, it defines complex issues facing previvors and survivors and provides solutions with a fresh, authoritative voice.

*Positive Results: Making the Best Decisions When You're at High Risk for Breast or Ovarian Cancer* / Joi L. Morris and Ora K. Gordon. Call number: 2.5.4 2010

Knowing you are at risk for breast or ovarian cancer allows women to make informed choices about lifestyle and medical interventions, but this knowledge can still leave them overwhelmed by anxiety and fear. This book offers information and support to women as they make these choices and helps guide them to the best options for their individual lives.

*In the Family* / Joanna Rudnick. Call number: 2.5.2 2008

*In the family* follows the author as she connects with other women trying to navigate their way around the wrenching decisions associated with predictive genetic testing. Turning the camera on herself, Joanna bares her conflicting emotions just as she and her partner contemplate a family together. Intensely personal and timely, this is a groundbreaking investigation that attempts to answer the question: How much do you sacrifice to survive?

*Previvors: Facing the Breast Cancer Gene and Making Life-Changing Decisions.*  
Call number: 2.5.5 2010

Through the incredible true stories of five young friends, as well as interviews with more than seventy top breast cancer experts, health writer Dina Roth Port addresses the universal questions of women everywhere who have watched family members suffer from the disease and wondered, "Am I next?" Full of practical information, "Previvors" is the first comprehensive book to guide women through the difficult process of determining their risk, weighing the options, and coping with the emotions of deciding to undergo surgery.

## Websites

FORCE: Facing our Risk of Cancer Empowered <http://www.facingourrisk.org/>

“FORCE was founded on the principle that no one should have to face hereditary breast and ovarian cancer alone.” The FORCE website offers information and support for those at risk and those currently facing a diagnosis of breast or ovarian cancer. Online resources include support forums, informational webinars, a toll-free helpline and a newsletter.

Hereditary Breast and Ovarian Cancer Foundation <http://www.hboc.ca/>

This site helps men and women at risk weigh the options available to them in order to make informed choices surrounding their decisions. There is also newsletter that can be read online, as well as information about upcoming events and new research.

Genetics Home Reference – Cancers <http://ghr.nlm.nih.gov/conditionCategory/cancers>

This site provides information about a variety of hereditary conditions that can increase the risk of developing different types of cancer. Each condition has its own page with a description of that condition, related genetic changes and available treatments. Links to other sites for more information are also provided.

Genetic Testing for Breast and Ovarian Cancer Risk: It’s Your Choice

<http://www.cancer.gov/cancertopics/genetics/genetic-testing-for-breast-and-ovarian-cancer-risk>

The National Cancer Institute has a nice page devoted to making the choice of whether to undergo genetic testing and the advantages and disadvantages of being tested. A list of questions to ask your healthcare provider is a helpful addition to the page. General cancer and genetics information can be found at the NCI’s main *Genetics* page:

<http://www.cancer.gov/cancertopics/genetics/>

The Familial Gastrointestinal Cancer Registry <http://www.mountsinai.on.ca/care/fgicr/>

This is a program dedicated to the care of families affected with rare forms of inherited colorectal cancer. The site provides information about the various diseases, a Frequently Asked Questions page, a page devoted to children to help them learn about the disease and a newsletter for the latest information from the program.

National Society of Genetic Counsellors – Your Family History

<http://www.nsgc.org/About/FamilyHistoryTool/tabid/226/Default.aspx>

This is a good overview of the importance of knowing your family’s medical history and how to collect this crucial information in order to keep a record of it for yourself and future generations.

Lynch Syndrome International <http://www.lynchcancers.com/>

Information and support for people affected by Lynch Syndrome, a hereditary disorder that can cause individuals to have a higher than normal chance of developing colorectal and other cancers.

