

Pathfinder Series: Life After Cancer

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

Books & Audiovisual

After You Ring the Bell: 10 Challenges for the Cancer Survivor / Anne Katz. Call number: 5.6.12 2012

In this book, the author explores the most common issues that confront people following cancer diagnosis and treatment. Featuring real-world vignettes, the book guides readers through the cancer journey after active treatment ends, giving clarity and understanding to what many survivors encounter along the way.

The Human Side of Cancer: Living with Hope, Coping with Uncertainty / Jimmie C. Holland.

Call number: 5.5.8 2000

An excellent book, and a classic in cancer supportive care, that can really help readers understand the emotions and uncertainties that a cancer diagnosis can bring. It offers a good deal of information on survivorship, and looks beyond the “one size fits all” approach to coping with cancer.

Picking Up the Pieces: Moving Forward After Surviving Cancer / Sherri Magee.

Call number: 5.6.19 2006

Once treatment ends, survivors may face new challenges, and this book acts as a guide through this difficult time. The recovery program helps integrate who you were before cancer with who you are now. It will support you as you begin to acknowledge the changes that have occurred, grieve the losses, gain new insights into your experience and learn to live with the uncertainty of tomorrow.

Survivorship: Living Well During and After Cancer / Barrie R. Cassileth. Call number: 5.6.11 2014

A good introduction to safely using integrative medicine and other therapies to complement mainstream care and help alleviate the short- and long-term side effects of cancer treatment, *Survivorship* helps you sort through the hype to find the facts.

Surviving After Cancer: Living the New Normal / Anne Katz. Call number: 5.6.29 2011

A nice, comprehensive book that looks at current practice in the area of cancer survivorship, and can help guide readers through the most crucial areas of recovery post-cancer. Each chapter presents the story of a cancer survivor who has met the challenges of survivorship and contains tips and solutions for problems encountered along the way.

The Cancer Survivor's Companion: Practical Ways to Cope with Your Feelings After Cancer / Frances Goodhart. Call number: 5.6.16 2011

With reassurance and understanding, this companion helps you to deal with the emotional fallout of cancer, whether it's days, months or years since your treatment ended. This book is packed with simple, practical ways to tackle key issues such as worry and anxiety, depression and low mood, anger, self-esteem and body image, fatigue, relationships and sex, and more.

100 Questions & answers about life after cancer: a survivor's guide / Page Tolbert and Penny Damaskos. Call number: 5.6.25 2008

With authoritative, practical answers to the many questions survivors have, this book offers advice from experts in the field of cancer survivorship, as well as information from actual survivors who have been there, and experienced the same types of things.

Websites

Cancer.net – Survivorship <http://www.cancer.net/patient/Survivorship>

Formerly called “People Living with Cancer”, this site has been on the web since 2002, and is the patient version of the American Society of Clinical Oncology. Their section *Survivorship* includes information on, and links to, sites about rehabilitation, becoming your own advocate, healthy living, coping with physical and emotional changes and more.

Canadian Cancer Society – Life After Cancer

<http://www.cancer.ca/en/cancer-information/cancer-journey/life-after-cancer/?region=on>

The CCS site offers information for survivors on topics such as understanding your feelings, worrying about the cancer coming back, work and school issues, relationships, living well after treatment, and provides a list of links to sites with more information for survivors.

National Cancer Institute – Office of Cancer Survivorship <http://cancercontrol.cancer.gov/ocs/>

The NCI created this branch of their organization in 1996 “...in recognition of the large number of individuals surviving cancer for long periods of time and their unique and poorly understood needs.” Topics include health and well-being after cancer treatment, possible late effects of treatment, follow-up care, and support for survivors and families. Their publication *Facing Forward: Life After Cancer Treatment* is highly recommended, and can be accessed from this link.

The National Coalition for Cancer Survivorship. <http://www.canceradvocacy.org>

The NCCS was one of the first organizations in the US dedicated to cancer advocacy and to empowering cancer patients and survivors, and offers a guide to finding post-treatment resources and information. NCCS also produces the Cancer Survival Toolbox®, an online series of audio files to help cancer patients deal with all aspects of their illness. The section entitled “Living Beyond Cancer” is designed specifically for the special, ongoing needs of cancer survivors.

