

Pathfinder Series: Non-Hodgkin Lymphoma

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

Books & Audiovisual

Living with lymphoma / Elizabeth Adler. Call number: 7.13.18 2005

The author of this book is a neurobiologist, as well as a lymphoma survivor. She thoroughly explains the disease, describing the many different kinds of Hodgkin and non-Hodgkin lymphoma. Descriptions of the wide range of symptoms and the various treatment options available are provided. She gives readers the background necessary to understand and evaluate medical literature and to ask their physicians questions specific to their own needs.

100 Questions and Answers about lymphoma / Peter Holman. Call number: 7.13.15 2004

In this book the authors provide an understanding of both non-Hodgkin and Hodgkin lymphoma. The information will assist readers in understanding these diseases and coping with the daily pressures they can bring. It gives practical answers to questions about treatment options, post-treatment quality-of-life and sources of support.

Understanding non-hodgkin's lymphoma / Princess Margaret Hospital.

Call number: 7.13.2 2001 CD-ROM

This interactive program provides a lot of relevant information, from prevention and diagnosis to treatment and supportive care. It allows users to work at their own pace to find answers to their questions. It helps patients understand the complexities and challenges of the disease and be able to communicate clearly and effectively with doctors, family and friends.

Lymphoma & you: a guide for patients living with Hodgkin's and Non-Hodgkin's lymphoma / C.T.

Kouroukis. Call number: 7.13.9 2006

Understanding your diagnosis, your treatment options, and the results you can expect can give you the knowledge you need to make informed decisions and to participate as a partner in your care. Readers will find useful resources such as support group listings, suggested reading and internet resources to help them cope with the disease.

Living with leukaemia, lymphoma and myeloma: a guide for patients and their families / Pam McGrath. Call number: 7.13.2 2008

This book covers the emotional, social, financial, and spiritual demands on the diagnosed individual and their families. The simple message underpinning the material offered in this book is that if you can hear some of the experiences of others, you will come to feel much more confident about your own ability to cope.

Websites

Lymphoma Foundation Canada www.lymphoma.ca

The LFC offers information about the different types of lymphoma, including a comprehensive section for the newly diagnosed patient, tips for good communication with your healthcare team, a news and events section for upcoming information sessions and other patient education forums, a downloadable book and more. This is a great place to start your research into lymphoma.

The Leukemia and Lymphoma Society http://www.leukemia-lymphoma.org/all_chap

This is one of the largest organizations devoted to research, patient education and information about leukemia, lymphoma, myeloma and the related diseases. Financial and emotional support, a discussion forum, disease and treatment information, a call centre for live assistance and much more is offered by this highly respected organization.

LymphomaInfo.Net <http://www.lymphomainfo.net/nhl/description.html>

A good, comprehensive overview of Non-Hodgkin lymphoma with information about the different types, symptoms, treatment, news and latest research, as well as support for coping with the disease, side effects and other helpful information.

Non-Hodgkin's Lymphoma Cyberfamily www.nhlcyberfamily.org/

This site's aim is to help guide patients and their family members through a NHL diagnosis with support, education, information and answers to any questions that may arise. There is an FAQ page, links to other helpful resources, and some excellent downloadable fact sheets and video presentations.

National Cancer Institute – Non-Hodgkin Lymphoma

<http://www.cancer.gov/cancertopics/types/non-hodgkin>

The NCI has one of the most comprehensive sites on NHL, with regularly updated information on treatment, research, articles and much more for patients and their supporters. Their booklet "What You Need to Know About Non-Hodgkin Lymphoma" can be downloaded and printed, and the rest of the NCI site is an excellent resource for gaining information about all aspects of the cancer journey.

Cancer.Net <http://www.cancer.net/patient/Cancer+Types/Lymphoma+-+Non-Hodgkin>

This is the American Society of Clinical Oncology's website for patients with information about all types of cancer, supportive care, research, survivorship issues, coping and much more. The multimedia section includes videos and podcasts on relevant topics, and there are printable guides, fact sheets and other resources available as well.

