

Pathfinder Series: Young Women With Breast Cancer

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

Books and Audiovisual

I'm too young to have breast cancer: Regain control of your life / Beth Leibson-Hawkins.

Call number: 7.4.7 2004

For women in their twenties and thirties, being diagnosed with breast cancer is a vastly different experience than for their older counterparts. The author has spoken with many younger women who shared their experience of breast cancer. They discuss how this disease affected their career goals, education, and shifting work/life priorities.

You are not alone: An intimate discussion with six young breast cancer survivors / Young Survival Coalition. Call number: 7.4.6 200? DVD

Join six young women for an intimate and candid discussion of the issues unique to young women diagnosed with breast cancer. From managing your relationship with family and friends to dealing with fertility and body image concerns, this DVD connects you with young women who share their experience with breast cancer.

Fighting for your future / Young Survival Coalition. Call number: 7.4.8 2002 DVD

This is an intimate journey into the lives of young women courageously battling breast cancer. Young women were often told they were "too young" to have breast cancer. This is their story, how these young women are working to raise awareness within the medical community and hoping, ultimately, to save lives.

The intelligent patient guide to breast cancer / Karen Gelmon et al. Call number: 7.4.6 2011

After your doctor says the words "breast cancer," you may be in a state of shock. Despite this, you will be expected to make a series of major decisions, often in a hurry. The choices seem so complicated that women often end up wondering if they should just leave the decisions up to the doctors. Studies have shown that the patient who takes an active part in making the decisions that affect the course of her treatment is better able to cope than the patient who relegates all control to her doctors, which is why the authors encourage you to become one of the decision makers. Along with information that is useful to all breast cancer patients, there is a chapter dedicated to breast cancer in young women.

Websites

Young Survival Coalition <http://www.youngsurvival.org/>

YSC is an excellent resource, as it is an organization specifically focused on the needs of young women with breast cancer. Here you will find information on breast cancer itself, treatment, reconstructive surgery, how to ensure your best quality of life, and more. The site also acts as an online community that allows you to connect with other survivors who can relate to your experiences.

Rethink Breast Cancer <http://rethinkbreastcancer.com>

The goal of this charity is to bring bold, relevant awareness to the under-40 crowd. They look to foster a new generation of young and influential breast cancer supporters, infuse sass and style into the cause, and, most importantly, respond to the unique needs of young women going through it.

Living Beyond Breast Cancer <http://www.lbbc.org/Audiences/Young-Women>

LLBC's website community for young women acknowledges that your psychosocial and medical concerns are different than those of women over age 45, and they are dedicated to providing you with age-appropriate information and resources specific to your needs. You're able to read about the latest breast cancer news, updates on clinical trials, first person stories, etc.

Breast Cancer Care: Young women with breast cancer booklet

http://www.breastcancercare.org.uk/upload/pdf/BCC66_younger_women_bc_booklet.pdf This booklet acts as a very helpful resource for young women diagnosed with breast cancer, covering a variety of subjects from your feelings and telling others your diagnosis to sexuality and body image.

Young Women's Breast Cancer Program <http://www.siteman.wustl.edu/ywbcp.aspx>

The YMBCP provides educational publications and videos to help young women understand and cope with a breast cancer diagnosis. They also feature summaries of recently published research articles relevant to young women with breast cancer and young survivors.

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. They are dedicated to improving the lives of individuals and families affected by hereditary breast and ovarian cancer.

Video: Breast Cancer in Younger Women

<http://www.youtube.com/watch?v=xObJzTHRqkl>

Getting a breast cancer diagnosis is scary at any age, but unique issues surround this disease when it is diagnosed early in life. Learn about the emotional, physical, social, and medical issues surrounding breast cancer in young women. Meet Geralyn Lucas, who was diagnosed with breast cancer in her 20s. Hear how her unexpected diagnosis changed her whole perspective on life.