



Breast Cancer Resources

Pamphlets

Breast cancer: understanding your diagnosis (Canadian Cancer Society)

<https://www.cancer.ca/~media/cancer.ca/CW/publications/Breast%20cancer%20UYD/32064-1-NO.pdf>

Breast cancer companion guide (BC Cancer)

<http://www.bccancer.bc.ca/patient-and-public-info-site/Documents/CompanionGuide2014Revision.pdf>

Understanding treatment for breast cancer (Canadian Cancer Society)

<https://www.cancer.ca/~media/cancer.ca/CW/publications/Understanding%20treatment%20breast/32077-1-NO.pdf>

Exercises after breast surgery (Canadian Cancer Society)

<https://www.cancer.ca/~media/cancer.ca/CW/publications/Exercises%20after%20breast%20surgery/32071-1-NO.pdf>

Nutrition guide for women with breast cancer (BC Cancer)

[http://www.bccancer.bc.ca/nutrition-site/Documents/Patient%20Education/a nutrition guide for women with breast cancer.pdf](http://www.bccancer.bc.ca/nutrition-site/Documents/Patient%20Education/a%20nutrition%20guide%20for%20women%20with%20breast%20cancer.pdf)

My partner has breast cancer: how can I help? (BC Cancer)

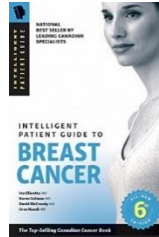
[http://www.bccancer.bc.ca/patient-and-public-info-site/documents/partner has cancer 2012 1.pdf](http://www.bccancer.bc.ca/patient-and-public-info-site/documents/partner%20has%20cancer%202012%201.pdf)

After breast cancer treatment: what next? (BC Cancer)

http://www.bccancer.bc.ca/patient-and-public-info-site/Documents/AllianceAfterTreatment2013_reformattedFinalInt.pdf

Resource Book

The Intelligent Patient Guide to Breast Cancer 6th Edition, 2017.
ISBN: 9780981159935



This book can be borrowed from the [BC Cancer Library](#) . You can purchase it by contacting the [publisher](#), ordering from local bookstores or through online booksellers such as [Amazon.ca](#).

BC Cancer Library and Cancer Information Centre Resources

<http://www.bccancer.bc.ca/our-services/services/library>

Recommended Websites

Breast Health Centre: <https://www.islandhealth.ca/our-services/breast-cancer-breast-health-services>

BC Cancer Agency: <http://www.bccancer.bc.ca/health-info/types-of-cancer/breast-cancer>

Breast Cancer.org: <https://www.breastcancer.org/>

Canadian Cancer Society: <https://www.cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/?region=bc>

Canadian Breast Cancer Network: <https://www.cbcn.ca/en/>

MedlinePlus: <https://medlineplus.gov/breastcancer.html>

National Cancer Institute: <https://www.cancer.gov/types/breast>

American Cancer Society: <https://www.cancer.org/cancer/breast-cancer.html>

Support Programs

You can find support programs offered at each BC Cancer Centre on the BC Cancer website:

<http://www.bccancer.bc.ca/our-services/services/support-programs>

BC Cancer Agency-Patient and Family Counselling Services:

<http://www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling>

Breast Cancer Support Group (Wellspring): <https://wellspring.ca/online-programs/programs/all-programs/breast-cancer-support-group/>

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

Canadian Cancer Society: <https://www.cancer.ca/en/about-us/a-future-without-breast-cancer/breast-cancer-support-services/>

Cancer Chat Canada: <https://cancerchat.desouzainstitute.com/>

Cancer Connection (CCS): <https://cancerconnection.ca/home>

Inspire Health: <https://www.inspirehealth.ca/>

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Breast Health Patient Navigators

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Website: <https://www.islandhealth.ca/our-services/breast-cancer-breast-health-services>