Lung Cancer Information and Support Resources

**Books**

All books are available at the Princess Margaret Patient and Family Library.

This is an easy to read question and answer book for patients with lung cancer and their caregivers.

This is an easy-to-follow guidebook that explains lung cancer treatment from start to finish.

Kicking Butts will help smokers quit smoking. It provides simple, practical and specific strategies and tips. Smokers will learn how to create quitting plans that have the best chance for success.

**E-Books**

Electronic books are now available through the Princess Margaret Patient and Family Library. Please call 416 946 4501, extension 5383 to get your personal access code number.

This is an easy to read question and answer book for people who want to learn how to quit smoking.
Managing Shortness of Breath. Martelli-Reid, L. Ontario: Lung Cancer Canada, 2011. This DVD helps you manage shortness of breath caused by lung cancer. Topics include learning abdominal breathing, managing an acute episode of shortness of breath, sitting to standing, climbing stairs, and respiratory muscle exercises.

Webinar

National Comprehensive Cancer Network - Webinar for Non Small-Cell Lung Cancer
www.nccn.org/patients/guidelines/webinars/nsclc.aspx
Learn about the lungs, lung cancer, diagnostic tests, grading, staging and treatment options.

Websites

The following are credible and up-to-date websites where you can find information that may be helpful to you and your family.

American Cancer Society - Lung Cancer, Detailed Guide
www.cancer.org Select Learn about Cancer, click on the drop down menu and select lung cancer, small cell or non-small cell lung cancer. The American Cancer Society is a nationwide, community-based, volunteer health organization. This website provides information on many topics such as causes, risk factors, prevention, detection, diagnosis, staging, and treatment for lung cancer.
Canadian Cancer Society - Smoking and Tobacco

www.cancer.ca  Under the prevention and screening tab, select smoking and tobacco
The Canadian Cancer Society is a national, community-based organization of volunteers. It provides useful and up-to-date information for patients, families and the general public. This website provides information about smoking, tobacco, and information on quitting smoking. It provides information on how to protect your family against second-hand smoke.

Canadian Lung Association

www.lung.ca
The Lung Association's main purpose is to help fight diseases and environmental threats to the lungs. This website provides general information about lung cancer. Click on Cancer of the Lungs under Diseases A - Z to find the information. This site also provides information on quitting smoking.

Lung Cancer Canada

www.lungcancercanada.ca
Lung Cancer Canada serves patients, families, caregivers, healthcare professionals, and the general public. This website provides useful information on myths and facts, screening and staging, treatment information and clinical trials. It has a listing of information sessions and education events.

MEDLINEplus - Lung Cancer

www.nlm.nih.gov/medlineplus/lungcancer.html
MedlinePlus is the National Institutes of Health’s website for patients and their families and friends. It provides information on disease, latest treatment, and wellness issues. This website provides links to pictures, diagrams, dictionaries, and glossaries.

Smoking Cessation Program – University Health Network Pamphlet
http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Smoking_Cessation.pdf
Read the information in this pamphlet to learn why you should quit smoking, how the Smoking Cessation Program works, treatments to help you quit, how to cope with withdrawal symptoms, and where to find more information.

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