Breast Cancer Information and Support Resources

Websites

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

Breast Cancer - Canadian Cancer Society
www.cancer.ca/en/cancer-information/cancer-type/breast/overview/?region=sk
Canadian Cancer Society is a national community-based volunteer-run organization. This website contains information on many topics including, risks, diagnosis, treatment and supportive care. You will also find summaries about the latest in breast cancer research.

Canadian Breast Cancer Foundation
www.cbcf.org
The Canadian Breast Cancer Foundation is the largest charitable organization in Canada dedicated exclusively to the support and advancement of breast cancer research, education, diagnosis and treatment.

Canadian Breast Cancer Network
www.cbcn.org
A survivor-directed, national network of organizations and individuals, providing a national link between all groups and individuals concerned about breast cancer.

National Cancer Institute (NCI)
www.cancer.gov
NCI is part of the National Institutes of Health, Department of Health and Human Services. This website provides up-to-date and reliable information on different types of cancer and its treatment.
Willow: Ontario Breast Cancer Support and Resource Centre
www.willow.org
Willow is a support and resource service linked to a network of support groups. Breast cancer survivors serve as trained volunteers to listen, to answer questions and clarify treatment options, and to provide support to women with breast cancer, their families and friends. The website contains information about their program, the services they provide, Ontario network support groups, upcoming events and links to other resource sites.

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 a step by step guide through the treatment process. The book contains health information, tips, resources and quotes from cancer survivors.

100 questions & answers about breast cancer sensuality, sexuality, and intimacy. Krychman, Mizhael L. Mississauga, ON : Jones & Barlett Learning, 2011.
This book covers topics such as treatments and side-effects, psychosocial issues, sexuality and relationships.

Books

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

This book explains many topics about breasts including information on benign breast conditions and breast diseases.
This book provides practical and easy to understand information on breast cancer prevention, treatment, care, coping, and life after a cancer diagnosis.

This self-help book is written by Canadian doctors. It covers topics such as what cancer is, mammograms, benefits and side effects of all treatments, chemotherapy and radiation, coping with cancer, reconstructive surgery and physiotherapy, living with the diagnosis, diet and vitamins.

Support groups

Gilda’s Club
www.gildasclubtoronto.org Phone: 416-214-9898
Cancer support for the whole family. Men, women and children diagnosed with cancer and their family and friends are always welcome at Gilda’s. They provide emotional and social support through many different programs and events.

Wellspring
www.wellspring.ca
Wellspring provides programs and support services at their centres. Programs include breast cancer support groups (both in treatment and post-treatment), yoga, relaxation and meditation, and much more. Locations include downtown Toronto, Sunnybrook, Oakville, Brampton, and parts of Southern Ontario.

Resources at University Health Network

The Breast Clinic at the Princess Margaret
Location: M. Lau Breast Centre, 2nd floor, The Princess Margaret.
Phone: 416-946-2000 extension 2228.
www.breastclinic.theprincessmargaret.ca
This website provides information on prevention, diagnosis, treatment, survivorship and wellness, research and clinical trials. You can also view the names and profiles of the people on your healthcare team.
Breast Restoration Program at the Princess Margaret
www.theprincessmargaret.ca/en/PatientsFamilies/ClinicsAndCentres/breast-reconstruction/Pages/about-us.aspx
The Breast Restoration Program is for people who have had or who are considering having a mastectomy. The program provides surgical breast reconstruction options.

ELLICSR Health, Wellness, and Cancer Survivorship Centre
Location: Basement, Toronto General Hospital. Phone: 416-581-8620.
www.ellicsr.ca
The Electronic Living Laboratory for Interdisciplinary Cancer Survivorship Research (ELLICSR) is a collaborative centre for research in cancer survivorship. It is also a place for survivors and caregivers to relax and connect with others. There are classes at ELLICSR, including the “Healthy Steps” exercise program, the live cooking demo “Survivor’s Kitchen” featuring wellness chefs and dietitians, “Community Connections” day where you can connect with local resources, and much more.

The Princess Margaret Cancer Centre Patient and Survivorship Education Calendar of Events
www.theprincessmargaret.ca (Click the “See calendar” link, bottom right corner)
The Princess Margaret offers a number of classes and workshops for breast cancer patients. This includes healthy eating during and after treatment, Lebed Healthy Steps fitness programs, and Look Good, Feel Better workshops to help with appearance-related side effects. You can also pick up a copy of the calendar from the Patient and Family Library located on the main floor.

Princess Margaret Patient and Family Library
Location: Main Floor, the Princess Margaret.
Phone: 416-946-4501, extension 5383
www.library.theprincessmargaret.ca
The Patient and Family Library at the Princess Margaret provides educational support to all patients and their caregivers. Here you will find a large collection of books, web resources, pamphlets, multimedia, and more. Search the library catalogue from home or come in to the library to find the resource you want. Volunteers and staff are here to guide you to the right resources as well.

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