Prostate Cancer

Information and Support Resources

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

Books

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


**EBooks**

This book provides insights on facing cancer while maintaining a strong relationship.

This book includes the latest scientific research on improving the lives of people living with cancer. “The Cancer Wellness Cookbook” features nutritional plans and 100 recipes focusing on the foods that have been shown to prevent and delay the spread of cancer.

The Healing Journey program helps reduce stress by introducing the techniques of deep relaxation and self-healing.

**Websites**

**Canadian Cancer Society** [www.cancer.ca](http://www.cancer.ca)
Choose Prostate Cancer from the Quicklinks menu. Learn all about prostate cancer including: diagnosis, screening, treatments, statistics & support programs available.

**National Cancer Institute** [www.cancer.gov](http://www.cancer.gov)
Search prostate cancer to go to the Prostate Cancer Home Page. This site provides information on treatment, prevention and screening, clinical trials and more.

**Prostate Cancer Canada** [www.prostatecancer.ca](http://www.prostatecancer.ca)
This organization provides information on treatment options, support group listings, statistics, healthy living tips and much more.

**The Prostate Centre at The Princess Margaret** [www.prostatecentre.ca](http://www.prostatecentre.ca)
This website provides information on prevention, diagnosis, treatment, healthy living, nutrition, exercise, research and clinical trials.

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