Skin 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.

Aim at Melanoma
www.aimatmelanoma.org
This website provides general information about melanoma. Aim at Melanoma focuses on melanoma research, education, awareness, and legislation (laws). They offer clinical trial matching services for caregivers and healthcare professionals for clinical trials happening in the United States and Canada.

Canadian Cancer Society
Malignant melanoma:
Non-melanoma:
www.cancer.ca/en/cancer-information/cancer-type/skin-non-melanoma/overview/?region=on
This Canadian website has information about risk factors, early detection, signs & symptoms, diagnosis and treatment options for both malignant melanoma and non-melanoma skin cancers.

Melanoma Network of Canada
www.melanomanetwork.ca
This organization was started by melanoma survivors. This website provides information about diagnosis and treatment options. It also provides emotional support through peer support teleconferences, peer to peer support programs, support groups and caregiver resources.

Please visit the UHN Patient Education website for more health information: www.uhnpatienteducation.ca
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Melanoma Research Foundation
www.melanoma.org
This website provides information and emotional support through their online patient community. They offer Chat Room, Phone Buddy Program, Helpline and information about learning to live with a melanoma diagnosis.

Save Your Skin Foundation
www.saveyourskin.ca
The Save Your Skin Foundation was started in British Columbia by people diagnosed with melanoma. They offer a melanoma patient diary, an information package on malignant melanoma for both early and advanced stages and online chats. They also provide information about finding financial help.

The Skin Cancer Foundation
www.skincancer.org
The Skin Cancer Foundation is an international organization. It provides details and guides on preventing, detecting and treating skin cancer.

Skin Cancer Guide
www.skincancerguide.ca
This website provides information about skin cancer symptoms. It also provides information about detecting, preventing and treating skin cancer. The website includes information about how to check for skin cancer and short videos about how to identify different types of skin cancer.

National Cancer Institute – What You Need to Know About Skin Cancer
www.cancer.gov/cancertopics/wyntk/skin
This website provides up-to-date and reliable information on different types of cancer and its treatment, including melanoma and skin cancer.
**Books**

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


The author, a skin cancer expert, provides an essential guide for patients with melanoma and their families. He talks about current research in diagnosing, treating and preventing skin cancer.


This book provides information on risk factors, the benefits of finding skin cancer early, and current treatment options.


This book provides information about melanoma risk factors, how it is diagnosed, treatment information and living well after treatment.

**Support Groups**

Meet and talk to other people who have dealt with similar problems.

*Melanoma Network of Canada (MNC)*

[www.melanomanetwork.ca](http://www.melanomanetwork.ca)

**Phone:** 905 901 5121

The support services include peer to peer volunteer support programs, online discussion forums, and monthly peer support teleconferences.
Gilda’s Club
www.gildasclubtoronto.org
Phone: 416 214 9898

This group provides 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 yoga, relaxation and meditation, and much more. Locations include downtown Toronto, Sunnybrook, Oakville, Brampton, and parts of Southern Ontario.

Princess Margaret Patient and Family Library

Location: Main Floor, Princess Margaret Cancer Centre
Phone: 416 946 4501, extension 5383
www.library.theprincessmargaret.ca

The Patient & 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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