

Brochures

American Cancer Society. **After Diagnosis.**

- CancerCare. **Coping With Cancer: Tools to Help You Live.** Access online at: <http://www.cancercare.org> and click on "Reading Room"
- National Cancer Institute.
 - **Taking Time: Support for People With Cancer and the People Who Care About Them**
 - **Coping with Advanced Cancer**
 - **When Someone in Your Family Has Cancer (for teenagers who have a parent or a sibling with cancer)**
 - **When Someone You Love Has Advanced Cancer**
 - **When Someone You Love Is Being Treated for Cancer**

These publications are available online at:
<https://cissecure.nci.nih.gov/ncipubs/>

Magazines

- Media American Inc. **Coping with Cancer.**

Books

- Harpham, Wendy Schlessl. **Happiness in the Storm : Facing Illness and Embracing Life as a Healthy Survivor.** New York, NY: W.W. Norton and Co, 2005.
- Healy, Bernadine. **Living Time : Faith and Facts to Guide Your Cancer Journey.** New York: Bantam Dell Pub Group, 2008.
- Holland, Jimmie C., and Sheldon Lewis. **The Human Side of Cancer: Living with Hope, Coping with Uncertainty.** New York: HarperCollins, 2001.

The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at:
http://www.cancer.med.umich.edu/support/information_guides.shtml

- Thiboldeaux, Kim, and Mitch Golant. **The Total Cancer Wellness Guide : Reclaiming Your Life After Diagnosis**. Dallas, Tex: BenBella Books, 2007.
- Visel, Dave. **Living with Cancer : A Practical Guide**. New Brunswick, N.J: Rutgers University Press, 2006.

Web Resources

- **CancerCare**. Section on Emotional Support
→ Access at: <http://www.cancercare.org>
→ Click on "Get Help"
Information for cancer survivors and caregivers about coping with emotional concerns. The site also provides access to programs and professionals who can help.
- **National Cancer Institute. Emotional Concerns.**
<http://www.cancer.gov/cancertopics/coping>_(To access scroll down the page)
A series of PDQ statements on various emotional concerns in people with cancer including anxiety, depression, post-traumatic-stress disorder and spirituality.
- **Lance Armstrong Foundation. Emotional Topics.**
→ To access go to: <http://www.livestrong.org>
→ Click on: "what to expect from your cancer experience" and then on: "Read About Physical, Emotional and Practical Concerns"

Organizations

- **CancerCare** <http://www.cancercare.org>
This organization provides free professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. Programs include counseling, education, financial assistance and practical help.
- **Cancer Support Community** (previously Gilda's Club and the Wellness Community)
- <http://www.thewellnesscommunity.org>
This organization offers support groups, lectures, workshops and social events for people affected by cancer, including patients, family members and friends. The website enables users to get support and participate in programs online. Use the national website to locate locale local chapters.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

**©2010 The Regents of the University of Michigan
Document #0130/ Revised February 2010**