



Coping with Cancer

Patient Education Resource Center (PERC)
Information Guide

Brochures

American Cancer Society. **After Diagnosis.**

- CancerCare. **Coping With Cancer: Tools to Help You Live.**
- 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/>

- NCCN. **Distress: Treatment Guidelines for Patients.** Version II, July 2005. A printable version is available at: www.nccn.org/patients/

Magazines

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

Books

- Anderson, Greg. **Cancer: 50 Essential Things to do.** 2nd ed. New York: Plume book, 1999.
- Buchholz, William M.; Buchholz, Susan W. **Live Longer, Live Larger: a Holistic Approach for Cancer Patients and Their Families.** Sebastopol, CA: O'Reilly, 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/learn/percpathways.htm>

- Dahm, Nancy Hassett. **Mind, Body and Soul : A Guide to Living With Cancer**. Garden City, NY: Taylor-Hill Publishing. 2000.
- Geffen, Jeremy. **The Journey Through Cancer : An Oncologist's Seven-Level Program for Healing and Transforming the Whole Person**. New York: Crown Publishers, 2000.
- Granet, Roger. **Surviving Cancer Emotionally : Learning How to Heal**. New York: John Wiley & Sons, Inc, 2001.
- 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.

Videotapes

- Rose, Hal. **Eight Overcoming Tools: How to Overcome Your Fear of a Diagnosis of Cancer**. Ponte Vedra Beach, FL: American Viatical Corporation, 1998. (20 minutes).

Hal Rose, a cancer survivor, suggests eight ways in which cancer survivors can focus their mind, energy, emotions, and activity on the best possible outcome of their cancer experience. The tape encourages a positive attitude, and taking charge of one's life.
- Cancervive. **Life matters: A Journey of Hope and Survival**. Los Angeles, CA: Cancervive, 2001.

This one hour documentary defines the losses and the triumphs of surviving cancer. Four women are profiled, from a 13-year-old girl to a grandmother in her 60's. This video examines the unique issues of cancer survivorship throughout the life cycle.

Web Resources

- **National Cancer Institute. Emotional Concerns.**
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: www.livstrong.org

- Click on: "Take Control" and then "Emotional topics".
- Information about specific emotional concerns. Each topic includes a concise summary, a more detailed overview, list of suggestions and links to additional Resources.

Organizations

- **CancerCare** www.cancercares.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 Hope Network** www.cancerhopenetwork.org/

Cancer Hope Network is a national, non-profit organization offering free, confidential, one-on-one emotional support to adult cancer patients and their caregivers. Support is provided via telephone by over 325 trained volunteers who have all been through a cancer experience, have recovered and are again leading productive lives. By giving recently diagnosed patients the gift of hope, CHN's survivors help them successfully cope with their cancer and its treatment.

- **Gilda's Club** www.gildasclub.org/

Support groups, lectures, workshops and social events for people affected by cancer, including patients, family members and friends, take place in a homelike setting. Use the national website to locate local chapters.

- **The Wellness Community** www.thewellnesscommunity.org/

Services include support groups, stress management sessions, educational programs, exercise sessions and nutrition workshops. Use the national website to locate 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.

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