



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.** 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/>

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

Magazines

- Media American Inc. **Coping with Cancer.**
- Cure Media Group. **HEAL. Living Well After Cancer** . Access online at: <http://healtoday.com>

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.

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

- 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.
- 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.

Videotapes

- Spiegel, David, and Stanford Hospital and Clinics. **Feeling and Healing Effects of Stress and Support on Cancer Patients**. Stanford, CA: Stanford Video, 2004.
Dr. David Spiegel from Stanford University reviews recent research on the most effective ways to handle the inevitable stress of cancer.

Web Resources

- **CancerCare**. Section on Emotional Support
→ Access at: <http://www.cancercare.org>
→ Click on "Emotional Support"
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: "Cancer Support" and then on: "Read About Your Cancer Concerns" and "Emotional Effects of Cancer".
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** <http://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.
- **Gilda's Club** <http://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** <http://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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