

Breast Cancer Resources

Additional Information Sources

The following pages include a list of websites and other resources that can help you in your search for information. *The information provided by these sources is not meant to replace the expertise and clinical judgment of your doctors or health care team.* Please be sure to discuss the information you find with your doctors and health care team.



The listings are grouped into six categories:

- Breast Cancer Specific Information
- General Cancer and Medical Information
- Complementary Treatment Information
- Research Information
- Recommended Reading

There is additional information about breast cancer and our programs at www.sutterhealth.org.

Learning About Breast Cancer

When you are diagnosed with breast cancer, there can be many new words and terms to learn. A comprehensive **glossary** can be found by visiting <https://ww5.komen.org/BreastCancer/Glossary.html>.

Breast Cancer Specific Information

	Notes
<p>The Advocacy Connector A list of not-for profit, mostly non-governmental resources. www.advocacyconnector.com</p>	
<p>American Cancer Society Breast cancer information covering all types of issues (risk through treatment and survivorship). Information is also available in 14 other languages. www.cancer.org • 1-800-ACS-2345</p>	
<p>American Society of Clinical Oncologists (ASCO) Patient Education Site Timely, comprehensive, oncologist-approved information. www.cancer.net</p>	
<p>American Society of Plastic Surgeons Descriptions and images of various reconstruction options. www.plasticsurgery.org/reconstructive-procedures</p>	
<p>BreastCancer.org Medical information about diagnosis through treatment and survivorship. www.breastcancer.org</p>	
<p>Cancer Survivor Network Offshoot of the American Cancer Society. The purpose of the CSN is peer support and all content is contributed by its members. www.csn.cancer.org</p>	
<p>FORCE Information about hereditary breast or ovarian cancer. www.facingourrisk.org</p>	
<p>John Nick Foundation Information on male breast cancer. www.malebreastcancer.org</p>	
<p>Living Beyond Breast Cancer Provides programs and services to help people whose lives have been impacted by breast cancer. www.lbbc.org</p>	
<p>Male Breast Cancer Coalition Provides information and resources about male breast cancer. www.malebreastcancercoalition.org</p>	
<p>MD Anderson Cancer Center Breast cancer information. www.mdanderson.org</p>	

Breast Cancer Specific Information continued

Medline Plus	Notes
<p>Health information from the Library of Medicine and National Institute of Health Information on drug supplements. www.medlineplus.gov</p>	
<p>METavivor Provides support for patients with metastatic breast cancer, advocates for greater awareness and funds research into metastatic breast cancer. http://www.metavivor.org/</p>	
<p>National Breast Cancer Foundation, Inc. Provide help and inspire hope to those affected by breast cancer. http://www.nationalbreastcancer.org/about-breast-cancer</p>	
<p>National Cancer Institute Comprehensive information on cancer prevention and screening, diagnosis and treatment, research across the cancer spectrum, and clinical trials. www.cancer.gov</p>	
<p>National Comprehensive Cancer Network Information on treatment guidelines and information on supportive care. www.nccn.org/patients/</p>	
<p>Patient Advocate Foundation Provides mediation and arbitration services to patients, providers, family members and caregivers of those dealing with significant medical issues. Programs include case management, grants, co-pay relief and outreach for eligible patients. www.patientadvocate.org</p>	
<p>Patient Education Center Information provided by Harvard Medical School. http://www.patienteducationcenter.org/articles/breast-cancer/</p>	
<p>Susan G Komen for the Cure Comprehensive information on breast cancer and treatment. www.komen.org</p>	
<p>Triple Negative Breast Cancer Foundation Information and support for patients with triple negative breast cancer. www.tnbcfoundation.org</p>	
<p>Young Survivor Coalition Supports and educates younger women about breast cancer. www.youngsurvival.org</p>	
<p>Zero Breast Cancer Dedicated to finding the causes of breast cancer through community participation in research and identifying environmental factors. www.zerobreastcancer.org • 415-507-1949</p>	

General Cancer and Medical Information

	Notes
<p>American Institute of Cancer Research Research findings on diet and cancer. www.aicr.org/</p>	
<p>Cancer and Careers Empowers and educates people with cancer to thrive in their workplace. http://www.cancerandcareers.org/en</p>	
<p>Cancercare Counseling, education, financial assistance and practical help are provided by trained oncology social workers. www.cancercare.org</p>	
<p>Cancer Hope Network Matching patients and/or family members with trained volunteers throughout the US who have recovered from similar cancer experiences. www.cancerhopenetwork.org</p>	
<p>Cancer Support Community Provides free professional programs of emotional support, education and hope. www.cancersupportcommunity.org</p>	
<p>Consumer Lab Independent testing of non-prescription supplements. www.consumerlab.com</p>	
<p>LIVESTRONG (Fertility) Provides information on fertility risks and options and fertility preservation discounts. https://www.livestrong.org/we-can-help/livestrong-fertility</p>	
<p>LIVESTRONG (General) Tools and information regarding all cancers, current research and fertility. livestrong.org</p>	
<p>Mayo Clinic Information on cancer and treatments. www.mayoclinic.org</p>	
<p>National Coalition for Cancer Survivorship Advocacy organization for quality cancer care. www.canceradvocacy.org</p>	
<p>National Lymphedema Network Information on lymphedema prevention and treatment. www.lymphnet.org • 800-541-3259</p>	
<p>Oncolink University of Pennsylvania site's cancer education website. www.oncolink.org</p>	

	Notes
<p>Prevent Cancer Foundation Research and education directed towards preventing cancer. www.preventcancer.org</p>	
<p>PubMed National Library of Medicine search engine for literature. www.ncbi.nlm.nih.gov/pubmed</p>	
<p>Springboard Beyond Cancer Gives you information and resources to help you cope and be in control. https://www.smokefree.gov/springboard</p>	
<p>Stupid Cancer Addresses young adult cancer. http://stupidcancer.org/</p>	

Complementary and Alternative Information

<p>American Cancer Society Complementary and alternative medicine guide. www.acs.org</p>	
<p>American Institute of Cancer Research Research findings on diet and cancer. www.aicr.org</p>	
<p>Forks Over Knives Changing the way the world understands nutrition. https://www.forksoverknives.com/</p>	
<p>Consumer Lab Independent testing of non-prescription supplements. www.consumerlab.com</p>	
<p>Memorial Sloan Kettering Medical Center Guide to herbal medicines. https://www.mskcc.org/cancer-care/treatments/symptom-management/integrative-medicine</p>	
<p>National Center for Complementary & Alternative Medicine Describes treatments and methods of evaluation for complementary and alternative modalities. www.nccam.nih.gov</p>	
<p>Natural Medicines Objective product information, on dietary supplements, natural medicines, and complementary alternative and integrative therapies. https://naturalmedicines.therapeuticresearch.com/</p>	

Research Information

American Institute of Cancer Research

Research findings on diet and cancer.

www.aicr.org

Notes

BreastCancerTrials.org

Web-based service to match breast cancer patients with clinical trials, sponsored by the National Cancer Institute and UCSF.

www.breastcancertrials.org

Clinical Trials.Gov

A database of publicly and privately supported clinical studies.

www.clinicaltrials.gov



Your Local Community Resources

Most communities have helpful resources for those who have been diagnosed with and are going through treatment for cancer. Please ask your health care team for a list of local recommendations.

Recommended Reading

Anticancer: A New Way of Life

David Servan-Schreiber
SURVIVORSHIP

Be a Survivor-Your Guide to Breast Cancer Treatment

Vladimir Lang, MD, Lange Publications
TREATMENT

Before and After Cancer Treatment: Heal Faster, Better, Stronger

(A Johns Hopkins Press Health Book)
Julie K. Silver
TREATMENT

And in Health: A Guide for Couples Facing Cancer Together

Dan Shapiro (Trumpeter Books)
EMOTIONAL SUPPORT

Breast Cancer Recurrence and Advanced Disease

Barbara Gordon (Duke University Press)
TREATMENT

Breast Cancer Survivor Manual

John Link, MD (Owl Books)
TREATMENT

Crazy Sexy Cancer

Kris Carr
EMOTIONAL SUPPORT

Dr. Susan Love's Breast Book

Susan M. Love, MD and Karen Lindsey
GENERAL

The Cancer Fighting Kitchen (2nd edition)

Rebecca Katz
Ten Speed Press
COOKBOOKS, NUTRITION

Eating Well Through Cancer

Holly Clegg
Favorite Recipes Press
COOKBOOKS, NUTRITION

Happiness in a Storm: Facing Illness and Embracing Life as a Healthy Survivor

Wendy Schlessel Harpham
EMOTIONAL SUPPORT

Intimacy After Breast Cancer

Gina Maisano
Square One Publishers
INTIMACY, EMOTIONAL SUPPORT

Just Get Me Through This: The Practical Guide to Breast Cancer

Deborah A. Cohen Kensington Publishing Corp.
EMOTIONAL SUPPORT

Living Well With Lymphedema

Ann B. Ehrlich
Lymphnotes
LYMPHEDEMA

Lymphedema: Understanding and Managing Lymphedema After Cancer Treatment

American Cancer Society
LYMPHEDEMA

Now What? A Patient's Guide to Recovery After Mastectomy

Amy Curran Baker Demos Health
TREATMENT

Nourishing Connections

C. Couch, J. DeNicola, etc. published by The Ceres Community Project
COOKBOOKS, NUTRITION

Overcoming the Emotional Challenges of Lymphedema (1st edition)

by Elizabeth McMahon, PhD
Published by Lymph Notes
LYMPHEDEMA, EMOTIONAL SUPPORT

Radical Remission: Surviving Cancer Against All Odds

Kelly A. Turner, PhD
SURVIVORSHIP

The Healing Consciousness: A Doctor's Journey to Healing

Beth Baughman DuPree
EMOTIONAL SUPPORT, SURVIVORSHIP

The Breast Reconstruction Guidebook

Kathy Steligo
(John Hopkins University Press)
TREATMENT

The Breast Cancer Survivor's Fitness Plan

Carolyn Kaelin
(McGraw-Hill Publishers)
SURVIVORSHIP, FITNESS

The Longevity Kitchen

Rebecca Katz and Mat Edelson
COOKBOOKS, NUTRITION

Recommended Reading continued

The Silver Lining: A Supportive and Insightful Guide to Breast Cancer

Hollye Jacobs RN MS MSW and Elizabeth Messina
EMOTIONAL SUPPORT

The Spirited Walker: Fitness Walking For Clarity, Balance, and Spiritual Connection

Carolyn S. Kortge
SURVIVORSHIP, FITNESS

Thriving After Breast Cancer: Essential Healing Exercises for Body & Soul

Sheryl Lebed Davis
SURVIVORSHIP, FITNESS

When Life Becomes Precious: The Essential Guide for Patients, Loved Ones and Friends of Those Facing Serious Illness

Elise Babcock Bantam Books
EMOTIONAL SUPPORT

Women Cancer Sex

Anne Katz
INTIMACY, EMOTIONAL SUPPORT

100 Questions and Answers about Breast Cancer

Zora K. Brown & Karl K. Boatman Jones and Bartlett Publishers, LLC Karen
GENERAL

100 Questions and Answers about Advanced and Metastatic Breast Cancer

Lilly Shockney
Jones and Bartlett Publishers, LLC
TREATMENT

100 Questions and Answers about Life after Breast Cancer: Sensuality, Sexuality, Intimacy

Michael Krychman, Susan Kellog & Sandra Finestone
Jones and Bartlett Publishers, LLC
INTIMACY

100 Questions & Answers about Lymphedema

Nicole L. Stout, MPT, Paula J Stewart, and Saskia R.J
Jones and Bartlett Publishers, LLC (2009)
LYMPHEDEMA

Recommended Reading for Helping Children When a Loved One Has Cancer

(We recommend reviewing any book you choose before reading it to a child.)

When a Parent Has Cancer, Wendy Schessel-Harpham

How to Help Children through a Parent's Serious Illness, Kathleen McCue

Just You and Me, Judy Richmond

Preparing the Children, Kathy Nussbaum

Can I Still Kiss You, Neil Russell

Helping Children Understand

The American Cancer Society

Our Family Has Cancer Too, Christine Clifford

A Mom of Many Hats, Debbie Fink, Lisa Perea Hane and Caroline Smith Heming

Barklay and Even Explaining Cancer to Children

Karen Carney

What About Me?, Allan Peterkin

When Mommy is Sick, Ferne Sherken-Langer

Someone Special is Very Sick, Jim and Joan Boulden

Little Tre, Joyce Mills

Zink, Cherie Bennett

Sort of Forever, Sally Warner

Sammy's Mommy Has Cancer, Sherry Kohlenberg

Gentle Willow, Joyce Mills

Promises, Elizabeth Winthrop

Gran-Gran's Best Trick, L. Dwight Holden, M.D.

The Paper Chain, Clair Blake, Eliza Blanchard, Kathy Parkinson

The Hope Tree: Kids Talk About Breast Cancer

Laura Numeroff, Wendy S. Harpham, M.D.

It Helps to Have Friends, American Cancer Society

Henry and the White Wolf, Tim Karu & Tyler Karu

When Your Parent Has Cancer, A Guide for Teens

National Cancer Institute, U.S. Department of Health & Human Services