

Resources for Breast Cancer Patients After Treatment

Websites



- Simcoe Muskoka Regional Cancer Centre - www.rvh.on.ca
- Canadian Cancer Society - www.cancer.ca (or call 1-888-939-3333 for information hotline)
- Cancer Care Ontario - www.cancercare.on.ca
- BC Cancer Agency - www.bccancer.bc.ca
- National Cancer Institute - www.cancer.gov
- American Cancer Society - www.cancer.org
- Cancer.net (ASCO) www.cancer.net

Videos



- Wellness After Breast Cancer [Class Slides](#) and Video—bit.ly/rvhwellbreast
- Video compilation (pain, fatigue, types of cancer, symptoms, and more) <http://www.bccancer.bc.ca/health-info/coping-with-cancer/patient-resources>
- Fatigue - <http://www.myfavouritemedicine.com/cancer-fatigue/>
- Shortness of Breath <http://www.lungcancer canada.ca/managing-shortness-of-breath.aspx>
- The Truth of It—Patient Stories—www.cancerview.ca/thetruthofit

Books (online)

- [A Nutrition Guide for Women with Breast Cancer](#)—Google Search “BC Cancer Breast Cancer Nutrition Guide”
- [Exercise for Health, an Exercise Guide for Breast Cancer Survivors](#) - Google search “U of A Breast Cancer Exercise guide”
- NCI: Facing Forward: Life After Cancer - <http://www.cancer.gov/cancertopics/coping/life-after-treatment/page3>
- Canada’s Food Guide - <http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- Getting Back on Track: Life after Breast Cancer - <http://www.cbcf.org/ontario/YourDollarAtWork/EducationAwareness/Resources/Pages/Getting-Back-on-Track.aspx>
- Livestrong Care Plan - <http://livestrongcareplan.org/faq-survivors.cfm>
- Everything Nobody Tells You about Cancer Treatment and Your Sex Life from A to Z. (breast & gynecological) - http://kanwa.org/wp-content/uploads/2014/09/A-Z_website.pdf