

Reliable Resources

Go to the experts!

Your First Line of Defense

CancerCare 
NORTHWEST

Beating cancer, right here at home[®]

Websites

Not all web pages are created equal. Find out which sources are the most reliable.

Anything can be put on paper, but not everything has been researched and studied. Be careful. Some resources can harm more than help. If you have questions, ask your healthcare team!

Most websites are trying to sell you something. This can include the newest cancer cure, pharmaceuticals, books, ideas, opinions, vitamins, herbs, teas, diet scams, or just plain fear! It is best to stick with reputable and reliable websites, like **cancercarenorthwest.com**. Research hospitals and clinics, and University based websites are usually ok. If you don't know whether the website you are looking at is reliable, ask one of your healthcare team professionals. These include CCNW's doctors, nurses, nutritionist, and social workers. We recommend the websites listed below.

General Cancer Information

- » **American Cancer Society:** cancer.org
- » **American Institute for Cancer Research:** aicr.org
- » **Blood & Marrow Transplant Information Network:** bmtinfonet.org
- » **CancerCare:** cancercare.org
- » **Cancer Treatment Centers of America:** cancercenter.com
- » **Chemo Care:** chemocare.com
- » **Colorectal Cancer Alliance:** ccalliance.org
- » **Commonweal:** commonweal.org
- » **Intercultural Cancer Council:** interculturalcancerCouncil.org
- » **International Myeloma Foundation:** <http://myeloma.org>
- » **Leukemia and Lymphoma Society:** lls.org
- » **LiveStrong:** livestrong.org
- » **Lymphoma Research Foundation:** lymphoma.org
- » **Mayo Clinic:** mayo.edu/research/centers-programs/cancer-research/3-sites-1-comprehensive-cancer-center
- » **Medline Plus:** medlineplus.gov
- » **Multiple Myeloma Research Foundation:** themmrf.org
- » **National Alliance of State Prostate Cancer Coalitions:** naspcc.org
- » **National Cancer Institute:** cancer.gov
- » **National Cervical Cancer Coalition:** nccc-online.org
- » **National Institute of Health:** nih.gov
- » **National Library of Medicine:** nlm.nih.gov
- » **National Ovarian Cancer Coalition:** ovarian.org
- » **Ovarian Cancer Research Alliance:** ocrahope.org
- » **Pancreatic Cancer Action Network:** pancan.org
- » **Support for People with Oral and Head and Neck Cancer:** spohnc.org
- » **University of Washington Medicine:** uwmedicine.org/specialties
- » **Vital Options International:** vitaloptions.org

Local

- » **Aging and Long-term Care of Eastern Washington:** altcew.org
- » **Cancer Patient Care:** cancerpatientcare.com
- » **Hospice of Spokane:** hospiceofspokane.org
- » **Washington Department of Social and Health Services:** dshs.wa.gov

Breast Cancer

- » **Breast Cancer.org:** breastcancer.org
- » **Bright Pink:** BrightPink.org
- » **CureBreastCancer, Inc:** curebreastcancer.org
- » **Living Beyond Breast Cancer:** lbbc.org
- » **National Breast Cancer Coalition:** stopbreastcancer.org
- » **National Lymphedema Network:** lymphnet.org
- » **Necessities, Inc. (preparing for mastectomies):** necessitiesbag.org
- » **Susan G. Komen Breast Cancer Foundation:** komen.org
- » **Y-Me National Breast Cancer Coalition/Breast Cancer Network of Strength:** y-me.org
- » **Young Survival Coalition:** youngsurvival.org

Children with Parents Who Have Cancer

- » **Kids Connected:** kidsconnected.org

Nutrition

- » **The Cancer Lifeline:** cancerlifeline.org/classes/categories/nutrition
- » **Cooking Light Magazine:** cookinglight.com
- » **Environmental Working Group:** ewg.org/foodnews
- » **Linus Pauling Institute (Oregon State Univ):** lpi.oregonstate.edu/nswltrmain.html
- » **USDA:** nal.usda.gov
- » **USDA My Plate:** choosemyplate.gov
- » **World Cancer Research Fund/American Institute for Cancer Research - Diet, Nutrition, Physical Activity and Cancer:** wcrf.org/dietandcancer/contents
- » **World's Healthiest Foods:** whfoods.com

Complementary & Integrative Medicine

- » **Alternative Medicine Foundation:** amfoundation.org/info.htm
- » **The University of Texas MD Anderson Cancer Center – Complimentary/Integrative Medicine Therapies:** mdanderson.org/treatment-options/complementary-and-integrative-medicine.html

Books and Magazines

Check out our top picks!

Living with Cancer

A Cancer Survivor's Almanac: Charting Your Journey, by National Coalition for Cancer Survivorship, Editor: Barbara Hoffman, Wiley, John & Sons, Inc., 1996. This book serves as a guide to help survivors, caregivers, families, and friends chart a survivorship journey: essential, practical information.

And A Time To Live: Toward Emotional Well-Being During the Crisis of Cancer, by Robert Chernin Cantor, Harper Collins Publishers, 1978.

Anti-Cancer, by David Servan-Schreiber, MD, PhD, New York: Viking/ Penguin Group, 2007. Dr. David Servan-Schreiber was running a simple MRI experiment on brain activity when he found cancer in his own brain. Fifteen years later he wrote this book on how to help one's body defend itself against cancer. "It's simply a matter of eliminating proinflammatory toxins from our environment, adopting an anticancer diet, seeking emotional balance, and satisfying our body's need for physical exertion" (p. 41). His book explains how. This is a must read!

Invisible Heroes: Survivors of Trauma and How They Heal, by Belleruth Naparstek, Bantam Books, 2005. This book highlights the work of coping with trauma for those "whose every day is a test of courage." Her book is called "a package of hope."

Remarkable Recovery: What Extraordinary Healings Tell Us about Getting Well and Staying Well, by Caryle Hirshberg and Marc Ian Barasch, Penguin Group, Inc., 1995. This is a study of the similarities between people who recover from life threatening illness. What makes some people bounce back, or be resilient?

Timeless Healing: the Power and Biology of Belief, by Herbert Benson M.D. and Marq Stark, DIANE Publishing Co., 1996. Herbert Benson is a pioneer in the field of mind-body stress management. In this book, he reveals how affirming beliefs contribute to our physical health. The book is described as "a blueprint for healing."

When a Parent Has Cancer: A Guide to Caring for Your Children by Wendy Schlessel Harpman, MD. New York: Harper Collins, 1997. A guide for parents who are coping with cancer themselves while also trying to raise children who are having to cope with their own fears about their parent's cancer.

Books to Heal the Soul

Fighting Cancer from Within: How to Use the Power of Your Mind for Healing, by Martin L. Rossman, M.D., New York: Henry Holt & Company, LLC, 2003. This book helps the reader learn how to use imagery therapy to tap into their inner strength, stimulate their immune system, reduce adverse effects of chemotherapy, radiation, and surgery, alleviate physical and emotional pain, and learn to relax in order to cope with stress, pain, and treatment side effects.

Final Gifts, by Maggie Callanan & Patricia Kelley, Bantam Books, 1992. This book explains physical, mental, emotional, and spiritual end-of-life issues through stories and experiences of a hospice nurse.

Healing Words: The Power of Prayer and the Practice of Medicine, by Larry Dossey, HarperCollins

Publishers, 1997. Larry asks, “Is prayer as valid and vital a healing tool as drugs or surgery?” This book is about his research on the power of prayer, loving another, and our own ability to use our spirit for healing our bodies.

Kitchen Table Wisdom: Stories That Heal, by Rachel Naomi Remen, MD, New York: Riverhead Books, 1996. Wonderful short stories that speak to the struggles and gifts cancer can bring to patients and their loved ones.

Living Beyond Limits: New Hope and Help for Facing Life-Threatening Illness, by David Spiegel MD, Crown Publishing Group, 1993. A pioneering book about what healing means, how to access mind-body healing skills to assist healing in a powerful way.

Loving What Is: Four Questions That Can Change Your Life, by Byron Katie with Stephen Mitchell, Random House, Inc., 2003. Byron Katie says, “It’s not the problem that causes our suffering; it’s how we think about the problem.”

Share The Care: How to Organize a Group to Care for Someone Who Is Seriously Ill, by Cappy Capossela and Sheila Warnock. New York: A Fireside Book, 2004. This book lays out a practical way family and friends can share the load of helping someone who has an illness.

The Healing Path: The Soul Approach to Illness, by Marc Ian Barasch, The Penguin Group (US), Inc., 1993. This book shows how the darkest passage can become a journey of the soul, a catalyst for life changes that deepen and enrich our lives.

The Last Lecture, by Randy Pausch, Hyperion, 2008. The Last Lecture is about the importance of overcoming obstacles, of enabling the dreams of others, and of seizing every moment (because “time is all you have...and you may find one day that you have less than you think”).

The Places That Scare You: A Guide to Fearlessness in Difficult Times, by Pema Chodron, Shambhala Publications, Inc., 2007. “We always have a choice. We can let the circumstances of our lives harden us and make us increasingly resentful and afraid, or we can let them soften us and make us kinder.”

The Wisdom of No Escape: And The Path of Loving-Kindness, by Pema Chodron, Shambhala Publications, Inc., 2001. “This is a book about saying yes to life, making friends with ourselves and the world, about accepting the painful situation of ‘no exit.’” A remarkable and comforting book about what to do when you feel stuck in a scary situation.

Tuesdays with Morrie: an old man, a young man, and life’s greatest lesson, by Mitch Albom, Bantam Books, 2002.

Breast Cancer Books

After Breast Cancer: A Common Sense Guide to Life After Treatment, by Hester Hill Schnipper, Bantam Books, 2003

Be a Survivor: Your Guide to Breast Cancer Treatment, by Vladamir Lange, MD. Lange Productions, 1999.

Cancer Made Me A Shallower Person: A Memoir in Comics, by Miriam Engelberg: Harper, 1995.

Dr. Susan Love’s Breast Book, by Susan Love, MD with Karen Lindsay. Perseus Books Group, 3rd edition, 2000.

From Victim to Victor for Cancer Patients and Their Families, by Harold Benjamin. Dell Publishing Group, 1987.

I Flunked My Mammogram!: What Every Woman Needs to Know about Breast Cancer, by Dr. Ernie Bodai and Richard Zmudam, Severna Park, MD: B2Z Publishing, 2005.

Living Beyond Breast Cancer, by Marisa Weiss, MD. Times Books, 1998.

Lymphedema: Understanding and Managing Lymphedema After Cancer Treatment, by ACS: American Cancer Society, 2006.

Navigating Breast Cancer: A Guide For The Newly Diagnosed, by Lillie Shockney, RN, BS, MAS, Boston: Jones and Bartlett Publishers, 2007.

The Breast Cancer Husband, by Marc Silver. Penguin Press, 2004.

Winning the Race; Taking Charge of Breast Cancer, by Nancy G. Brinker. Tapestry Press, 2001.

Woman to Woman: A Handbook for Women Newly Diagnosed with Breast Cancer, by Hester Hill Schnipper, LCSW, and Joan Bern, PhD. Avon Books, Inc, 1999.

Nutrition Books

The Cancer Lifeline Cookbook, by Kimberly Mathai, MS, RD, Seattle: Sasquatch Books, 2004.

Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment, by Holly Clegg and Gerald Mitello. Wimmer Book Distribution, 2001.

One Bite at a Time, by Rebecca Katz, Berkley: Celestial Arts, 2004.

We Have Walked in Your Shoes: A Guide to Living with Oral, Head, and Neck Cancer, by SPOHNC (Support for People with Oral and Head and Neck Cancer), 2007.

Eat Well Stay Nourished: A Recipe & Resource Guide for Coping with Eating Challenges, by SPOHNC (Support for People with Oral and Head and Neck Cancer), 2005.

Digestive Wellness, by Elizabeth Lipski, Ph.D, CCN, New York: McGraw-Hill, 2005.

Magazines

Coping with Cancer Magazine. To subscribe call 615.791.3859 or visit copingmag.com.

CURE Magazine. The goal of cure is to provide up to date information, allowing consumers to become active, knowledgeable partners in their care. Free subscriptions are available for patients, survivors and caregivers by calling 1.800.210.CURE (2873) or visiting curetoday.com.

MAMM Magazine. A magazine for women with breast cancer. To subscribe call 888.901.6266 or visit mamm.com

Women & Cancer. A Magazine for women with cancer focusing on wellness.