

## BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library) to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

### Books

Title	Library Call Number
Cancers of the head & neck	WE707 L983 2019
Living and thriving with head and neck cancer	WE707 M383 2012
Meeting the challenges of oral and head and neck cancer	WE705 M495 2011
No quit in me: my wild ride with tongue cancer	WI210 K95 2018
Patients' guide to head and neck cancer	WE705 G715 2011

### eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

Patients' guide to head and neck cancer

[r2library.com/Resource/Title/0763774316](http://r2library.com/Resource/Title/0763774316)

### Pamphlets

**ISOO Multidisciplinary Patient Care Fact Sheets** (International Society of Oral Oncology)

How to Care for Your Mouth During Active Chemotherapy

How to Care for Yourself Before Head and Neck Radiation Begins

How to Care for Yourself After Head and Neck Radiation Begins

How to Care for Yourself During Head and Neck Radiation

[mascc.org/oral-care-education](http://mascc.org/oral-care-education)

**Laryngeal cancer: understanding your diagnosis** (Canadian Cancer Society)

[cancer.ca/~media/cancer.ca/CW/publications/Laryngeal%20cancer%20UYD/32087-1-NO.pdf](http://cancer.ca/~media/cancer.ca/CW/publications/Laryngeal%20cancer%20UYD/32087-1-NO.pdf)

**Oral cancer: understanding your diagnosis** (Canadian Cancer Society)

[cancer.ca/~media/cancer.ca/CW/publications/Oral%20cancer%20UYD/32093-1-NO.pdf](http://cancer.ca/~media/cancer.ca/CW/publications/Oral%20cancer%20UYD/32093-1-NO.pdf)

## Journal Articles

**Discussing the diagnosis of HPV-OSCC: common questions and answers** (Oral Oncol. 2013 Sep; 49(9): 863 - 871) This article provides in-depth answers to common questions about oral HPV cancers.

[ncbi.nlm.nih.gov/pmc/articles/PMC4264664](http://ncbi.nlm.nih.gov/pmc/articles/PMC4264664)

## Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about oral and head & neck cancers. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library).

**BC Cancer:** [bccancer.bc.ca/health-info/types-of-cancer/head-neck](http://bccancer.bc.ca/health-info/types-of-cancer/head-neck)

**Cancer.Net:** [cancer.net/cancer-types/head-and-neck-cancer](http://cancer.net/cancer-types/head-and-neck-cancer)

**MedlinePlus:** [medlineplus.gov/headandneckcancer.html](http://medlineplus.gov/headandneckcancer.html)

**National Cancer Institute:** [cancer.gov/types/head-and-neck](http://cancer.gov/types/head-and-neck)

**Oral Cancer Foundation:** [oralcancerfoundation.org](http://oralcancerfoundation.org)

This site provides information about rates of occurrence, risk factors which lead to oral cancer, signs and symptoms, treatments, current research, complications of treatment, nutrition, related clinical trials, and current oral cancer related news. An anonymous patient and survivor discussion forum is open to the public.

**Sidney Kimmel Center for HPV-Related Head and Neck Cancer:**

[hopkinsmedicine.org/kimmel\\_cancer\\_center/cancers\\_we\\_treat/head\\_neck/hpv/faqs.html](http://hopkinsmedicine.org/kimmel_cancer_center/cancers_we_treat/head_neck/hpv/faqs.html)

## Support Programs

This is a list of support programs offered by community organizations and BC Cancer. BC Cancer centres generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

[bccancer.bc.ca/supportprograms](http://bccancer.bc.ca/supportprograms)

**BC Cancer Patient & Family Counselling:** [bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling](http://bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

Available to anyone in B.C. who has a cancer diagnosis, as well as those supporting them. Counselling available for individuals, couples, and families, either in-person or over the phone. Services are solution-focused and are limited to addressing challenges related to cancer.

**BC Cancer Speech Language Pathology (SLP) services:** [bccancer.bc.ca/our-services/services/supportive-care/speech-language-pathology](http://bccancer.bc.ca/our-services/services/supportive-care/speech-language-pathology)

Speech language pathology services are provided to assist patients under the care of BC Cancer to maximize their communication and swallowing abilities. Assessment and treatment may be provided for swallowing, restricted jaw movement (trismus), swelling (lymphedema), speech, language, voice or cognitive disorders that arise as a result of cancer or cancer treatments.

**Cancer Chat Canada:** [cancerchat.desouzainstitute.com](http://cancerchat.desouzainstitute.com)

An online support group for people with cancer. Call 1.844.725.2476 for information.

**CancerConnection.ca** (Canadian Cancer Society): [cancerconnection.ca](http://cancerconnection.ca)

An online community for cancer patients, caregivers, friends and family. A safe place to connect and find support. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships and complementary therapies.

## BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

### Abbotsford

604.851.4710 x 646825  
1.877.547.3777 (toll free)

### Kelowna

250.712.3900 x 686821  
1.888.563.7773 (toll free)

### Prince George

1.888.675.8001 x 8001 (toll free)

### Surrey

604.930.2098 x 654576  
1.800.523.2885 (toll free)

### Vancouver

604.675.8001  
1.888.675.8001 x 8001

### Victoria

250.519.5517  
1.800.670.3322 (toll free)