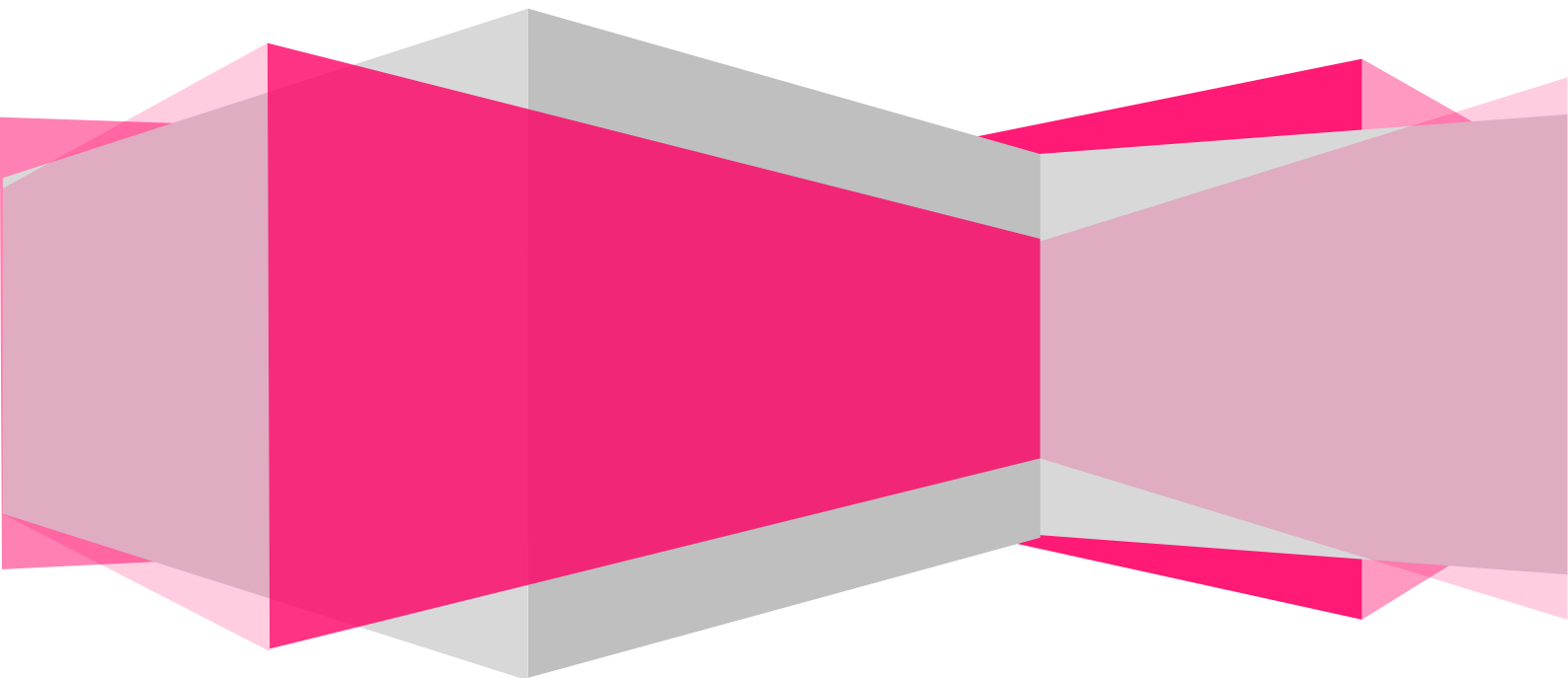


McGrath Foundation

# RESOURCE

# LIST

2010




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## 1. ABORIGINAL AND TORRES STRAIT ISLANDER


- **DVD: “My Story: Aboriginal and Torres Strait Islander women sharing their experiences of breast cancer” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/msd-my-story-dvd">http://www.nbocc.org.au/view-document-details/msd-my-story-dvd</a>
Description	This resource has been developed by the National Breast and Ovarian Cancer Centre and includes a DVD and booklet detailing the experiences of Aboriginal and Torres Strait Islander women with breast cancer. 
Reviews	

- **Leaflet: “Let’s talk about living with cancer” (for Indigenous people) – Cancer Council Queensland**

Source/link	<a href="http://www.cancerqld.org.au/icms_docs/60346_Lets_talk_about_brochurefor_Indigenous_people.pdf">http://www.cancerqld.org.au/icms_docs/60346_Lets_talk_about_brochurefor_Indigenous_people.pdf</a>
Description	
Reviews	

- **Leaflet: “Lymphoedema – Indigenous” – NBOCC**


Source/link	<a href="http://www.nbocc.org.au/view-document-details/ilb-lymphoedema-indigenous-brochure">http://www.nbocc.org.au/view-document-details/ilb-lymphoedema-indigenous-brochure</a>
Description	If you have been diagnosed with lymphoedema you may have many questions about your condition. Talking to your doctor is important. This brochure may also be able to answer some of your questions. 
Reviews	

## 2. AWARENESS

- **Leaflet: “Breast Awareness” – McGrath Foundation**

Source/link	<a href="http://www.mcgrathfoundation.com.au/images/files/BreastAwareBrochureA4.pdf">http://www.mcgrathfoundation.com.au/images/files/BreastAwareBrochureA4.pdf</a>
Description	
Reviews	

- **Flyer: “Cheeky Check-Up” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/ccfa-cheeky-check-up-flyer">http://www.nbocc.org.au/view-document-details/ccfa-cheeky-check-up-flyer</a>
Description	An information flyer aimed at informing younger women about breast cancer and the importance of early detection. 
Reviews	

- **DVD: “What every woman should know” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/wskc-what-every-woman-should-know-dvd">http://www.nbocc.org.au/view-document-details/wskc-what-every-woman-should-know-dvd</a>
Description	This short DVD, developed by the National Breast Cancer Centre, is packed with evidence-based, factual information and answers women’s most frequently asked questions about breast cancer.
Reviews	

- **Flyer: “Breast cancer won’t wait” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/cwwb-breast-cancer-wont-wait">http://www.nbocc.org.au/view-document-details/cwwb-breast-cancer-wont-wait</a>
Description	
Reviews	

- **Fact sheet: “Do you have a breast change?” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/bch2-do-you-have-a-breast-change">http://www.nbocc.org.au/view-document-details/bch2-do-you-have-a-breast-change</a>
Description	This information sheet is to help you better understand the cause of breast changes and the tests which may be needed to find the cause of your breast change. Translations into languages other than English are available.
Reviews	

- **Booklet: “Breast cancer - Finding it early could save your life” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/acb2-breast-cancer-finding-it-early-could-save-your-life">http://www.nbocc.org.au/view-document-details/acb2-breast-cancer-finding-it-early-could-save-your-life</a>
Description	Finding breast cancer early gives the best chance of effective treatment and could save your life. This is what every woman can do to find breast cancer early. Translations into languages other than English are available.
Reviews	


### 3. BENIGN

- **Fact sheets – Breast Cancer Institute**

Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets">http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets</a>
Description	<ul style="list-style-type: none"><li>▪ Breast Cysts</li><li>▪ Breast Health</li><li>▪ Fibroadenoma of the breast</li><li>▪ Nipple discharge</li><li>▪ Mastalgia</li></ul>
Reviews	

#### 4. BREAST CANCER IN MEN

- **Booklet: “Breast cancer in men” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/bcim-breast-cancer-in-men">http://www.nbocc.org.au/view-document-details/bcim-breast-cancer-in-men</a>
Description	Information for men with breast cancer 
Reviews	

- **Booklet: “Sexuality for men with cancer” – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/18/Sexuality_men_cancer_Oct2006.pdf">http://www.cancersa.org.au/resource_library/3/18/Sexuality_men_cancer_Oct2006.pdf</a>
Description	
Reviews	

## 5. BREAST CANCER

- **Breast Cancer. Can you Prevent It?**

Author	Amelia Lawson & James Lawson Sydney: McGraw-Hill, c1999. ISBN: 007470723X
Description	<u>From the Back Cover:</u> "This is a valuable book that may change the lives of many women and the perspectives of many investigators. I strongly recommend it for specialists and non-specialists, professionals and non-professionals, and for both women and the men who care for them." Dimitrios Trichopoulos, MD, Vincent L. Gregory Professor of Cancer Prevention and Professor of Epidemiology Harvard School of Public Health, Boston, MA USA. Breast cancer is the most common and feared of all cancers affecting women in the developed world. More middle-aged Western women die of breast cancer than from motor accidents or any other single cause. Although death is an inevitable part of life, illness and the prospect of early death from breast cancer is particularly distressing. In part, this is because for many women their breasts are intrinsic to their femininity: loss or damage of them through cancer can result in profound dismay and grief. For over three centuries there has been intense scientific research for the causes, preventative measures and treatment of breast cancer. Nearly forty thousand research studies have been done in the past decade alone. The search is one of the most crucial scientific detective stories of the twentieth century. In this pioneering book, Professor James Lawson and his daughter Amelia Lawson describe the research-based, scientific progress that has been made in the fight against breast cancer. They outline the basic facts about breast cancer so women can assess their risk of contracting the disease and they suggest steps women can take to reduce these risks. Breast Cancer: Can you Prevent It? does not and cannot offer a world free of breast cancer but it does offer an understanding of the disease and therefore, hope.
Reviews	<u>Lyn Swinburne – CEO BCNA (full review: <a href="http://www.bcna.org.au/content/view/222/254/">http://www.bcna.org.au/content/view/222/254/</a>)</u> "Although the authors have recommended their book for use by the general public as well as for health professionals, the reader will require a good deal of concentration and persistence with some chapters. It is apparent that the authors have endeavoured to keep the information simple, however it is not always possible to present complicated data in an easily digested form without compromising the content. I would suggest that this book will be most useful in the public health interest arena where the agenda involves decisions made around populations, rather than individuals."

- **A Pocketful of Sequins**

Author	Lord, Julianne. Crows Nest, NSW: Moonstone Media, 2006. ISBN: 0977559904
Description	A Pocketful of Sequins Book - Words from the heart to encourage the soul and heal the spirit
Reviews	

- **Heartsongs in the Key of C: Women Writing About Breast Cancer**

Author	Faye Arthur Moonee Ponds, Victoria: Kate Carey Publications, 2006 ISBN: 0977552 0X
Description	In 2003 women who had been affected by a diagnosis of breast cancer met in workshops around Victoria to write about that experience. They had only one thing in common - they lived in rural Victoria. This collection of their writing, Heartsongs records the joys and sorrows, the struggles, losses and achievements of ordinary women confronting an extraordinary challenge. Of interest to anyone coping with breast cancer or affected by the breast cancer diagnosis of someone they care about, Heartsongs will also resonate with anyone who has confronted uncertainty and adversity. The 48 contributors to Heartsongs offer us a moving collection of writing about life.
Reviews	

- **Breast Cancer: You Can Get Through This!**

Author	Stuart, Domini. [Abbotsford, NSW]: Domini Stuart, 2001. ISBN: 0957914407
Description	This book is the perfect tool to help someone newly-diagnosed with breast cancer cope with surgery, treatment and the emotional pressures of cancer. It has a conversational style that makes it easy to read, but also captivating in its honesty and openness. Domini is candid about her personal challenges, many of which will ring bells for readers.
Reviews	

- **I am not my breast cancer: women talk openly about love & sex, hair loss & weight gain, mothers & daughters, and being a woman with breast cancer.**

Author	Peltason, Ruth A. New York: William Morrow; c2008. ISBN: 9780061174100
Description	Peltason, an editor and breast cancer survivor, founded and hosted the First Person Plural Web site project, an online forum for women facing the disease. Their dialogue provides the content for this book, culled from the entries of 800 women across the U.S. and around the world. Peltason organizes the material into three general parts: Diagnosis, Living with Breast Cancer and The Big Picture, with such subtopics as Sharing the News, Being Womanly and Anniversaries and Milestones. Participants use screen names for privacy, approaching their disease with candor and freely discussing their feelings about their bodies and their relationships. At times, those overcome by anger and fear far outweigh those with a bright outlook, but when these survivors look in the mirror at the conclusion of the text, many envision a hopeful future. Perhaps the most poignant entries are from younger women, some of whom have been driven into early menopause and infertility by chemotherapy. Although this is an informative book, some survivors may discover that these raw entries churn up disturbing emotions; others will find comfort in these voices, and in the knowledge that they aren't alone—either in their sorrow or in their strength and courage.
Reviews	

- **My Left Breast**

Author	Barbara Joss Riverview, NSW: Joss & Co., 1999. ISBN: 187641152X
Description	Her story is refreshingly frank and records all her emotions from whispering loving

	<p>goodbyes to her breast, through revealing how she coped with self-image and sexuality, to reconstruction and “a great life after breast cancer”. Barbara decided to write this book when she found there was no first-hand account of the Australian breast cancer experience. “While 10,000 cases are diagnosed in Australia each year, the vast majority of women survive,” she said. “A fact I was unaware of.” “I wrote My Left Breast in the hope it would help others face breast cancer with hope, awareness, understanding and insight – benefits I did not initially have.” Barbara tells the story of her response to breast cancer and mastectomy in the context of her extraordinary life. Whether she is describing her happy childhood, her difficult teens due to the loss of both her parents, her early showbiz career on stage, TV and in films in London and Australia, her two relationship breakdowns, three clinical depressions, making the TV ‘mastectomy ad’ (seven weeks after mastectomy) screened during Breast Cancer Awareness Month 1998, Barbara radiates courage, optimism and determination to survive. She also suggests many useful tips, from how to find a surgeon you can trust, to how to meet each of the challenges faced and how to decide what to do next. Also included are: ‘Expert Opinions’ by top Australian breast cancer specialists in treatment options at different stages of care; ‘For Men’, a summary of an audiotape by the National Breast Cancer Centre with men explaining problems they faced when their partners got breast cancer and solutions that helped; and ‘Titbits...’ Many breast cancer specialists and medical experts say My Left Breast fills a real need in community awareness and is the only book on the market that explains simply and concisely the current ‘state-of-the-art’ treatment options available. My Left Breast is a kind and gentle book that must spread cheer among women with breast cancer and those who want to know more about it.</p>
Reviews	

▪ **Spirited Women - Journeys With Breast Cancer**

Author	<p>Petrea King 2004          Milsons Point, NSW: Random House Australia, 1997          ISBN: 1740513347</p>
Description	<p>Spirited Women addresses the many practical and emotional issues faced by women of diverse backgrounds as they journey with the experience of breast cancer. It is based on the experiences of hundreds of women who talk frankly and bravely about how breast cancer has changed their priorities, affected their self-esteem, their sexuality and their relationships, and has provided unexpected opportunities for growth. This book offers guidelines for dealing with the diagnosis, choosing a doctor and a treatment plan, minimising the effects of chemotherapy and radio-therapy, using food to support recovery communicating effectively with partners and families and finding peace. Gentle, honest, informative and moving, Spirited Women is an essential book for anyone whose life has been touched by breast cancer.</p>
Reviews	

▪ **Take off your party dress**


Author	<p>Dina Rabinovitch.          London: Pocket Books, 2007.          ISBN: 9781416527886</p>
Description	<p>Journalist Dina Rabinovitch had just turned 40 when was diagnosed with breast cancer in September 2004. At that point she didn't know a thing about the disease. By the time of her death in autumn 2007, she was an expert. Her experience of the condition and its treatment, from diagnosis through mastectomy to remission and reoccurrence is recounted in this down-to-earth memoir, covering everything from trialling the last anti-cancer drugs to what to wear that's stylish after surgery. Warm, lively, at times irreverent, Rabinovitch's brave story of juggling a hectic career and a large, extended family while living - and dying -</p>

	with cancer is essential reading.
Reviews	


▪ **There is more to life than my right breast: a personal guide to breast cancer**

Author	Cyndi Kaplan-Freiman Sydney: New Holland, 2002. ISBN: 1864367768
Description	Personal stories from women with breast cancer and practical and supportive advice
Reviews	

▪ **CDROM: “Life after breast cancer – public forum 2007” - BCI**

Source/link	<a href="http://www.bci.org.au/images/stories/about_bc/factsheets/new_pdf/Resourceorderform031209.pdf">http://www.bci.org.au/images/stories/about_bc/factsheets/new_pdf/Resourceorderform031209.pdf</a>
Description	<ul style="list-style-type: none"> <li>Breast cancer: <i>my journey</i> - Special issues for rural women</li> </ul> <p>The medical issues:</p> <ul style="list-style-type: none"> <li>- Sexuality after breast cancer</li> <li>- Living with uncertainty</li> <li>- Exercise after cancer treatment</li> <li>- Question and answer session</li> </ul> <p>Speakers include Prof. John Boyages, Ms Margaret Collins, Dr Kirsty Stewart, Dr Rosie King, Dr Gemma Gilchrist and Prof. Robert Newton</p> 
Reviews	


▪ **CDROM: “Understanding Breast Cancer Series” – NBOCC**

Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/resources">http://www.bci.org.au/index.php/about-breast-cancer/resources</a>
Description	<p>Understanding Breast Cancer Series</p> <p>Volume 1: Physiotherapy after treatment, Lymphoedema - prevention and treatment</p> <p>Volume 2: Diet and breast cancer, I've gained too much weight</p> <p>Volume 3: What about my family history, Effective communication and body image</p> 
Reviews	

▪ **DVD: “What every woman should know” - NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/wskc-what-every-woman-should-know-dvd">http://www.nbocc.org.au/view-document-details/wskc-what-every-woman-should-know-dvd</a>
Description	This short DVD, developed by the National Breast Cancer Centre, is packed with evidence-based, factual information and answers women’s most frequently asked questions about breast cancer.
Reviews	

- **Booklet: “Guide for women with early breast cancer” - NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/ebc-guide-for-women-with-early-breast-cancer">http://www.nbocc.org.au/view-document-details/ebc-guide-for-women-with-early-breast-cancer</a>
Description	<p>National Breast and Ovarian Cancer Centre (NBOCC) is pleased to announce the eagerly anticipated revised version of its Guide for women with early breast cancer. The revised Guide incorporates the latest evidence in a new user-friendly format. The resource provides information to support women with early breast cancer in making decisions about their treatment and care, as well as advice for family and friends. The Guide walks women through every step of their breast cancer journey and is broken down into five key areas: Breast cancer: the facts, Making sense of test results, Treatment, When treatment is over, and Finding support.</p> 
Reviews	

- **Booklet: “Inflammatory breast cancer” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/ibcf-inflammatory-breast-cancer">http://www.nbocc.org.au/view-document-details/ibcf-inflammatory-breast-cancer</a>
Description	
Reviews	

- **Booklet: “Locally advanced breast cancer” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/lacf-locally-advanced-breast-cancer">http://www.nbocc.org.au/view-document-details/lacf-locally-advanced-breast-cancer</a>
Description	
Reviews	

- **Booklet: “Pagets disease of the nipple” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/pdf-paget's-disease-of-the-nipple">http://www.nbocc.org.au/view-document-details/pdf-paget's-disease-of-the-nipple</a>
Description	
Reviews	

- **Booklet: “Understanding breast cancer” – Cancer Council New South Wales**

Source/link	<a href="http://www.cancercouncil.com.au/html/patientsfamiliesfriends/typesofcancer/breastcancer/downloads/Understanding_Breast_Cancer_July09.pdf">http://www.cancercouncil.com.au/html/patientsfamiliesfriends/typesofcancer/breastcancer/downloads/Understanding_Breast_Cancer_July09.pdf</a>
Description	
Reviews	

- **Booklet: “Breast cancer” – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/downloads/brochures/cancer_types/Breast_Cancer_booklet07.pdf">http://www.cancervic.org.au/downloads/brochures/cancer_types/Breast_Cancer_booklet07.pdf</a>
Description	
Reviews	

## 6. COMPLEMENTARY THERAPIES

- **PDQ Integrative Oncology. Complementary Therapies in Cancer Care**

Author	Cassileth, Barrie R. MS PhD Hamilton, Ont. : BC Decker, 2005 ISBN: 1-55009-280-4
Description	
Reviews	<u>NSW Cancer Council:</u> Scary title, friendly book. Dr Cassileth is the head of the world famous Integrative Medicine Service at the Memorial Sloan-Kettering Cancer Center in New York. The Center conducts research into the use of therapies such as acupuncture, herbs, yoga and meditation alongside mainstream cancer care. There is compelling evidence that, when used appropriately, such therapies improve wellbeing for cancer patients.

- **American Cancer Society's Guide to Complementary and Alternative Cancer Methods**

Author	David S. Rosenthal Atlanta, Ga.: American Cancer Society, 2000. ISBN: 0944235298
Description	The American Cancer Society's Guide to Complementary and Alternative Cancer Methods discusses more than 100 methods that it characterizes as "complementary" (used along with standard treatments, often with the hope of providing symptomatic relief) and/or "alternative" (used instead of standard methods). Each entry provides a brief description and overview followed by information on the claims, treatment form, history behind it, evidence for or against it, and references. People searching for "miracle cures" won't find any listed, but the book offers reliable advice on what to avoid.
Reviews	

- **Booklet: "Complementary and alternative cancer therapies" – Cancer Council Victoria**


Source/link	<a href="http://www.cancervic.org.au/downloads/brochures/CISS_brochures/Complimentary_Alternative_therapies1.pdf">http://www.cancervic.org.au/downloads/brochures/CISS_brochures/Complimentary Altern</a> <a href="http://www.cancervic.org.au/downloads/brochures/CISS_brochures/Complimentary_Alternative_therapies1.pdf">n_therapies1.pdf</a>
Description	
Reviews	

- **Booklet: "Understanding complementary therapies" – Cancer Council New South Wales**

Source/link	<a href="http://www.cancerCouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/complementary_therapies/downloads/complementary_therapies.pdf">http://www.cancerCouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/complem</a> <a href="http://www.cancerCouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/complementary_therapies/downloads/complementary_therapies.pdf">entary_therapies/downloads/complementary_therapies.pdf</a>
Description	
Reviews	

## 7. DCIS

- **Booklet: “Ductal carcinoma in situ (DCIS) - Understanding your diagnosis and treatment” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/dcc-ductal-carcinoma-in-situ-dcis-understanding-your-diagnosis-and-treatment">http://www.nbocc.org.au/view-document-details/dcc-ductal-carcinoma-in-situ-dcis-understanding-your-diagnosis-and-treatment</a>
Description	If you have been diagnosed with or are being investigated for DCIS, this booklet aims to assist you in understanding your diagnosis and making decisions about your treatment and care. 
Reviews	

- **Fact sheet: “DCIS” – Breast Cancer Institute**

Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets">http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets</a>
Description	
Reviews	

## 8. EMOTIONAL SUPPORT

### ■ Coping With Grief

Author	Mal McKissock, Dianne McKissock Sydney: ABC Books for the Australian Broadcasting Corporation, 1995. ISBN: 0733304389
Description	Coping with Grief by Mal McKissock and Dianne McKissock is a small, but powerful book that describes the grief process, what one can expect during one's grief process. The book describes normal grief, managing anniversaries and special dates, physical and emotional reactions, the funeral, gender differences in grief, children and grief, sexuality and grief, consequences of bereavement, support teams, self-help, and community education. It is a self-help manual that offers information that would be useful for those who are facing grief and those who work with them.
Reviews	

### ■ Death and Dying in Australia

Author	Allan Kellehear, (ed) South Melbourne: Oxford University Press, 2000. ISBN: 019551150 6
Description	This is the first major interdisciplinary scholarly book on death and dying in Australia. Contributors are senior scholars in the field and come from a broad range of disciplines: sociology, philosophy, church, history, nursing, parapsychology, medicine, law, journalism, pastoral care, psychiatry and palliative care.
Reviews	

### ■ Death, and How to Survive It

Author	Kate Boydell London: Vermilion, 2005. ISBN: 0091902576
Description	'He passed away', 'She's gone', 'He died'...As anyone who has ever lost a loved one will know, the wording doesn't affect the meaning. Nothing can shield you or prepare you for the brutal reality and crippling pain of a death and its repercussions. Kate Boydell was widowed at the age of 33. She felt that her life had lost its purpose and she wanted it to end. But she got through it - and so can everyone. In this down-to-earth, practical, insightful and sometimes humorous guide, Kate draws on her own experience of bereavement to offer frank advice on coping with every aspect of the grieving process. It includes: coping with the initial shock; telling your children; organising the funeral; shopping and cooking; and getting back into dating. Author Bio: Kate Boydell was widowed in 1998 after nine years of marriage to her beloved husband Charlie, who died of heart failure at the age of 37. Kate has worked in television for the last 22 years and is currently working as a freelance television editor. She has recently appeared on ITV's "This Morning", BBC Radio's "Five Live" and Radio 4's "Woman's Hour". Kate is now 40 and lives in Devon with her two daughters. She is also the author of a highly popular merrywidow website for young widows.
Reviews	

### ■ Dying to know: bringing death to life

Author	Anastasios, Andrew Pahran, VIC: Hardie Grant 2007.
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	ISBN: 9781740665537
Description	We're all dying. Sooner or later we're going to croak, kick the bucket, give up the ghost, cash in our chips, shuffle off, bow out or go to our happy hunting ground. It's the one thing we all have in common. Yet no one seems to want to talk about it. Well, the people at Pilotlight do. This is not a book with all the answers. Just ideas, insights, advice and inspiring illustrations about a subject none of us can escape. Read it and then rush into the daylight to get on with the more challenging matter of living.
Reviews	

▪ **Five People You Meet in Heaven**

Author	Mitch Albom. London., [England] : Little, Brown, c2003. ISBN: 0316726613
Description	In The Five People You Meet in Heaven, Mitch Albom gives us an astoundingly original story that will change everything you've ever thought about the afterlife -- and the meaning of our lives here on earth. With a timeless tale, appealing to all, this is a book that readers of fine fiction, and those who loved Tuesdays with Morrie, will treasure.
Reviews	

▪ **Grief and Remembering: 25 Australians Tell it Like It Is**

Author	Allan Kellehear East Hawthorn, Victoria: Rivoli, 2001 ISBN: 0957861702
Description	In this powerful and moving book, 25 everyday Australians reflect upon these questions and more, as they describe their own unique experiences of grief. They mourn for their spouses, friends, parents, children, or siblings. Some mourn for members of a community which has become part of their identity; others remember the patients they have treated, or the animal companions which were part of their heart and home. Contributors to this book are from diverse social backgrounds – they are men, women and children of different occupations, ethnicity, sexuality and age groups. For the first time, we hear the voices of people who are at the very centre of the experience of grief – no professional theorising, no 'stages' or 'models' of grief, and no judgments. This is a welcome and long overdue book for those of us who want to understand our own experience, and the experience of others, at home, work or school, who have lost someone they love. Allan Kellehear: 'Most grief, however complex and difficult to live with, is normal. We don't need 'therapy' or 'pills'. We just need to understand it - and find some meaning and sense in it. Sometimes we need some extra support. But most of the time we battle on with the battle inside our hearts. Grief is like that. Much of life is like that. And finally, we have a book that tells it like that.'
Reviews	

▪ **Hope Happens! : words of encouragement for tough times**

Author	Catherine DeVrye Manly, NSW: Everest Press, c2002, ISBN: 0958011001
Description	Life isn't always easy. Sometimes we all need a little boost -- and here is a book that has one on every page. Whether you've had your heart broken, lost your job, a loved one, or just your zest for life, the ageless words of encouragement found here will help to jump start your hope. In Hope Happens!, Catherine DeVrye has lovingly collected the inspiring words of encouragement that saw her through her own life's trials. Quoting inspirational figures,

	geniuses, and poets, DeVrye has assembled some of the most revelatory and hopeful thoughts ever committed to paper. They will not only soothe your spirit in hard times, but also open up your heart to the future.
Reviews	

▪ **Know thyself stress relief program**

Author	Craig Hassed. Melbourne: Michelle Anderson Publishing, 2002. ISBN: 085572336X
Description	As used by the Royal Australian College of General Practitioners and in doctor training at Monash University. Using his experience as a medical doctor and his interest in philosophy and psychology, Dr Hassed's stress release programme teaches 'mindfulness', a simple and effective way of relieving the stress and fatigue that we experience in this modern life. Mindfulness increases self-awareness and observation which helps us all in our day to day lives, both professional and personal. "Know Thyself" is a practical guide which explains the link between our mind and body and teaches a programme of renewal to find the balance that we all need.
Reviews	

▪ **Living on: a guide to living on in the thoughts and memories of those you love**

Author	Margo, Jill and Margo, Emily. Blackheath, NSW: Brandl & Schlesinger; 2008. ISBN: 9781876040949
Description	"When time is short, most people make a formal will to guide the distribution of their possessions. But they may want to leave a legacy of their personal experiences, beliefs and values. This has been called a 'heart will'. Living On is about creating your own heart will - a way to be heard when your voice is still." -- Provided by publisher.
Reviews	

▪ **Mission of Love: a Guide to Living and Dying Peacefully**

Author	Dr Roger Cole Lothian, South Melbourne, Victoria: Lothian Books, 2005. ISBN: 9780734408211
Description	These compelling testimonies, written from the experience of a hospice doctor, provoke us into looking across the threshold of death and dying. They will touch your heart with love, hope and compassion. From his work with the terminally ill, Dr Cole has intricately woven the lessons from the dying into his own spiritual journey to produce a book of simplicity, depth and power. He identifies facets of growth that are accessible to all those on a spiritual journey, and describes his own personal experiences of transformation as well as philosophical perspectives and case studies drawn from his work as a physician in caring for the dying, and from the study and practice of Raja Yoga meditation.
Reviews	

▪ **On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss**

Author	Elisabeth Kubler-Ross and David Kessler New York: Scribner, c2005. ISBN: 0743266285
Description	

Reviews	<p><u>NSW Cancer Council:</u></p> <p>In collaboration with grief expert David Kessler, Kubler-Ross revisits the “five stages” theory of denial, anger, bargaining, depression and acceptance first presented in “On Death and Dying” in 1969. With her own health failing, Kubler-Ross adds personal experience to the counsellor's perspective. The book addresses a variety of end-of-life issues including regret, relief, anniversaries, angels and the afterlife. Case studies and the author's work with terminally ill people over the past thirty years provide a rich bank of experience from which to draw. This book will help anyone who is thinking about or dealing with issues at the end of life.</p>
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▪ **Quest for Life**

Author	<p>Petrea King          Milsons Point, NSW: Random House Australia, 2004.          ISBN: 1740513398</p>
Description	<p>In September 1983, Petrea King was diagnosed with acute myeloid leukaemia and told she would not see Christmas. Now, over twenty years later, this new edition of Quest for Life offers a beacon of hope for others facing life-threatening illness and for the people who love them. Meditation and the integration of past traumatic experiences became paramount in Petrea's recovery, much of which was spent in a monastery outside Assisi in Italy. Since her remarkable recovery, Petrea has counselled individually or through residential programs more than 50,000 people living with life-threatening illness, grief, loss, trauma and tragedy. Petrea sees crisis as a catalyst for spiritual growth and understanding, and as an opportunity for healing and peace. Warmly personal and thoroughly practical, Quest for Life radiates courage and conviction. Petrea can help you find the inner strength to face your own illness or to help those you care for. Quest for Life is brimming with Petrea's own healing experience, inspirational stories from her clients and hundreds of therapeutic techniques including how to: * create an environment for physical, mental, emotional and spiritual healing * control pain, sleep and side effects of medical treatment * overcome guilt, shame, grief and anger * establish rapport with doctors and family - including children * use support groups effectively * practice methods of relaxation, visualisation and meditation * reclaim joy and meaning in life</p>
Reviews	

▪ **Tuesdays With Morrie**

Author	<p>Mitch Albom          Rydalmere, NSW: Hodder Headline, 1998.          ISBN 0733609554</p>
Description	<p>Maybe it was a grandparent, or a teacher, or a colleague. Someone older, patient and wise, who understood you when you were young and searching, helped you see the world as a more profound place, gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago. Maybe, like Mitch, you lost track of this mentor as you made your way, and the insights faded, and the world seemed colder. Wouldn't you like to see that person again, ask the bigger questions that still haunt you, receive wisdom for your busy life today the way you once did when you were younger? Mitch Albom had that second chance. He rediscovered Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited with Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final "class": lessons in how to live. Tuesdays with Morrie is a magical chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.</p>
Reviews	

▪ **What Dying People Want: Practical Wisdom for the End of Life**

Author	David Kuhl Sydney: ABC Books 2005. ISBN: 0733315208
Description	
Reviews	<u>NSW Cancer Council:</u> Western medicine has only recently begun to address the psychological and spiritual distress experienced by people facing death. This book offers a practical guide to maintaining physical and emotional well-being at the end of life, both for the patient and for the people who care for them. Written by a palliative care specialist, a difficult subject is explored with honesty and sensitivity.

▪ **What To Do When Someone Dies**

Author	Stella Tarakson Marrickville, NSW: Choice Books, 2001. ISBN: 0947277749
Description	On the whole, we dont like to think about death, and mostly we dont talk about it either. This often leaves us with no idea of what to do when someone close to us dies. The 2nd edition of What to do when someone dies provides step-by-step practical information. Drawing on personal experience as well as her legal knowledge, Stella Tarakson also explains complex legal matters such as what dying interstate (without a will) means, how to obtain probate, what happens at an inquest, powers of attorney and making your own will
Reviews	

▪ **Your Life Matters (Also available as a spoken word CD)**

Author	Petrea King Milsons Point, NSW: Random House Australia, 2004. ISBN: 1740513231
Description	Your life matters. You are not here by accident. You are not a mistake You are on the right planet. You are not here for the kids, the career, the mortgage, You are here to make the journey of your life via the kids, the career, the mortgage. The journey matters more than the destination. Stricken by leukaemia at the age of thirty-two, Petrea King confronted and came to accept the prospect of death. Yet the unexpected happened. She survived. Then she had to figure out how to live. Grounded in her many years' work as a counsellor and teacher at her Quest for Life Centre, Your Life Matters is a guide to establishing peace of mind, and living an authentic and fulfilling life. An unexpected event such as an illness, tragedy or misfortune often provides the impetus for reflection, to assess what needs to be changed in our lives, and to begin that process. In Your Life Matters Petrea encourages all of us to think about the way we live - what we believe, how we behave, how we treat our bodies - and to make positive changes. In today's fast-paced world, we tend to search for happiness outside ourselves. We convince ourselves that a new car, new shoes, a new partner - all of these things will make us happier. In this wise, necessary and practical book, Petrea King teaches us how to live from the inside out rather than the outside in. By sharing her many principles and guidelines to developing our sense of self, treating our bodies right and adapting to life's challenges, Petrea shows us the way to peace and all round health and wellbeing.
Reviews	

- **You Can Conquer Cancer**

Author	Ian Gawler Melbourne, Victoria : Hill of Content, 2001. ISBN: 0855723203
Description	Ian Gawler is Australia's best-known cancer survivor. His book "You Can Conquer Cancer" was a revolutionary book when first published in 1984. It has been reprinted sixteen times and translated into German, Spanish, Dutch, Russian, Swedish, Hebrew, Indonesian, Polish, Sinhalese, Thai, Czech and Korean. It has become a classic and one of the most widely-read books on the subject of cancer prevention and management. This new edition contains all of the information which made it such a 'must read' reference book along with whole new sections of vital updated information. "People faced with cancer take life seriously - very seriously. They want answers; they need to know what works. I know this feeling. For over twenty years now I have sat in groups with thousands of others going through cancer. Between us we have tried many things. We have worked out what works. My job has been to collect this experience. It is now presented in the new edition of my book". Ian Gawler's ideas and concepts have now received substantial scientific recognition and validation both in Australia and internationally. Dr Gawler who is a founder of The Gawler Foundation, believes that there is a process by which the body can regain its natural state of health. He sees cancer as a symptom of immune deficiency and explains how the immune system can be reactivated.
Reviews	

- **Cancer vixen: a true story**

Author	Marisa Acocella Marchetto. London: Fourth Estate, 2007. ISBN: 9780007258963
Description	"What happens when a shoe-crazy, lipstick-obsessed, wine-swilling, pasta-slurping, fashion-fanatic, single-forever, about-to-get-married big-city girl cartoonist with a fabulous life finds...a lump in her breast?" That's the question that sets this powerful, funny, and poignant graphic memoir in motion. In vivid color and with a taboo-breaking sense of humor, Marisa Acocella Marchetto tells the story of her eleven-month, ultimately triumphant bout with breast cancer — from diagnosis to cure, and every challenging step in between. But Cancer Vixen is about more than surviving an illness. It is a portrait of one woman's supercharged life in Manhattan, and a wonderful love story. Marisa, self-described "terminal bachelorette," meets her Prince Charming in Silvano, owner of the chic downtown restaurant Da Silvano. Three weeks before their wedding, she receives her diagnosis. She wonders: How will he react to this news? How will my world change? Will I even survive? And...what about my hair? From raucous New Yorker staff lunches and the star-studded crowd at Silvano's restaurant to the rainbow pumps Marisa wears to chemotherapy, Cancer Vixen is a total original. Marisa's wit and courage are an inspiration — she's a cancer vixen, not its victim.
Reviews	

- **Salvation Creek: An Unexpected Life**

Author	Susan Duncan Milsons Point, NSW: Random House, 2006. ISBN: 1863254749
Description	At 44 Susan Duncan appeared to have it all. Editor of two top-selling women's magazines, a happy marriage, a jetsetting lifestyle covering stories from New York to Greenland, the

	world was her oyster. But when her beloved husband and brother die within three days of each other, her glittering life shatters. In shock, she zips on her work face, climbs back into her high heels and soldiers on - until one morning eighteen months later, when she simply can't get out of bed. Heartbreaking, funny and searingly honest, Salvation Creek is the story of a woman who found the courage not only to begin again but to beat the odds in her own battle for survival and find a new life - and love - in a tiny waterside idyll cut off from the outside world. Combining all the sweeping, rollercoaster style of a bestselling novel with the very best - and most inspiring - human interest story, Salvation Creek is a tour-de-force that will stay with the reader long after she has turned the last page.
Reviews	

▪ **Saying Goodbye – Stories of Caring For The Dying**

Author	Megan Hender Sydney: ABC Books, 2004 ISBN: 0733313477
Description	
Reviews	

▪ **This is Living. The Joys of Illness**

Author	Marea Stenmark Double Bay, NSW: Marea Stenmark Communications, c2005. ISBN: 0957917317
Description	Marea Stenmark's courageous book, This is living! The joys of illness, inspires and comforts those with a life-threatening illness. As Sister Bernice says in the foreword: 'Marea does this in her inimitable, positive style which includes more than a dash of humour.' Launched by Dr David Dalley MBBS, FRACP, Director of Medical Oncology, St Vincent's Hospital
Reviews	

▪ **Booklet: "Emotions and cancer" – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/16/Emotions_and_cancer_Dec2008.pdf">http://www.cancersa.org.au/resource_library/3/16/Emotions_and_cancer_Dec2008.pdf</a>
Description	
Reviews	

▪ **Booklet: "Emotions and cancer" – Cancer Council New South Wales**

Source/link	<a href="http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/emotions_andcancer/downloads/Emotions_cancer_July09.pdf">http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/emotions_andcancer/downloads/Emotions_cancer_July09.pdf</a>
Description	
Reviews	

▪ **Booklet: "Cancer – how are you travelling?" – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/pcac-cancer-how-are-you-travelling">http://www.nbocc.org.au/view-document-details/pcac-cancer-how-are-you-travelling</a>
Description	
Reviews	

## 9. FAMILY HISTORY/GENETICS

- **Singing the life: the story of a family in the shadow of cancer**

Author	Bryan, Elizabeth. London: Vermilion; 2007. ISBN: 9780091917166
Description	As a result of a genetically-transmitted gene, all three Bryan sisters, Felicity, Elizabeth and Bunny have had cancer. And, unusually, each of them suffered a different cancer; ovarian, breast and pancreatic. As the gene also has a dominant inheritance, half of their family members can be expected to carry it. Now, in a personal and deeply affecting memoir, Elizabeth writes of her family's extraordinary experience of this dreadful disease. Writing not only as a daughter, sister and aunt of those afflicted and bereaved by cancer, but as a sufferer herself, she will tell of the shocks, sadnesses, dilemmas and uncertainties that come with diagnosis and then treatment. Giving a personal view from both the perspective of a patient and that of a relative, as well as comparing the impacts of remission and terminal prognoses on herself and those around her, "Singing the Life" gives a uniquely wide-ranging account of dealing with life-threatening illness and the threat it still poses in her family. Eloquently setting Elizabeth's personal story against the universal fears, problems and worries that face those affected by cancer, this is an inspirational and encouraging read unlike any other on the subject.
Reviews	

- **Fact sheets – Breast Cancer Institute**

Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets">http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets</a>
Description	<ul style="list-style-type: none"> <li>○ Family history of Breast Cancer</li> <li>○ Managing your risk of Breast and Ovarian Cancer</li> </ul>
Reviews	

- **Fact sheet: “Family history and hereditary breast cancer” – BCNA**

Source/link	<a href="http://www.bcna.org.au/content/view/653/1254/">http://www.bcna.org.au/content/view/653/1254/</a>
Description	
Reviews	

## 10. GENERAL

### ▪ **Coming to Terms With Cancer – A Glossary of Cancer-Related Terms**

Author	Laughlin, Edward H. Atlanta, Ga. : American Cancer Society, c2002 ISBN: 0944235360
Description	Coming to Terms with Cancer is a comprehensive book that defines the many terms you may face as you deal with diagnosis, treatment, and recovery. This easy-to-use A-to-Z reference book provides the most concise and accurate definitions for cancer-related terms. Presented in simple language to help clarify the sometimes confusing terminology used in the field of oncology.
Reviews	

### ▪ **Cancer Sourcebook for Women (2nd Ed)**

Author	Karen Bellenir (Ed) Detroit, MI: Omnigraphics, c2002. ISBN: 07808022 8
Description	
Reviews	<p><u>Cancer Council Australia:</u></p> <p>The Cancer Sourcebook for Women is part of the American Health Reference Series, which provides basic consumer health information for the general community. As a reference source of general information about specific cancers occurring in women it is informative and comprehensive. It offers practical advice in easy-to-read language for the consumer. The book is also suitable for public libraries, academic libraries serving health sciences programs, and medical libraries with community outreach services. Material in this book has been collected from a wide range of government agencies, professional associations, and periodicals, so the writing styles are quite different in each section. As it is primarily a reference book this does not matter, as it is most likely that readers would search for specific information, and not read the book in its entirety. The new edition of The Cancer Sourcebook for Women provides updated information on the types of cancer that occur in women. It includes general information and statistics, and descriptions of specific types of cancer. Tips for screening and prevention are given, along with the latest research findings. The book includes a section on treatments and coping strategies, plus an extensive list of organisational resources for help and information. A chapter on breast cancer is included, however readers are advised that the subject is treated in greater depth in a separate volume, The Breast Cancer Sourcebook, which is part of the same series.</p> <p>The book's 73 chapters are arranged in 10 parts:</p> <ul style="list-style-type: none"> <li>• Breast cancer</li> <li>• Cervical cancer</li> <li>• Endometrial cancer</li> <li>• Ovarian cancer</li> <li>• Other gynaecologic cancers and related concerns</li> <li>• Cancer screening and prevention</li> <li>• Treatment options</li> <li>• Recent research and clinical trials</li> <li>• Coping strategies</li> </ul> <p>Additional help and information includes a glossary of cancer terms, a directory of resources available in the United States, useful websites and a comprehensive index. Information</p>

	<p>about risk factors, screening methods for early detection, symptoms, diagnostic tests and current treatment options for cervical, endometrial, ovarian and other female cancers is provided. Specific concerns about related gynaecological issues such as fertility after cancer treatment are also addressed. Complementary and alternative therapies are explained, and consumers are advised that if they are considering these therapies then they need to discuss this decision with their doctor or a nurse, as they would any other therapeutic approach. A useful list of suggested questions to ask their health practitioner is included. Overall, the information is excellent, and complex topics are clearly explained. As a reference book for the consumer it is a valuable resource to assist them to make informed decisions about cancer and its treatments.</p>
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▪ **Cancer At Your Fingertips**

Author	Rosenfeld, Maxine Sydney: McGraw-Hill Australia, 2004. ISBN: 0074713728
Description	
Reviews	

▪ **The total cancer wellness guide: reclaiming your life after diagnosis**

Author	Thiboldeaux, Kim. Dallas, Tex. BenBella Books; c2007. ISBN: 9781933771168
Description	Organized into four sections that span the cancer-management process from diagnosis through the unpredictable future, this guide covers everything people with cancer and their families need to know about being active participants in their own long-term plan for well-being. With so many cancer patients becoming survivors, living longer and better has become an increasingly important point of focus for The Wellness Community, an international nonprofit organization dedicated to providing free emotional support, education, and hope to people affected by cancer. This book accurately and compassionately addresses all of the physical, emotional, social, and practical needs of today's cancer patients and survivors, preparing them for wellness that can follow throughout the rest of their lives, regardless of how long that may be.
Reviews	

▪ **DVD: Can I write the ending?**

Author	Hindmarsh, S. Australian Broadcasting Corporation; 2007.
Description	What would you do if you thought you were about to die? This is the story of three strong women, each confronting life's hardest journey, and how they've chosen to face their cancer and its ramifications.
Reviews	

▪ **What to do When They Say It's Cancer**

Author	Joel Nathan
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	St Leonards, NSW: Allen & Unwin, 1998. ISBN: 186448635X
Description	Joel Nathan is a survivor: he survived cancer - twice - and regained good health. Out of his experiences with both conventional and alternative medicine grew a vocation to help others with life-threatening diseases. In this book he shines a light into the dark terrain beyond diagnosis, across treatment options and the therapeutic relationship, to explore subjects rarely discussed by doctors - like feelings and values, legal matters, intimate relations, children, stress and facing death. His compassion, practical guidance and spiritual insight inspire the seriously ill to take charge of their healing - to become survivors too. His well-researched book offers help and understanding not only to patients, but to those who treat and care for them. 'readable, relevant and comprehensive...I cannot recommend this too highly.' Prof. M.A. Quinn, Royal Women's Hospital, Melbourne. 'I recommend this book to anyone who is diagnosed with cancer and their family members. It should help them adjust, face their problems and make the right choices.' Prof. Paul Bunn, Jnr, University of Colorado Cancer Centre
Reviews	

▪ **Female Cancers. A Complementary Approach**

Author	Jan de Vries Edinburgh: Mainstream 2004 ISBN: 1840188472
Description	Female Cancers, the latest title in the popular Well Woman series by Jan de Vrie, succinctly addresses the main issues involving the treatment of cancers affecting women today. It advises on the ways that women can decrease the likelihood of contracting the disease and explains what sufferers can do to improve their chances of recovery. The book focusses on the confusion regarding the link between HRT and cancer, and further investigates the foods widely reported to cause the disease. It reveals how alternative medicine can help: for instance, by building up the patient's immune system to stand up to the attacks of aggressive therapies. Jan de Vries has worked in this field for over 45 years and is a member of several research committees, including the Cancer Control Society. In Female Cancers, he shares his up-to-date knowledge on the new developments of cancer therapy and signposts the complementary help that can be given to assist female cancer patients.
Reviews	

▪ **A Love For Life**

Author	Jane and Glenn McGrath Milsons Point, NSW: Random House Australia, 2000. ISBN: 0091841534
Description	A Love for Life is the compelling true story of Jane and Glenn McGrath's relationship and the challenges they faced together during Jane's battle with breast cancer. This is an inspirational and honest account of their experience told by both Jane and Glenn.
Reviews	

▪ **Booklet: "About cancer" – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/16/About_cancer.pdf">http://www.cancersa.org.au/resource_library/3/16/About_cancer.pdf</a>
Description	

Reviews	
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▪ **Booklet: “Understanding and controlling cancer pain” – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/16/Understanding_cancer_pain_Nov2007.pdf">http://www.cancersa.org.au/resource_library/3/16/Understanding_cancer_pain_Nov2007.pdf</a>
Description	
Reviews	

▪ **DVD: “Cancer - what now?” – Cancer Council South Australia**

Source/link	<a href="http://www.cancerwhatnow.com.au/">http://www.cancerwhatnow.com.au/</a>
Description	
Reviews	

▪ **Booklet: “Overcoming cancer pain” – Cancer Council New South Wales**

Source/link	<a href="http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/cancerpain/downloads/overcoming_cancer_pain.pdf">http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/cancerpain/downloads/overcoming_cancer_pain.pdf</a>
Description	
Reviews	

▪ **Booklet: “Life with cancer” – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/downloads/life_with_cancer/ap473lifewithcancer.pdf.pdf">http://www.cancervic.org.au/downloads/life_with_cancer/ap473lifewithcancer.pdf.pdf</a>
Description	
Reviews	

▪ **Fact sheets – BCNA**

Source/link	<a href="http://www.bcna.org.au/content/view/653/1254/">http://www.bcna.org.au/content/view/653/1254/</a>
Description	<ul style="list-style-type: none"> <li>○ Pathology fact sheet</li> <li>○ Clinical trials</li> <li>○ Depression and breast cancer</li> <li>○ Summary of PATS across states and territories</li> <li>○ Travel Insurance 1 early breast cancer</li> <li>○ Travel Insurance3 making a complaint</li> </ul>
Reviews	

## 11. LIFESTYLE

- **Nutrition for life: the authority on nutrition for 20 years**

Author	Saxelby, Catherine Prahran, Victoria : Hardie Grant Books, c2006. ISBN: 1740663322
Description	
Reviews	

- **Rosemary Stanton's complete book of food and nutrition**

Author	Stanton, Rosemary Pymble, N.S.W. : Simon & Schuster Australia, 2007. ISBN: 9780731812998
Description	
Reviews	

- **The Gawler Foundation cookbook: a recipe for life 2. 2nd ed.**

Author	Edgelow, Dorothy. South Yarra Victoria. Michelle Anderson Publishing; 2007. ISBN: 9780855723804
Description	
Reviews	

- **CD-ROM: Relaxation for everyone: relaxing the body**

Author	Ian Gawler. Victoria, Australia: The Gawler Foundation; 2007.
Description	A wonderful set of meditations to use for both adults and children. Safe and reliable. Ian Gawler is one of Australia's most experienced and respected teachers of meditation. On this CD he leads four exercises designed to help you to physically relax deeply, to calm the mind, and to flow into deeper stillness of meditation. Includes Booklet "How to meditate" inside.
Reviews	

- **Medicine Hands: Massage Therapy for People with Cancer**

Author	MacDonald, Gayle. UK: Findhorn Press; 2007. ISBN: 1844090906
Description	Medicine Hands debunks a pervasive health myth that massage is anathema for those suffering with cancer. The idea that cancer can metastasize as a result of massage is not rooted in any science. This book cites clinical evidence that proves just the opposite. Touch

	and massage are vital to a cancer patient's health and well-being. <i>Medicine Hands</i> is a practical book written for both health professionals and the lay person. Research is highlighted with anecdotes, stories, and vignettes of cancer patients, massage therapists, caregivers, hospice workers and other health professionals. Practical information is presented on administering touch, drug-related considerations, providing care at home, and dealing with hospital and hospice situations.
Reviews	

▪ **Meditation: Pure and Simple**

Author	Ian Gawler Melbourne: Hill of Content Publishing, 1996. ISBN: 085572255X
Description	
Reviews	

▪ **The Power of Food: Cancer - Food, Facts & Recipes**

Author	Clare Shaw London: Hamlyn/Octopus, 2005. ISBN: 0 600611
Description	This book explains the connection between what you eat and the risk of cancer, and includes helpful constructive advice. It also contains 50 delicious, health-boosting recipes.
Reviews	

▪ **CD-ROM: Yoga For Sleep**

Author	Dr Gillian Ross Sydney: NSW ABC Audio, 2001
Description	Yoga for Sleep comprises two sessions of yoga exercises, relaxation and shiatsu massage (acupuncture pressure points specifically designed to combat insomnia and in particular to help people with restless legs syndrome). Session 1 takes you through a calming yogic breathing practice, a sequence of exercises that can be done lying in bed, and a deep relaxation practice. Session 2 works with acupuncture pressure points and two flowing sequences of exercises accompanied by the beautiful and soothing music of Ken Davis.
Reviews	

▪ **DVD: Yoga Journals Yoga Basics**

Author	Patricia Walden Universal Studios 2001
Description	Carrico, the choreographer of Jane Fonda's yoga video, and the staff of the well-respected Yoga Journal have produced both a good introduction to the history of yoga and helpful instruction in a range of basic poses. The book describes nine primary varieties of Hatha Yoga for the general reader and suggests ways of finding a good teacher. The beginner's postures are described in thorough fashion, with photos of correct and incorrect techniques. The book also includes recommended sets of postures, depending on the time

	of day, and advice on meditation. A class or video may still provide the best introduction to yoga, but this book is both an excellent complement to other instruction and a good reference source in itself.
Reviews	

- **Booklet: “Nutrition for people having cancer treatment” – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/16/Nutrition_people_having_cancer_treatment_May2007.pdf">http://www.cancersa.org.au/resource_library/3/16/Nutrition_people_having_cancer_treatment_May2007.pdf</a>
Description	
Reviews	

- **Fact sheet: “Nutrition after breast cancer” – Breast Cancer Institute**

Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets">http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets</a>
Description	
Reviews	

## 12. LYMPHOEDEMA

- **The Lymphoedema Handbook**

Author	Piller, N. B. (Neil B.), Melbourne: Hill of Content, 2002. ISBN: 0855723270
Description	The Lymphoedema Handbook: Causes, Effects & Management is the result of 2 years' work by health professionals and volunteers. The book is written by 12 experts from across the medical profession and gives expert and up-to-date information on topics such as skin care and exercise options for lymphoedema patients. Simple language is used to explain the lymphatic system, how and why lymphoedema occurs and learning to live with lymphoedema. 'Lymphoedema is a serious condition if it is not caught and treated properly,' said Maree O'Connor, physiotherapist and one of the book's 2 main authors. 'In its extreme form known as elephantitis it can make people immobile.'
Reviews	

- **DVD: "Living with Lymphoedema - hosted by Sandra Sully" – Breast Cancer Institute**

Source/link	<a href="http://www.bci.org.au/images/stories/about_bc/factsheets/new_pdf/Resourceorderform031209.pdf">http://www.bci.org.au/images/stories/about_bc/factsheets/new_pdf/Resourceorderform031209.pdf</a>
Description	A unique, educational DVD all about lymphoedema, a chronic condition that may develop in the arm or chest after lymph nodes are surgically removed or treated with radiotherapy for breast cancer treatment, is now available from the BCI. Co-produced with Westmead Hospital's Occupational Therapy Department, hosted by media personality Sandra Sully and featuring women living with lymphoedema, the DVD offers practical guidelines for managing lymphoedema
Reviews	



- **Fact sheet: "Lymphoedema" – Breast Cancer Institute**


Source/link	<a href="http://www.bci.org.au">www.bci.org.au</a>
Description	
Reviews	

- **Booklet: "Lymphoedema - what you need to know" - NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/lnkc-lymphoedema-what-you-need-to-know">http://www.nbocc.org.au/view-document-details/lnkc-lymphoedema-what-you-need-to-know</a>
Description	This information has been developed to help you understand the signs and symptoms of lymphoedema following treatment for cancer and what you can do to help manage the condition if you develop it
Reviews	



▪ **Booklet: “Lymphoedema following treatment for breast cancer” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/lftc-lymphoedema-following-treatment-for-breast-cancer">http://www.nbocc.org.au/view-document-details/lftc-lymphoedema-following-treatment-for-breast-cancer</a>
Description	This information has been developed to help you understand the signs and symptoms of lymphoedema following treatment for breast cancer, how to reduce the risk of developing lymphoedema and what you can do to help manage the condition if you develop it. 
Reviews	

▪ **Booklet: “Understanding lymphoedema” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/ulb-understanding-lymphoedema">http://www.nbocc.org.au/view-document-details/ulb-understanding-lymphoedema</a>
Description	
Reviews	

▪ **Fact sheets – BCNA**

Source/link	<a href="http://www.bcna.org.au/content/view/653/1254/">http://www.bcna.org.au/content/view/653/1254/</a>
Description	<ul style="list-style-type: none"> <li>o Reducing your risk of lymphoedema</li> <li>o Travel tips to reduce the risk of lymphoedema</li> </ul>
Reviews	

## 13. MENOPAUSE AND SEXUALITY

### ▪ **Good Loving Great Sex**

Author	Dr Rosie King Milsons Point, NSW: Arrow, 1998. ISBN: 0091839076
Description	Do you and your partner have mismatched sex drives? Does she want sex daily, does he want it once a month or vice versa? Differing sex drives can lead even the most loving couples down a path paved with frustration, resentment, confusion and despair... a path that too often ends in separation and divorce. Partners blame each other for the problem; either he's insatiable and she'd frigid, or she's a nymphomaniac and he's inadequate. Yet a difference in sex drives is not a sexual dysfunction, it's a normal part of all long-term relationships. In this groundbreaking book, respected doctor and sex therapist Dr Rosie King teaches couples how to achieve sexual compatibility regardless of their individual sex drives. Armed with exciting new insights into how male and female sex drives work, men and women can heal their relationships while adding more affection, sensuality and intimacy to every aspect of their lives together; a true recipe for long lasting happiness and a satisfying relationship.
Reviews	

### ▪ **Booklet: "Sexuality for women with cancer" – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/18/Sexuality_women_with_cancer_Oct2007.pdf">http://www.cancersa.org.au/resource_library/3/18/Sexuality_women_with_cancer_Oct2007.pdf</a>
Description	
Reviews	

### ▪ **Booklet: "Sexuality, intimacy and cancer" – Cancer Council New South Wales**

Source/link	<a href="http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/sexuality/downloads/Sexuality_Intimacy_and_Cancer_July09.pdf">http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/sexuality/downloads/Sexuality_Intimacy_and_Cancer_July09.pdf</a>
Description	
Reviews	

### ▪ **Booklet: "Sexuality and cancer" – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/downloads/brochures/cancer_types/Sexuality_cancer_08.pdf">http://www.cancervic.org.au/downloads/brochures/cancer_types/Sexuality_cancer_08.pdf</a>
Description	
Reviews	

▪ **Fact sheet: “Menopause” – Breast Cancer Institute**


Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets">http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets</a>
Description	
Reviews	

## 14. METASTATIC/SECONDARY BREAST CANCER

- **A Guide for Women with Metastatic Breast Cancer**

Author	Sydney: iSource National Breast Cancer Centre, 2001. ISBN: 1-56592-522-X
Description	Provides information for women with metastatic breast cancer, their partners, families and friends that will assist them in making decisions about their treatment and care.
Reviews	

- **DVD: “You Are Not Alone; a film about living with secondary breast cancer” – Cancer Council**

Source/link	The Cancer Council Helpline - 131120
Description	It is a story about the experience of three women living with secondary breast cancer. They talk about what it was like when they were first diagnosed with this life threatening illness, and their journey into uncharted territory as they learned to cope, with the support of their family, friends and other women in a professionally led support group. 
Reviews	

- **Booklet: “When cancer won’t go away” – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/downloads/brochures/CISS_brochures/Advanced-cancer-booklet-09.pdf">http://www.cancervic.org.au/downloads/brochures/CISS_brochures/Advanced-cancer-booklet-09.pdf</a>
Description	
Reviews	

- **Fact sheets – BCNA**

Source/link	<a href="http://www.bcna.org.au/content/view/653/1254/">http://www.bcna.org.au/content/view/653/1254/</a>
Description	<ul style="list-style-type: none"> <li>o Travel insurance 2 – Secondary breast cancer</li> <li>o Tax free Superannuation payments for people with a terminal illness</li> </ul>
Reviews	

- **Booklet: “Information about trastuzumab (Herceptin®) for patients with metastatic breast cancer” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/hrmc-information-about-trastuzumab-herceptin®-for-patients-with-metastatic-breast-cancer">http://www.nbocc.org.au/view-document-details/hrmc-information-about-trastuzumab-herceptin®-for-patients-with-metastatic-breast-cancer</a>
Description	
Reviews	

## 15. MULTICULTURAL

- **Booklet: “Understanding Lymphoedema” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category">http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category</a>
Description	Available in Italian, Arabic, Chinese, Greek and Vietnamese
Reviews	

- **Booklet: “Lymphoedema - what you need to know” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category">http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category</a>
Description	Available in Italian, Arabic, Chinese, Greek and Vietnamese.
Reviews	

- **Booklet: “Do you have a breast change?” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category">http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category</a>
Description	Available in Italian, Arabic, Chinese, Greek and Vietnamese.
Reviews	

- **Booklet: “Breast cancer – finding it early could save your life” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category">http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category</a>
Description	Available in Italian, Arabic, Chinese, Greek and Vietnamese.
Reviews	

- **Booklet: “Information for women with early breast cancer” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category">http://www.nbocc.org.au/resources-for-women-family-and-friends/view-category</a>
Description	Available in Italian, Arabic, Chinese, Greek and Vietnamese.
Reviews	

## 16. PARTNERS, CHILDREN & CARERS

- **100 questions & answers about caring for family or friends with cancer**

Author	Rose, Susannah Sudbury, Mass. : Jones and Bartlett Publishers, c2005 ISBN: 0763723614
Description	There are as many as 9 million cancer survivors in the United States. If you are one of the millions of people who need -- or want -- to support someone through the mental and physical ordeal of cancer, you now have help. Written by two professional cancer social workers whose day-to-day work with patients at Memorial Sloan-Kettering Cancer Center makes them experts in the field, 100 Questions & Answers About Caring for Family or Friends with Cancer gives you the information you need to take on this challenge. In clear, practical, yet compassionate language, the authors provide essential answers to common caregivers' questions about finding the right doctor and treatment, emotional and physical support, insurance issues, relationships, finding care for the caregiver, and much more. Practical tips from these professional "insiders" provide invaluable advice for helping your loved one -- and you -- through this frightening disease
Reviews	

- **A caregiver's guide: a handbook about end - of - life care**

Author	Macmillan, Karen [et al] Eastwood, SA: Palliative Care Council of South Australia; 2007. ISBN: 978098039340
Description	A Caregiver's Guide presents family and informal caregivers the medical and nursing information they will need in clear, easily understood language. This guide will help family and informal caregivers to understand the journey upon which their loved ones have embarked, to become effective, informed members of the palliative care team and to provide essential physical, spiritual and emotional support.
Reviews	

- **Cancer In The Family: Helping Children Cope With a Parent's Illness**

Author	Heinery, Sue P. Atlanta, GA: American Cancer Society, 2001 ISBN 0944235344
Description	Outlining valuable steps necessary to help children understand what happens when a parent has been diagnosed with cancer, this guide provides "hands-on-tools" to help those affected by cancer—as well as their loved ones—face many of the dilemmas that come with the disease. Even when a parent is sick, families can learn how to strengthen ties, provide comfort, and show loving concern for each other.
Reviews	

- **Caring For The Dying**

Author	Michael Barbato Sydney: McGraw-Hill, c2002.
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	ISBN: 0074712144
Description	Caring for the Dying explores the extraordinary experience of caring for a loved one who is dying, looking at the practicalities of everyday and long-term care. Using true, poignant stories gleaned from his many years of experience in the medical profession, Michael Barbato broadens the reader's understanding of death and what it means to the many patients, family and friends he has cared for in his professional and personal life. The author approaches this confronting, sensitive subject with a unique, thoughtful understanding of the carer and of the cared for in this enlightening, insightful book.
Reviews	

▪ **Lean on Me**

Author	Lorraine Kember. Beechboro, WA: L. Kember, 2003. ISBN 0646499696
Description	Mesothelioma was the furthest thing from Brian Kember's mind when at the age of fifty two he began to experience shortness of breath. Exposed to Asbestos as a child living with his parents in the asbestos mining town of Wittenoom in Western Australia; he could not have imagined that forty five years later, he would be diagnosed with pleural mesothelioma and given a prognosis of three to nine months. So began Brian's courageous two year battle with this debilitating disease and his wife Lorraine's emotional journey of care. Her determination to care for her husband at home and to ensure that he did not suffer unnecessary pain, resulted in him attaining a quality of life few thought possible. 'Lean on Me' Cancer through a Carer's Eyes is Lorraine and Brian's inspirational true story. If you are caring for a loved one with Mesothelioma or cancer of any kind, you need to read this book. Uniquely combining both the physical and emotional impact of caring for a loved one with cancer, 'Lean on Me' includes insight and discussion on: pain control, symptom management and coping with grief as well as many excerpts and poems from Lorraine's personal diary. These deeply moving pieces, penned by Lorraine as she cared for her dying husband, offer a rare insight into 'anticipatory grief', the roller coaster of emotions we experience upon the terminal diagnosis of a loved one.
Reviews	

▪ **My Mum Has Breast Cancer - a family's cancer journey (Children's book)**

Author	Lisa Swards and Harrison Swards [Hampton, Victoria] : Lisa Swards, 2006. ISBN: 9780646460536
Description	Bella and Harrison's mum, Lisa, got breast cancer. This is their story written and illustrated by them, to show what life was like for them as well as the rest of the family. It also shows what their mum went through to overcome it.
Reviews	

▪ **CD-ROM: Our Special Place love from your grandmother**

Author	Kakoschke, Celia Victoria, SleepTalk Australia, 2006
Description	The "Our Special Place" range of CDs guide children of any age through the process of grief following the death of a family member, a much-loved pet and friends. The CDs are

	designed to be played as your child is lying in their bed, ready to go to sleep at night. As they close their eyes and listen to the story, they are taken to their special place ... a place where they feel safe and secure ... a place where they are free to feel exactly how they want to. A place where they are the most important person, and how they are feeling is the most important thing that there is. In this special place, your child is able to go through the stages of grief in a comforting and supportive way. The grief experience is unique to everyone, and these CDs enable children to go through it at their own pace, and in their own way. The CDs may be listened to as many times as needed, even years later, to allow your child to express their feelings as they arise.
Reviews	

▪ **Past Caring**

Author	Audrey Jenkinson Worcestershire, England : Polperro Heritage Press, 2004. ISBN: 0954423364
Description	Actress Audrey Jenkinson was starring in a BBC television series when she put her career on hold and returned home to Edinburgh to care for her mother suffering from a stroke and her father with cancer. In Past Caring, she describes how she tried to cope with her parents deaths and recalls the void she felt at the time: "I wondered how others coped in similar situations. When I discovered there were no books on the subject. I decided to write one." Audrey travelled throughout the UK. interviewing former carers and asking them how they rebuilt their lives. The stories I heard were both fascinating and uplifting, and I knew other people would find them interesting and helpful. Past Caring also includes a twelve-step recovery guide for past carers.
Reviews	

▪ **Raising an emotionally healthy child when a parent is sick.**

Author	Rauch, Paula K and Muriel, Anna C. New York: McGraw-Hill; c2006. ISBN: 0071446818
Description	<u>From the Back Cover:</u> "A must for any parent dealing with a serious illness. Its wisdom, insight, and commonsense advice are also invaluable to the spouse, partner, brother, sister, or friend supporting one who's facing the demands of raising children while struggling with illness." --Soledad O'Brien, anchor, CNN, "American Morning". Two Harvard Medical School psychiatrists help you prepare for the special parenting challenges that come with illness. Based on the Massachusetts General Hospital's acclaimed PACT program (Parenting at a Challenging Time), Raising an Emotionally Healthy Child When a Parent Is Sick helps you: Communicate with your child about the illness, Understand each child's unique temperament, Organize a family support system, Maintain a daily routine and reestablish normalcy, Prepare for hospital visits, Answer tough questions about death and dying
Reviews	

▪ **Safina and the Hat Tree (Children's book)**

Author	Cynthia Hartman Wollongong, NSW: Nomota, 2004. ISBN 0 646 43541 8
Description	This picture book helps introduce the concept of cancer to young children. Safina confronts

	her cancer with the help of her family, dog Reuben and her sense of humour. Together with the children at school, she embarks on a journey of fun and hope through the use of a collection of hats from her hat tree. Ages 4 to 7 years
Reviews	

- **She's Got What? (Children's book)**

Author	Carrie Lethborg & Angela Kirsner Melbourne: St Vincent's Hospital - Department of Oncology, 1999. ISBN: 1875271309
Description	A story book designed for parents to read to their children
Reviews	

- **Supporting a Person Who Needs Palliative Care: A Guide for Family and Friends**

Author	Dr Peter Hudson East Melbourne, VIC: Palliative Care Victoria, 2004. ISBN: 0958087911
Description	"This carers booklet provides a comprehensive, empathetically written, resource about the common issues facing carers during a journey with someone facing an incurable progressive illness. The information is presented in a manner that will empower them in their role as carer and minimise the stresses present during their relatives' illness. The booklet highlights the holistic approach taken in palliative care and can be read in "bite size chunks". I would be confident to recommend it to my patients' carers". Dr. Peter Martin Regional Director, Palliative Care Barwon Health Victoria, Australia
Reviews	

- **The Courage to Care: The Impact of Cancer on the Family**

Author	Susanne Baxandall Melbourne: David Lovell Publishing, 1993. ISBN: 1863550364
Description	What happens when someone close to us develops cancer? How do we manage the tasks and emotions of caring? In this book, individuals who have cared for someone with cancer relive their hopes, struggles and fears; their angers and frustrations; and the rewards. But, most importantly, they describe what helped them. This book will challenge the way many professionals think about caring. It will give support and information to all carers who choose to make this difficult journey.
Reviews	

- **The Grief Of Our Children**

Author	Dianne McKissock Sydney: ABC Books, 1998. ISBN: 0733306799
Description	When children grieve, their pain, curiosity and directness can force a confrontation of reality that we may prefer to deny. How can we provide answers to questions that we ourselves dare not formulate? How can we provide reassurance that everything will be

	<p>alright when we are not sure of our own ability to survive? How can we comfort when we feel comfortless and bereft of emotional resources? We may have much to learn about children's grief, but there are many things we do know. This unique, practical book explores the grief of children of all ages and highlights specific aspects of grief at each stage of psychosocial development. It provides useful suggestions which empower grieving children and provides hope, understanding and support for those who care for them. The youngest of children grieve the loss of anyone or anything that is important to them. Their grief is not very different from the grief we experience as adults and if they are loved, supported and allowed to grieve in a safe environment in their own way, they, like us, can survive what seems unsurvivable</p>
Reviews	

▪ **What Can I Do To Help? : 75 practical ideas for family and friends from Cancer's frontline**

Author	<p>Deborah Hutton London: Short, 2005. ISBN: 1904977391</p>
Description	
Reviews	<p><u>NSW Cancer Council:</u> When she was diagnosed with end-stage lung cancer at 47, the author, a former health editor of Vogue UK, decided to use her research and writing skills to produce a practical guide for people who wanted to help but just didn't know how. The result is a supremely practical anthology of helpful things to do, including "what to say" and "what to do". Acting on just one of the suggestions in this book could be one of the most useful things anyone could do when a family member or friend is diagnosed with cancer.</p>

▪ **What Can I Say? A Guide to Visiting Friends and Family Who Are Ill**

Author	<p>Simon and Karen Adelaide: Fox Flinders Press, 2003. ISBN: 0646423347</p>
Description	
Reviews	<p><u>NSW Cancer Council:</u> Men especially find it difficult to say and do the right thing when they are visiting a patient who is nearing the end of their life. This short "how to" book contains practical advice and guidance to overcome commonly held fears. Chapter headings include "What to say", "What not to say" and "Children and Illness". With less than 20 pages of text, this book is brief and accessible to readers who are short of time. It would be a great gift for anyone with a loved one in care.</p>

▪ **When a Parent Has Cancer: A Guide to Caring For Your Children**

Author	<p>Wendy Schlessel Harpham New York: HarperPerennial, 1997. ISBN: 0060187093</p>
Description	<p>At some point in our lives, many of us will face the crisis of an unexpected illness. For parents, the fear, anxiety and confusion resulting from a cancer diagnosis can be particularly devastating. When A Parent Has Cancer is a book for families written from the heart of experience. A mother, physician, and cancer survivor, Dr Wendy Harpham offers</p>

	clear, direct, and sympathetic advice for parents challenged with the task of raising normal, healthy children while they struggle with a potentially life-threatening disease. Dr Harpham lays the groundwork of her book with specific plans for helping children through the upheaval of a parent's diagnosis and treatment, remission and recovery, and if necessary, confronting the possibility of death. She emphasises the importance of being honest with children about the gravity of the illness, while assuring them that their basic needs will always be met. Included is <i>Becky and the Worry Cup</i> , an illustrated children's book that tells the story of a seven-year-old girl's experiences with her mother's cancer.
Reviews	

▪ **When Mama wore a hat. (Children's book)**

Author	Schick, Eleanor. Arty Projects Studio; 2007. ISBN: 0646435418
Description	
Reviews	

▪ **You, Me & The Rainbow (Children's book)**

Author	Petrea King Paddington, NSW: Jane Curry Publishing. Australia, 2005 ISBN: 1929727183
Description	
Reviews	<u>NSW Cancer Council:</u> A picture book story for young children about Mariah and her mother. Like every child, Mariah loves rainbows. Every night Mariah's mother wraps her in a rainbow, to make her feel warm and safe. The rainbow is a metaphor for love which can be shared, even with lost puppy dogs and people who are far away. Mariah feels wrapped in a rainbow and in turn reaches out to send others a rainbow. Kids love the illustrations and the story, which makes us all feel less alone.

▪ **My Mum's Got Cancer**

Author	Dr Lucy Blunt Paddington, NSW: Jane Curry Publishing. Australia 2009 ISBN: 9780980475852
Description	My Mum's Got Cancer is a picture book with a difference: it provides information and practical advice to children at a time when they are frightened and need reassurance. Author Dr Lucy Blunt is a Clinical Psychologist, mother and breast cancer survivor and knows first-hand the fears and experiences involved in telling children that Mummy has cancer. The book is honest, clear and often humorous and offers support and comfort to children and is an invaluable resource to their family, school and the wider community.
Reviews	

- **CD: “When the woman you love has early breast cancer (Boys do Cry)” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au">http://www.nbocc.org.au</a>
Description	This audio CD provides information to men about supporting a woman through early breast cancer. Contents: 1. Introduction 2. After the diagnosis 3. Getting the information 4. Offering support 5. Feelings about her body 6. Impact on relationships 7. Feelings and moods 8. Getting through the day 9. Life beyond breast cancer 10. Help and support
Reviews	



- **Booklet: “Caring for the person with advanced breast cancer” – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/18/Caring_for_the_person_Jul09.pdf">http://www.cancersa.org.au/resource_library/3/18/Caring_for_the_person_Jul09.pdf</a>
Description	
Reviews	

- **Booklet: “What is happening to my mummy?” – Cancer Council Queensland**

Source/link	<a href="http://www.cancerqld.org.au/icms_docs/60428_What_is_happening_to_my_Mummy.pdf">http://www.cancerqld.org.au/icms_docs/60428_What_is_happening_to_my_Mummy.pdf</a>
Description	
Reviews	

- **“What about me?” (children’s comic strip) – Cancer Council Queensland**

Source/link	<a href="http://www.cancerqld.org.au/icms_docs/60427_What_About_Me_Childrens.pdf">http://www.cancerqld.org.au/icms_docs/60427_What_About_Me_Childrens.pdf</a>
Description	
Reviews	

- **Booklet: “When a parent has cancer” – Cancer Council New South Wales**

Source/link	<a href="http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/talkingtokids/downloads/when_a_parent_has_cancer.pdf">http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/talkingtokids/downloads/when_a_parent_has_cancer.pdf</a>
Description	
Reviews	

- **Booklet: “Caring for someone with cancer” – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/downloads/brochures/AL759_Newest_Carers_book2_Fin.pdf">http://www.cancervic.org.au/downloads/brochures/AL759_Newest_Carers_book2_Fin.pdf</a>
Description	
Reviews	

- **Booklet: “When cancer won’t go away” (for carers) – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/downloads/carers/WCWGA_Carers.pdf">http://www.cancervic.org.au/downloads/carers/WCWGA_Carers.pdf</a>
Description	
Reviews	

- **DVD: “A Helping Hand - A valuable resource for cancer patients, families and caregivers” – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/resources/search">http://www.cancervic.org.au/resources/search</a>
Description	
Reviews	

## 17. RECONSTRUCTION

- **Video/DVD: “Breast Reconstruction: Is It For Me?” – Cancer Council Queensland**

Source/link	Queensland Cancer Fund Brisbane, Qld.: Queensland Cancer Fund, c2005.
Description	
Reviews	

- **Fact sheet: “Breast reconstruction” – Breast Cancer Institute**

Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets">http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets</a>
Description	
Reviews	

- **Booklet: “Breast reconstruction” – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/17/Breast_reconstruction_Nov2007.pdf">http://www.cancersa.org.au/resource_library/3/17/Breast_reconstruction_Nov2007.pdf</a>
Description	
Reviews	

- **Booklet: “Your guide to breast forms (protheses)” – Cancer Council New South Wales**

Source/link	<a href="http://www.cancerCouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/breastformsp/downloads/breastforms_protheses.pdf">http://www.cancerCouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/breastformsp/downloads/breastforms_protheses.pdf</a>
Description	
Reviews	

- **Booklet: “Breast reconstruction: your choice” – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/downloads/cancer_information/AL677_New_Breast_Recon_book_for_Web.pdf">http://www.cancervic.org.au/downloads/cancer_information/AL677_New_Breast_Recon_book_for_Web.pdf</a>
Description	
Reviews	

- **Booklet: “Breast reconstruction: your choice” – Cancer Council Tasmania**

Source/link	<a href="http://www.cancertas.org.au/pages/resourceorderform3.php">http://www.cancertas.org.au/pages/resourceorderform3.php</a>
Description	
Reviews	

▪ **External breast prostheses reimbursement program – Medicare Australia**

Source/link	<ul style="list-style-type: none"> <li>o Information about the reimbursement: <a href="http://www.medicareaustralia.gov.au/public/files/2231-fact-sheet.pdf">http://www.medicareaustralia.gov.au/public/files/2231-fact-sheet.pdf</a></li> <li>o Claiming the reimbursement: <a href="http://www.medicareaustralia.gov.au/public/files/2224-claim-form.pdf">http://www.medicareaustralia.gov.au/public/files/2224-claim-form.pdf</a></li> </ul>
Description	<p>The Commonwealth Government has committed \$31 million over five years to provide a reimbursement of up to \$400 for both new and replacement external breast prostheses for Australian women who have had a mastectomy as a result of breast cancer. The program aims to ensure national consistency in the provision of support towards the cost of breast prostheses.</p>
Reviews	

## 18. SURVIVORSHIP

- **DVD: “Surviving Survival” – Four Corners**

Source/link	Sydney, Australian Broadcasting Corporation 2000
Description	Every year about 75,000 Australians hear the dreaded diagnosis: they have cancer. The good news is that these days most people beat the disease. But pioneering research aired on Four Corners shows that for many people, surviving cancer can be just the beginning of a process that is more difficult and more painful than the illness itself. Until now, few had imagined that surviving cancer could be an experience comparable to surviving war or natural disaster. Survivors may find their relationships fall apart. Some feel enormous guilt for having survived while others did not. They may live in constant fear of recurrence. They are saddled with stigma and may face discrimination in the workplace. Two couples and three single young women - cancer survivors and their loved ones - courageously tell Four Corners of their experiences and innermost thoughts.
Reviews	

- **Surviving Survival: Life After Cancer**

Author	Miles Little Marrickville, NSW: Choice Books c2001. ISBN: 0947277803
Description	"Surviving Survival" seen on ABC TVs 4 Corners, was based on the work of the authors of this book" -- back cover.
Reviews	

- **Life, happiness & cancer: survive with action and attitude!**

Author	Phil Kerslake; Australia: Fontaine Press; 2008 ISBN: 9780980417067
Description	Six time Cancer survivor Phil Kerslake shows you how to use action and attitude to support cancer recovery. You'll learn: * To cope with a cancer battle as you never thought you could * What being a fighter really means * What being an active patient involves in practice * To turn faith and hope into verbs and wishes into actions * To convene a life path audit that will feed your will to live * How to live in accordance with your own way of being, relating and creating to support your recovery prospects * To create a life with more balance, meaning and fulfilment
Reviews	

- **Booklet: “After breast cancer” – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/16/After_breast_cancer_Dec2008.pdf">http://www.cancersa.org.au/resource_library/3/16/After_breast_cancer_Dec2008.pdf</a>
Description	
Reviews	

- **Booklet: “Living well after cancer” – Cancer Council New South Wales**

Source/link	<a href="http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/downloads/LivingWell_LR.pdf">http://www.cancercouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/downloads/LivingWell_LR.pdf</a>
Description	
Reviews	

- **Booklet: “Life after cancer” – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/downloads/Life_after_cancer_survivors/Life_after_cancer.pdf">http://www.cancervic.org.au/downloads/Life_after_cancer_survivors/Life_after_cancer.pdf</a>
Description	
Reviews	

- **DVD: “Survivorship: Just take it day to day- A guide to surviving life after cancer” – Cancer Council Victoria**

Source/link	<a href="http://www.cancervic.org.au/resources/search">http://www.cancervic.org.au/resources/search</a>
Description	
Reviews	

- **Fact sheet: “Nutrition after breast cancer” – Breast Cancer Institute**

Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets">http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets</a>
Description	
Reviews	

## 19. TREATMENT

- **Fact sheets – Breast Cancer Institute**

Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets">http://www.bci.org.au/index.php/about-breast-cancer/fact-sheets</a>
Description	<ul style="list-style-type: none"> <li>o Adjuvant chemotherapy</li> <li>o Breast biopsy</li> <li>o Breast conservation</li> <li>o Hookwire Localised Breast Surgery</li> <li>o Hormone treatment for early breast cancer</li> <li>o Mastectomy</li> <li>o Sentinel Node Biopsy</li> <li>o Shoulder Care</li> <li>o Tamoxifen</li> <li>o Wound Care</li> <li>o Your breast cancer operation</li> <li>o Radiotherapy</li> </ul>
Reviews	

- **Fact sheet: “Hair loss” – BCNA**

Source/link	<a href="http://www.bcna.org.au/content/view/653/1254/">http://www.bcna.org.au/content/view/653/1254/</a>
Description	
Reviews	

- **Booklet: “Information about Herceptin for patients with early breast cancer” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/hrec-information-about-trastuzumab-herceptin®-for-patients-with-early-breast-cancer">http://www.nbocc.org.au/view-document-details/hrec-information-about-trastuzumab-herceptin®-for-patients-with-early-breast-cancer</a>
Description	
Reviews	

- **Booklet: “Hormonal therapies for women with early breast cancer” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/htc-hormonal-therapies-for-women-with-early-breast-cancer">http://www.nbocc.org.au/view-document-details/htc-hormonal-therapies-for-women-with-early-breast-cancer</a>
Description	
Reviews	

- **Choices in breast cancer treatment: medical specialists and cancer survivors tell you what you really need to know.**

Author	Miller, Kenneth. Baltimore: Johns Hopkins University Press, 2007.
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	ISBN: 9780801886850
Description	Miller, an oncologist and director of the Yale Cancer Center Survivorship Program, presents a unique and indispensable book for women facing breast cancer, which features individual chapters written by medical experts and breast cancer survivors. Because there are so many potential scenarios, treatment options vary, and women must decide which route to take in a timely fashion while simultaneously confronting their fears.
Reviews	

▪ **Dr. Susan Love's Breast Book 4th ed**

Author	Love, Susan Cambridge, Mass. : Da Capo Lifelong, 2005. ISBN: 0738209732
Description	New surgical and non-surgical measures that carriers of the breast cancer gene can take for prevention; Use of tamoxifen cream and freezing of fibroadenomas; Blood tests for breast cancer - now in development. New data on which breast cancer patients need chemotherapy (only about 25 per cent of postmenopausal patients) and which need only tamoxifen; MRI and ultrasound tests: how well they work in comparison with mammograms; The new aromatase inhibitors that may replace tamoxifen and have fewer side effects; More localized radiation and highly targeted therapies; Metastatic disease: new therapies and new survival curves; New data on lobular carcinoma in situ (LCIS) that will change the way it is viewed and treated; New statistics on sentinel node biopsy (removing just key lymph nodes instead of 10-12, which can cause lifelong side effects, such as infections and swelling) and its accuracy.
Reviews	

▪ **Video: "Palliative Care: More Than Just Pain Control"**

Author	Palliative Care Australia Deakin, ACT: Palliative Care Australia, c2003.
Description	This short video is designed to raise awareness about palliative care by following the story of Kevin and Lillian through Kevin's illness and following his death. We meet Kevin and Lillian in the GP's surgery with the GP explaining that curative measures are no longer appropriate and that it's time to call in the palliative care team. We then follow Kevin and Lillian in learning what palliative care is and meet members of the multidisciplinary palliative care team. We also meet carers who have experienced, and greatly benefited from, palliative care. Maureen tells us about her experiences with palliative care at home during her husband's illness and death. Maureen gives us some wonderful insights into her personal situation and tells us: 'I don't know if people are scared of the term palliative care – whether they think it's just about pain – but it's so much more than that.' The Medical Director gives us a very clear understanding of what palliative care is – about the philosophy that is palliative care. A community palliative care nurse tells us about the possibilities of caring for a dying person at home – and the important role that family, friends and carers play in providing good palliative care at home. A trained palliative care volunteer tells us about her role, describes the privilege of being with a dying person and the rewarding experience which results from this. A bereavement counsellor outlines her role and we follow all of these people throughout the nine months of Kevin and Lillian's palliative care experience. This video is designed to enhance the understanding of palliative care and provide a source of information for people who may be considering palliative care. It will also provide information to GPs, other medical specialties and all health providers who may want to know more about palliative care. You will learn from and be moved by this video.

	These are real people who have kindly agreed to share their stories. Although the characters of Kevin, Lillian and their son John, are played by actors, everyone else who appears on this video make up part of the multidisciplinary palliative care team!
Reviews	

▪ **VIDEO or DVD: “Looking After Yourself During Chemotherapy”**

Author	Peter MacCallum Cancer Foundation 2004.
Description	Looking After Yourself During Chemotherapy is designed for patients as well as their carers and families. Based on the experiences of people who have had chemotherapy, the 25-minute program’s content is verified by a chemotherapy specialist at the Peter MacCallum Cancer Centre. The program demystifies the experience, exploring its practicalities. Subjects covered include what chemotherapy is like, managing side effects, fever and infection, taking care of the mouth and managing hair loss. No specific locations are mentioned, making it suitable for people about to have chemotherapy anywhere in Australia.
Reviews	

▪ **Booklet: “About Chemotherapy” – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/17/About_chemotherapy.pdf">http://www.cancersa.org.au/resource_library/3/17/About_chemotherapy.pdf</a>
Description	
Reviews	

▪ **Booklet: “About Surgery” – Cancer Council South Australia**

Source/link	<a href="http://www.cancersa.org.au/resource_library/3/17/About_surgery_Nov2006.pdf">http://www.cancersa.org.au/resource_library/3/17/About_surgery_Nov2006.pdf</a>
Description	
Reviews	

▪ **Booklet: "Understanding radiotherapy” – Cancer Council Queensland**

Source/link	<a href="http://www.cancerqld.org.au/icms_docs/60441_Understanding_Radiation_therapy.pdf">http://www.cancerqld.org.au/icms_docs/60441_Understanding_Radiation_therapy.pdf</a>
Description	
Reviews	

▪ **Booklet: “Understanding chemotherapy” – Cancer Council New South Wales**

Source/link	<a href="http://www.cancerCouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/chemotherapy/downloads/understanding_chemo.pdf">http://www.cancerCouncil.com.au/html/patientsfamiliesfriends/livingwithcancer/chemotherapy/downloads/understanding_chemo.pdf</a>
Description	
Reviews	

▪ **Booklet: “Understanding clinical trials” – Cancer Council New South Wales**

Source/link	<a href="http://www.cancercouncil.com.au/html/research/cancertrials/downloads/understanding_clinicaltrials.pdf">http://www.cancercouncil.com.au/html/research/cancertrials/downloads/understanding_clinicaltrials.pdf</a>
Description	
Reviews	

▪ **Booklet: “After breast cancer surgery: looking ahead” – Cancer Council Tasmania**

Source/link	<a href="http://www.cancertas.org.au/pages/resourceorderform3.php">http://www.cancertas.org.au/pages/resourceorderform3.php</a>
Description	
Reviews	

## 20. YOUNG WOMEN

- **DVD: “Young Women Talking”**

Source/link	Cancer Council Victoria, 2006 <a href="http://breacan.org.au/welcome/publications/post/young-women-talking/">http://breacan.org.au/welcome/publications/post/young-women-talking/</a>
Description	A multimedia booklet and DVD which explores the issues affecting young women with breast cancer, as told by a group of young women, in their own words.
Reviews	

- **CD ROM: “Breast Cancer in Younger Women – Public Forum 2006” – Brest Cancer Institute**

Source/link	<a href="http://www.bci.org.au/index.php/about-breast-cancer/resources">http://www.bci.org.au/index.php/about-breast-cancer/resources</a>
Description	<p>Breast cancer: My journey - Ms Jennifer Bradley</p> <p>Special issues for rural women - Ms Margaret Collins</p> <p>Life after breast cancer - the medical issues - Dr Kirsty Stuart</p> <p>Sexuality after breast cancer - Dr Rosie King</p> <p>Breast cancer: My journey - Ms Vivienne Jarratt</p> <p>Living with uncertainty - Dr Jemma Gilchrist</p> <p>Exercise after cancer treatment - Professor Robert Newton</p>
Reviews	



- **DVD: “Empowering young women with breast cancer” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/eyw-empowering-young-women-with-breast-cancer-dvd">http://www.nbocc.org.au/view-document-details/eyw-empowering-young-women-with-breast-cancer-dvd</a>
Description	<p>The production of this DVD was part of the Northern Rivers Division of General Practice's support project for young women with early breast cancer. It was funded by the National Breast Cancer Centre through the Polo Ralph Lauren Pink Pony</p>
Reviews	



- **Booklet: “Breast cancer and early menopause - a guide for younger women” – NBOCC**

Source/link	<a href="http://www.nbocc.org.au/view-document-details/bcmc-breast-cancer-and-early-menopause-a-guide-for-younger-women">http://www.nbocc.org.au/view-document-details/bcmc-breast-cancer-and-early-menopause-a-guide-for-younger-women</a>
Description	<p>This booklet is for younger women diagnosed and treated for breast cancer who may be at risk of early menopause</p>
Reviews	

