

Although all of these may not be available in your closest public library location, you can request these materials on Interlibrary Loan. Go to your local public library and the staff will help you access this free service.

Books

Breast Cancer Book of Strength and Courage : Inspiring Stories to See You Through Your Journey by . Call #: 616.994 B63 (2002)

Breast Cancer Husband : How to Help Your Wife (And Yourself) Through Diagnosis, Treatment, and Beyond by Silver, Marc.
Call #: 616.99 SI3 (2004)

Breast Cancer : the Complete Guide by Hirshaut, Yashar.
Call #: 616.994 H61 (2004)

Breast Cancer Care Book : a Survival Guide for Patients and Loved Ones by Knox, Sally. Call #: 616.994 K77 (2004)

Breast Cancer Information : a User Guide to Information and Support Services in Newfoundland and Labrador by Tite, Heather. Call #: 616.994 T53 (2004)

Living Through Breast Cancer : What a Harvard Doctor and Survivor Wants You to Know about Getting the Best Care While Preserving Your Self-image by Kaelin, Carolyn. Call #: 616.994 K11 (2005)

Dr. Susan Love's Breast Book by Love, Susan. Call #: 618.19 L94 (2005)

Chicken Soup for the Breast cancer Survivors Soul by Canfield, Jack. Call #: 158 C43 (2006)

What You Need to Know About Breast Cancer: Diagnosis, Treatment & Beyond by Kelly, Pat. Call #: 616.994 K29 (2006)

Intelligent Patient's Guide to Breast Cancer: All You Need to Know to Take an Active Part in Your Treatment - 4th ed by Olivotto, Ivo. Call #: 616.994 OL4 (2006)

Breast Cancer Survivor's Fitness Plan: Reclaim Health, Regain Strength, Live Longer by Kaelin, Carolyn. Call #: 616.9944 K11 (2007)

Breast Cancer Clear and Simple: All Your Questions Answered by American Cancer Assn. Call #:

616.9944 B74 (2008)

DVDS & Videos

At My Mother's Breast by Watson-Hugues, Heather. Call #: Video 616.9944 AT1 (2005) Filmmaker Heather Watson-Burgess is 27 years old. She is the daughter of a woman with breast cancer, who is the daughter of a woman with breast cancer, who is the daughter of a woman with breast cancer. Through intimate interviews, up-close footage and video diaries, she weaves together an extraordinary story of a family coming together and sharing their tender moments of laughter, tears and loss.

My Left Breast: an Unusual Film about Breast Cancer by Rogers, Gerry. Call #: Video 616.994 R63 (2000) An honest, heartwarming tale of a charming, witty and wonderful woman's outlook on life, love and breast cancer. It is an amazingly candid film, not to be missed.

River of Life: Paddlers Abreast Team by . Call #: DVD 362.196 R52 (2007) The story chronicles the experiences of a group of women calling themselves the 2006 Paddlers Abreast team as they compete in the

Yukon River Quest, the world's longest annual canoe and kayak race.

Websites

On the public libraries website (www.nlpl.ca), you can access free electronic databases. Click on eResources and Online Reference Centre. The Consumer Health Database will have quality, authoritative sources of information.

You can get free access to these websites by using your barcoded library card for the login or a the user name and passwords that are available through your local public library.

(This list compiled in November 2008 by Jewel Cousens, Audio-Visual/Reference Librarian. I am also a 4-year breast cancer survivor.)