

BreaCan is a free, confidential information and support service for people affected by breast or gynaecological cancers. BreaCan has a comprehensive library of resources and below is a snapshot of the most popular books and videos based on feedback from service providers and women who use our service. This resource list focuses on early breast cancer and all books, DVDs and videos are available for loan through BreaCan. These resources are additional to the standard resources available through Cancer Council Victoria, Breast Cancer Network Australia and the National Breast and Ovarian Cancer Centre.

To borrow any of the resources please call us on 1300 781 500 or drop-in and visit.

Diagnosis & Treatment

- Book **Dr Susan Love's Breast Book**
 Love, Susan M.; Lindsey Karen. Cambridge, MA: Perseus Publishing 2005
- Book **The lymphoedema handbook: causes, effects and management**
 Piller, Neil B; O'Connor, Maree. Melbourne: Hill of Content, 2006
- Book **Breast Cancer for dummies**
 Elk, Ronit; Morrow, Monica; Moore, Rosemary. Milton, Qld: John Wiley & Sons (Aust), 2006
- Book **Chemotherapy and Radiation for dummies**
 Lyss, Alan P; Fagundes, Humberto M; Corrigan, Patricia. Hoboken, NJ: Wiley, 2005
- DVD/Video **Looking after yourself during chemotherapy**
 Peter MacCallum Cancer Centre. Melbourne, VIC: ERCMEDIA 2004
- DVD **Living with Lymphoedema**
 NSW Breast Cancer Institute, 2009
- Audio CD **Breast Surgery: making decisions**
 O'Brien, Jane. BreaCan What's On information session, Vol 22 October 2005
- Audio CD **How to Decide? Tough Decisions!**
 Efe, Dr Narine. BreaCan What's On information session, Vol 44 February 2008

Living with Breast Cancer

- Book **After breast cancer: answers to the questions you're afraid to ask**
 Mayer, Musa. Sebastopol, CA: O'Reilly, 2003
- Book **After Cancer: a guide to your new life**
 Harpham, Wendy Schlessel. New York: Harper Perennial, 1995
- Book **Dancing in Limbo: making sense of life after breast cancer**
 Halvorson-Boyd, Glenna; Hunter, Lisa K. San Francisco, CA: Jossey-Bass, 1995
- Book **The human side of cancer: living with hope, coping with uncertainty**
 Holland, Jimmie C; Lewis, Sheldon. New York: Quill 2000
- Book **Diagnosis Cancer: Your guide to the first months of healthy survivorship**
 Harpham, Wendy Schlessel M.D. New York: W. W. Norton & Company 2003
- DVD **So, I have breast cancer, what now? A guide for women and their families**
 Monash University, Women's Health Program. Victoria: Monash University, 2006
- Book **Heart songs in the key of C - women writing about breast cancer**
 Moonee Ponds, Vic: Kate Carey Productions, 2006
- DVD **A helping hand: A valuable resource for cancer patients, families and caregivers**
 Picchi Brothers Foundation. Melbourne, Vic: Picchi Brothers Foundation, 2007
- DVD **Just Take it Day to Day: A guide to surviving life after cancer**
 ERCMedia. Peter MacCallum Cancer Centre, 2007
- Booklet **Life After Cancer: A guide for cancer survivors**
 The Cancer Council Victoria. Melbourne, 2007
- Booklet **Cancer – How are you Travelling? Understanding the emotional and social impact of cancer**
 National Breast and Ovarian Cancer Centre. Surry Hills, 2007

Breast Reconstruction

- Book **Reconstructing Aphrodite**
Lorant, Terry; Eskenazi, Loren; Burlington, VE: Verve Editions, 2001
- Book **A woman's decision: breast care, treatment and reconstruction**
Berger, Karen; Bostwick, John. St Louis, MO: Quality Medical Publishing, 2008
- Video/DVD **Breast reconstruction: Is it for me?**
Cancer Council Queensland: Brisbane, 2005
- Audio CD **BreaCan What's On Information Sessions**
Farrell, Gillian. Vol 25 March 2006
Ashton, Mark. Vol 37 May 2007
Farrow, Hamish. Vol 48 April 2008

Young Women, Sexuality and Fertility

- Book **Fighting for our future: how young women find strength, hope, and courage while taking control of breast cancer**
Murphy, Beth. Sydney: McGraw-Hill. 2003
- Book **Sexuality and fertility after cancer**
Schover, Leslie R. Brisbane: John Wiley and Sons. 1997
- Book **No less a woman: femininity, sexuality and breast cancer**
Kahane, Deborah Hobler. Alameda, CA: Hunter House. 1995 Book
- DVD **Young Women Talking... about living with breast cancer**
For women 45 years and under Melbourne: BreaCan, 2006
- Booklet **Sexuality for women with cancer: A guide for women with cancer, their families and friends**
The Cancer Council NSW. Woolloomooloo, NSW: Cancer Council NSW, 2006
- Book **Cancer Vixen**
Acocetta Marchetto, Marisa. New York: Alfred A. Knopf Publishing, 2006

Health & Wellbeing

- Video/DVD **Feel Good exercise Program**
BreaCan, Sammut, Judy. Melbourne, 2004 (This video can only be borrowed after attending the program)
- Book **Kitchen Table Wisdom: Stories that heal**
Remen, Rachel Naomi. Sydney: Pan Macmillan, 2002
- Book **My grandfather's blessings: stories of strength, refuge, and belonging**
Remen, Rachel Naomi. New York: Riverhead Books, 2000
- Audio CD & Booklet **Learning To Relax**
Queensland Cancer Fund. Spring Hill, Qld: Queensland Cancer Fund, 2002
- Audio CD **Daydreaming: therapeutic relaxation - soothing music with dialogue**
Peter MacCallum Cancer Institute, Occupational Therapy Department. Melbourne
- Book **Learning to relax: ease tension, conquer stress, free the self**
George, Mike. London, UK: Duncan Baird Publishers, 1998
- Audio CD **A taste of meditation: practical techniques to relax the body and calm the mind**
Melbourne Meditation Centre. 2006
- Book **Is it Hot in Here? Or is it Me? The Complete Guide to Menopause**
Wingert, Pat and Kantrowitz, Barbara. Sydney: Hachette Australia, 2007
- Book **Choosing Happiness: Life and Soul Essentials**
Dowrick, Stephanie. Allen and Unwin, 2005
- Audio CD **The Quiet: Four simple steps to Peace and Contentment**
Wilson, Paul. Bolinda Audio, 2006
- Book **Rediscovering Our Sacred Selves**
Hamilton, Maggie. Camberwell: Penguin Books, 2002
- Book **A Pocketful of Sequins: Words from the heart of people touched by breast cancer**
Crows Nest: Moonstone Media, 2006
- Book **The Essence of Health: The seven pillars of wellbeing**
Hassed, Dr Craig. North Sydney: Ebury Press, 2008

To borrow any of the resources please call us on 1300 781 500 or drop-in and visit our resource centre. The centre is located at Ground Floor, Queen Victoria Women's Centre, 210 Lonsdale Street, Melbourne. The centre is open from 10am - 2pm Monday, Wednesday and Thursday. For more information visit www.breacan.org.au