

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 some of the more popular items based on feedback from service providers and women who use our service. This resource list focuses on advanced breast cancer, and are in addition to the standard resources available through the Cancer Council Victoria.

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

Diagnosis & Treatment

- Book** **100 Questions and Answers about Advanced and Metastatic Breast Cancer**
 Shockney, Lillie & Shapiro, Gary. Massachusetts: Jones & Bartlett, 2009
- Kit** **Hope and Hurdles (Package of booklets, brochures & CD's)**
 Breast Cancer Network Australia (BCNA) Camberwell Vic. Comprehensive information pack for women diagnosed with secondary breast cancer. Order from BCNA ph 1300 887 340 or online at www.bcna.org.au
- Book** **A guide for women with metastatic breast cancer**
 National Breast and Ovarian Cancer Centre. Camperdown, NSW: NBOCC, 2001
- Booklet** **Relapsed and advanced breast cancer**
 Eli Lilly Australia Pty Ltd. West Ryde, NSW 2006

Living with Advanced Cancer

- Book** **Advanced Breast Cancer: a guide to living with metastatic disease**
 Mayer, Musa. Sebastopol, CA: O'Reilly, 1998
- Book** **The human side of cancer: living with hope, coping with uncertainty**
 Holland, J C; Lewis, S. New York: Quill 2000
- Audio CD** **Living with changed energy levels**
 Bourke, Jenni. Making Connections information session, Vol 9A, August 2007
- Booklet** **I Still Buy Green Bananas: living with hope, living with advanced breast cancer**
 Breast Cancer Network of Strength (formerly known as Y-me National Breast Cancer Organization).
 Chicago: Breast Cancer Network of Strength, 2008
 Available online at <http://www.networkofstrength.org/information/publications/brochures.php> Topics include: coming to terms with your diagnosis, facing the future, pulling together a support system and living with cancer.
- Website** **Living Beyond Breast Cancer** www.lbbsc.org
 North American site that contains a wide range of information about both medical and quality of life topics. Click on 'LBBC Publications' under the Learn More Heading, then click on 'Transcripts and Audio Recordings', then 'Advanced Breast Cancer' to find transcripts and podcasts on titles such as Living with Uncertainty, Coping with Emotions, & Talking to Your Family.
- Website** **Work welfare wills** www.chronicillness.org.au/workwelfarewills
 Melbourne:Chronic Illness Alliance, 2009
 A plain English guide to legal issues around health and life changes created for people whose illness is affecting their ability to work. It covers Centrelink Entitlements, Health Privacy, Powers of Attorney and Guardianship, Superannuation, Insurance, Travel Insurance and Wills.
- Website** **Cancerbackup** www.cancerbackup.org.uk
 Well regarded general cancer site from the UK. Comprehensive information about medical and social aspects of advanced breast cancer.
- Website** **Aussie Breast Cancer Forum** www.bcaus.org.au
 Australian online discussion forum run by and for people affected by breast cancer. Includes a forum specifically for women living with advanced breast cancer.

Women's Stories

- Book** **Armed with chocolate frogs - Living with advanced breast cancer**
 Moonee Ponds, Vic: Kate Carey Productions, 2006
 A powerful and moving collection of writing from women across Australia who are living with advanced breast cancer.
- Book** **A life to live: a group journey with advanced breast cancer**
 Thursday Girls. Carlton North, Vic: PsychOz Publications, 2004
 A collection of stories from the Thursday Girls, a professionally facilitated group for women with advanced disease.
- DVD** **You're Not Alone: a film about living with secondary breast cancer**
 Advanced Breast Cancer Group. West End, Qld: 2008
 Three Australian women talk about their experience of advanced breast cancer.
- DVD** **The Quiet War: Profiles of women facing advanced breast cancer**
 Affinity Films. United States of America: 2007
 Personal stories of women as well as information from 3 'experts'; an oncologist, a social worker, and author Musa Mayer. Also includes a discussion about palliative care.

Advanced Breast Cancer Recommended Resources

Carers

- Book **When life becomes precious: the essential guide for patients, loved ones and friends of those facing serious illness**
Babcocl, Elise Needell. New York: Batam, 1997
- Book **The Courage to Care: The impact of cancer on the family.**
Baxandall, Susanne & Reddy, Prasuna. Melbourne: David Lovell Publishing, 1993
Stories from a wide range of carers about the experience of caring for someone with cancer. Includes reflections from each carer on important events and what helped.
- DVD **When the woman you love has advanced breast cancer**
National Breast and Ovarian Cancer Centre. Camperdown, NSW: NBOCC
- Book **The Etiquette of Illness: what to say when you can't find the words**
Halpern, Susan P. New York: Bloomsbury, 2004
Sensitive and practical advice about maintaining relationships with family, friends and colleagues who are dealing with the challenge of chronic illness.

Personal Wellbeing

- Book **The Art of Happiness: a handbook for living**
Dalai Lama & Howard Cutler. Griffin Press, 1998
- Audio CD **Sleeping Soundly**
Diggins, Justine BreaCan What's On Information Session, Vol 53, April 2009
Justine, a psychologist from Peter MacCallum, talks about what contributes to sleep problems including cancer specific factors, she also outlines strategies to improve sleep.
- Book **Your Life Matters: the power of living now**
Petrea King. Sydney: Random House Australia 2004
- Audio CD **Daydreaming: therapeutic relaxation – soothing music with dialogue**
Occupational Therapy Department, Peter MacCallum Cancer Institute. Melbourne
- Audio CD **A Taste Of Meditation: practical techniques to relax the body and calm the mind**
Melbourne Meditation Centre, 2008

Grief and Loss

- Book **A To Z: Reflections on Loss and Grief**
Espie, Linda. Richmond, Vic: Spectrum Publications, 2003
- Book **Coping with Grief**
McKissock, Mal & McKissock, Dianne. Sydney: Australian Broadcasting Corporation, 1995
Down to earth advice from well respected leaders in this field.
- Book **Swallowed by a snake**
Golden, Thomas R. Gathersburg, MD: Golden Healing, 2000
A book for men and women about the masculine side of healing from loss.
- Booklet **Riding the Storms: A book about loss and grief for older people**
Tonkin, Lois. Christchurch, NZ: Age Concern Canterbury, 1999

Death, Dying and End of Life

- Book **Dying to Know: Bringing death to life**
Anastasios, Andrew. Prahran, Vic: Pilotlight Australia in conjunction with Hardie Grant Books, 2007.
A quirky, visual and colourful book reflecting on death and the questions it raises.
- Booklet **Supporting a person who needs palliative care: a guide for family and friends**
Hudson, Peter. Palliative Care Victoria: East Melbourne, 2004
- Book **Before We Say Goodbye: preparing for a good death**
Simpson, Ray. London: Harper Collins, 2001
- Book **The Tibetan Book of Living and Dying**
Sogyal Rinpoche. London: Rider, 2008
A Tibetan Buddhist perspective encompassing living well and dying well
- Book **Living On: A guide to living on in the thoughts and memories of those you love**
Margo, Jill & Margo, Emily. Blackheath, NSW: Brandl & Schlesinger, 2008
Practical suggestions for leaving behind a 'heart will' – a way to be heard and remembered when your voice is still.

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

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