

BreaCan is a free, confidential information and support service for people affected by breast or gynaecological cancers. BreaCan conducts fortnightly information sessions covering a variety of topics from the medical to the emotional. The sessions are recorded and produced for loan from the resource library. Below is a list of the 22 most popular audio CDs, a full list of available CDs can be downloaded from the BreaCan website.

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

Treatment & Surgery (Breast Cancer related)

- Audio CD **How to decide: tough decision!**
 Dr Narine Efe. Melbourne: BreaCan What's On information session, Vol. 44, February 2008
 Dr. Narine Efe, a breast surgeon with many years clinical experience, talks about clinical decision making, the common issues women talk to her about when considering their treatment options
- Audio CD **Radiotherapy: myths and reality**
 Drummond, Roslyn. BreaCan What's On information session, Vol. 18, June 2005
 In this session, Roslyn, a radiation oncologist talks about the use of high energy x-rays as an agent to kill cancer cells. She explains how the x-rays work and discusses the benefits of radiation therapy in the treatment of breast cancer.
- Audio CD **Your Immune System and Cancer**
 Cebon, Professor Jonathan. BreaCan What's On information session, Vol. 20, September 2005
 In this session Professor Cebon talks about the link between the immune system and cancer, immunotherapy and the current research being undertaken to develop new treatments that target cancer cells.
- Audio CD **Making sense of what the results mean : the role of the pathologist**
 Constable, Leonie. BreaCan What's On information session, Vol. 46, March 2008
 The role a pathologist plays in the diagnosis of breast cancer is often not well understood. Dr Leonie Constable explains what happens from the time of the initial biopsy to the test results, the level of information you can expect and how a pathologist works with the breast surgeon.
- Audio CD **Breast Surgery & Breast Reconstruction**
 Dr Jane O'Brien; Dr Gillian Farrell; Dr Mark Ashton and Dr Hamish Farrow have each presented an information session on breast surgery and reconstruction. Each touch on a variety of issues related to this topic; borrow one or borrow all.

Living with Breast or Gynaecological Cancers

- Audio CD **Now what - what happens after the treatment is over**
 Lethborg, Carrie; BreaCan What's On information session, Vol. 7, May 2004
 Carrie Lethborg talks about the many issues common to women who have completed treatment for early breast cancer.
- Audio CD **To rest or not to rest? Cancer related fatigue**
 Pearson, Elizabeth; BreaCan What's On information session, Vol. 4, March 2004
 Elizabeth Pearson, Occupational Therapist at Peter MacCallum Cancer Centre talks in a practical way about cancer related fatigue and what people can do to help themselves feel better.
- Audio CD **Lymphoedema: what it is, treatment and what's available**
 Purbrick, Judy; Sanderson, Penny. BreaCan What's On information session, Vol. 54, May 2009
 Judy Purbrick and Penny Sanderson talk about lymphoedema and its association with cancer surgery. Judy and Penny also speak briefly on the psychosocial issues associated with lymphoedema.
- Audio CD **What it means to have a family history of breast cancer**
 Wallace, Jane. BreaCan. BreaCan What's On information session, Vol. 35, February 2007
 Jane Wallace, a Genetic Counsellor from Victorian Clinical Genetics Services, will talk about the role of genetics, and the support available to people with a family history of breast cancer.
- Audio CD **Hormones R hopping**
 Zajac, Jeffrey. BreaCan What's On information session, Vol. 43, October 2007
 Most of us know that hormones play an important role in our health and well being, but we may not understand why. Prof Jeffrey Zajac, gives an overview on hormones and how they work. He'll explain what happens when a woman's hormones change due to menopause - either natural or chemotherapy induced - how these changes might impact on a younger woman versus an older woman. He also discusses the links between hormones and breast cancer and why hormone therapies are often recommended in the treatment of breast cancer.
- Audio CD **What about the children?**
 Barrington, Julie. BreaCan What's On information session, Vol. 27, May 2006
 Mothers who have been diagnosed with breast cancer (or other serious medical conditions) often express concerns about their children. Julie Barrington is a Clinical Psychologist working at Peter MacCallum Cancer Centre; she will touch on areas of concern frequently raised by parents, including, how do I tell children about my illness; how can I help my children to cope; what is "normal" behaviour; how can I help an anxious child and how do I know when I should ask for help.

Sexuality, Fertility and Young Women (Breast Cancer related)

- Audio CD **Addressing the taboo topic: sexuality and intimacy after breast cancer**
Horden, Amanda. BreaCan What's On information session, Vol. 45, February 2008
It has been documented that sexuality remains one of the greatest taboo topics in patient/health professional communication. Amanda emphasises practical strategies to assist women in communicating about sexuality and intimacy after breast cancer.
- Audio CD **Fertility and Breast Cancer—What does it all mean**
Stern, Dr Kate. BreaCan What's On information session, Vol. 21, October 2005
Dr Kate Stern speaks about the affect of treatment choices on fertility and other fertility related areas.

Health & Wellbeing

- Audio CD **Older, Fitter, Stronger**
Oldfield, Libby. BreaCan What's On information session, Vol. 31, September 2005
Libby Oldfield, Director of Fitwise Physiotherapy, will help us understand why it's important to maintain good health, bone density and fitness as we age. Research shows gentle weight bearing exercises can improve well being, reduce falls and risk of fractures and osteoporosis, and help us lead an active life.
- Audio CD **Demystifying Chinese Medicine**
Krstevski, Vlado. BreaCan What's On information session, Vol. 38, June 2007
Vlado explains the principles of Chinese medicine and about its complementary role in managing the side effects of treatment.
- Audio CD **A taste of meditation: practical techniques to relax the body and calm the mind**
Melbourne Meditation Centre. 2006
- Audio CD **Understanding a naturopath's approach**
Sandra Villella. BreaCan What's On information session, Vol. 47, March 2008
Naturopathy is a widely used complementary approach to dealing with symptoms associated with menopause, fatigue, etc. Sandra Villella talks about these issues and discusses the role of phyto-oestrogens.
- Audio CD **Blue Moods: understanding stress and depression**
Ahrens, Jennifer. BreaCan What's On information session, Vol. 17, May 2005
Symptoms of anxiety and depression are common and distressing, but effective strategies to manage these symptoms are available. Jennifer Ahrens discusses managing stress and depression
- Audio CD **Daydreaming: therapeutic relaxation: soothing music with dialogue**
Peter MacCallum Cancer Institute. Occupational Therapy Department. Melbourne
- Audio CD **Learning to relax: techniques to help cope with cancer**
Queensland Cancer Fund. Michael R. Gibson 2002. Queensland
This CD is designed to help you learn some basic relaxation techniques. These techniques aim to reduce the effects of stress on your mind and body. The CD comes with a booklet.
- Audio CD **Coming to terms with grief - Notions and strategies**
Vercoe, Elizabeth. BreaCan What's On information session, Vol. 16, March 2005
Elizabeth Vercoe, through her own cancer journey has learnt a lot about grief and grieving. She is the co-author of a book, a unique and compassionate guide that gathers together strategies to help young people move through grief and loss. In this session she talks about what grief is, the notion of coming to terms with grief, practical ideas and strategies to deal with grief.
- Audio CD **Sleeping Soundly**
Diggens, Justine. BreaCan What's On information session, Vol 53, April 2009
People with cancer face a range of significant physical and emotional stressors and the large majority will experience sleep problems at some point during their cancer experience. Justine Diggens, Clinical Psychologist from Peter Mac, talks about what contributes to sleep problems, what happens when we are sleep deprived, cancer specific factors that contribute to sleep loss and some strategies to get that good night's sleep.

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 or a complete list of available CDs visit www.breacan.org.au