

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 books, videos and CDs available to loan. This resource list focuses on general cancer issues as well as specific gynaecological cancers including ovarian, cervical, vulva and uterine cancers. These resources are additional to the standard resources available through Cancer Council Victoria, Ovarian Cancer 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 **The Gynaecological Cancer Guide: Sex, sanity and survival**  
 Heffernan, Margaret; Quinn, Prof Michael. South Yarra: Michelle Anderson Publishing, 2003
- DVD **Understanding Gynaecological Cancer**  
 Cancer Council Queensland. Brisbane: Cancer Council Queensland, 2005
- Booklet **Cancer of the Cervix: A guide for women**  
 Gynaecological Cancer Society. Queensland: Gynaecological Cancer Society, 2007
- Booklet **Cancer of the Uterus: A guide for women**  
 Gynaecological Cancer Society. Queensland: Gynaecological Cancer Society, 2007
- Booklet **Cancer of the Vulva: A guide for women**  
 Gynaecological Cancer Society. Queensland: Gynaecological Cancer Society, 2007
- Booklet **Cancer of the Ovary: A guide for women**  
 Gynaecological Cancer Society. Queensland: Gynaecological Cancer Society, 2007
- Booklet **Epithelial Ovarian Cancer: Understanding your diagnosis and treatment**  
 Ovarian Cancer Program. Sydney: National Breast and Ovarian Cancer Centre, 2005
- Book **Ovarian Cancer: Your guide to taking control**  
 Conner, Kristine; Langford, Lauren. USA: O'Reilly & Associates, 2003
- Book **100 Questions & answers about ovarian cancer**  
 Dizon, Dr Don; Abu-Rustum, Dr Nadeem. USA: Jones & Bartlett Publishers, 2nd Ed. 2006
- DVD **Ovarian Cancer - The Journey**  
 Ovarian Cancer Australia. Victoria: Ovarian Cancer Australia
- DVD **Facing Ovarian Cancer: A Women's Guide to Ovarian Cancer**  
 Media One 2008, Department of Health and Ageing.
- 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 MaCallum Cancer Centre. Melbourne, VIC: ERCMEDIA 2004
- Book **The lymphoedema handbook: causes, effects and management**  
 Piller, Neil B; O'Connor, Maree. Melbourne: Hill of Content, 2002
- Book **Hysterectomy: Exploring Your Options**  
 Wallach, Edward E. and Eisenberg, Esther The John Hopkins University Press 2003
- Kit **Ovarian Cancer Australia "Resilience"**  
 Available by calling 1300 660 334

### Living with Cancer

---

- Book **The human side of cancer: living with hope, coping with uncertainty**  
 Holland, Jimmie C; Lewis, Sheldon. New York: Quill 2000
- Book **After Cancer: a guide to your new life**  
 Harpham, Wendy Schlessel. New York: Harper Perennial, 1995
- Book **Diagnosis Cancer: Your guide to the first months of healthy survivorship**  
 Harpham, Wendy Schlessel M.D. New York: W. W. Norton & Company, 2003

# Gynaecological Cancers Recommended Resources

## Living with Cancer - Cont'd.

---

- Book **Surviving survival: Life after cancer**  
Jordens, Christopher; Little, Miles; Paul, Kim; Sayers, Emma-Jane. NSW: Choice Books. 2001
- Book **The journey through cancer: Healing and transforming the whole person**  
Geffen, Dr Jeremy. New York: Three Rivers Press, Revised Ed. 2006
- Book **Everyone's guide to cancer supportive care: A comprehensive handbook for patients and their families**  
Rosenbaum, Dr Ernest; Rosenbaum, Isadora. USA: Andrews McMeel Publishing, 2005
- 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, 2007

## Sexuality and Fertility

---

- Book **Sexuality and fertility after cancer**  
Schover, Leslie R. Brisbane: John Wiley and Sons, 1997
- 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 **Resurrecting Sex: Solving sexual problems & revolutionizing your relationship**  
Schnarch, Dr David. New York: HarperCollins, 2002
- Book **Good loving great sex**  
King, Dr Rosie. Sydney: Random House, 1998

## Health & Wellbeing

---

- Book **Is it Hot in Here? Or is it Me? The Complete Guide to Menopause**  
Wingert, Pat and Kantrowitz, Barbara. Australia: 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. Penguin Books, 2002
- 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
- Book **Coping well: Positive ways to deal with life-challenging disease**  
Battino, Rubin. Australia: Finch Publishing, 2003
- Audio CD & Booklet **Learning to relax**  
Cancer Council Queensland. Spring Hill, Qld: Cancer Council Queensland, 2002
- Book **Learning to relax: ease tension, conquer stress, free the self**  
George, Mike. London, UK: Duncan Baird Publishers, 1998
- Audio CD **Daydreaming: therapeutic relaxation - soothing music with dialogue**  
Peter MacCallum Cancer Institute, Occupational Therapy Department. Melbourne
- Audio CD **A taste of meditation: practical techniques to relax the body and calm the mind**  
Melbourne Meditation Centre. 2006
- Video/DVD **Feel Good exercise video**  
BreaCan, Sammut, Judy. Melbourne, 2004 (This video can only be borrowed after attending the program)
- Book **Menopause: Natural and medical solutions**  
Cooke, Kaz; Trickey, Ruth. Crows Nest: Allen & Unwin, 2002
- Book **Menopause: The common sense approach**  
Appleby, Ruth. Dublin: Gill & Macmillan, 1998

---

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](http://www.breacan.org.au)