



Books and Other Publications

A vast number of breast cancer books is available. You might try computer search engines such as Google, Yahoo, and many others. You may also choose to go to the public library in your area. Local book stores often offer a "couch comfortable" environment where you can preview a book prior to purchasing.

BREAST CANCER INFORMATION

American Cancer Society Publications

www.cancer.org

- *American Cancer Society Complete Guide to Breast Cancer: The Essential Guide to Your Breast Cancer Journey.* (2009)
- *Breast Cancer Clear and Simple: All Your Questions Answered.* (2007).
- *Lymphedema: Understanding and Managing Lymphedema after Cancer Treatment.* (2006)

Acocella Marchetto, Marisa. (2006) *Cancer Vixen*. The author, a cartoonist, has written a light but serious and uplifting book about her own experience with breast cancer. Spanish edition, 2007.

Anderson, John W. (2009) *Stand by Her: A Breast Cancer Guide for Men*.

Balch, Dave. (2006) *Cancer for Two: An Inspiring True Story and Guide for Cancer Patients and Their Partners*.

Bonner, Dede. (2008) *The 10 Best Questions for Surviving Breast Cancer: The Script You Need to Take Control of Your Health*.

Brown, Zora K. (2009) *100 Questions & Answers About Breast Cancer*.

Harpham, Wendy S. (2004) *When a Parent Has Cancer: A Guide to Caring for Your Children*.

Hirshaut, Yashar; Pressman, Peter; Brody, Jane. (2008) *Breast Cancer: The Complete Guide*, 5th edition.

Kneece, Judy C. et al. (2004) *Your Breast Cancer Treatment Handbook: Your Guide to Understanding the Disease, Treatment, Emotions, and Recovery from Breast Cancer*. Companion book: *Helping Your Mate Face Breast Cancer* by the same author, 6th edition, 2007.

Lange, Vladimir, MD. (2009) *Be a Survivor: Your Guide to Breast Cancer Treatment*, 5th edition. Available on videotape in English and Spanish.

Link, John, MD. (2007) *Breast Cancer Survival Manual: A Step-by-Step Guide for the Woman with Newly Diagnosed Breast Cancer*, 4th ed.

Love, Susan, MD. (2005) *Dr. Susan Love's Breast Book*, 4th ed. Considered by many to be the "Breast Cancer Bible."

Mayer, Musa. (2003) *After Breast Cancer: Answers to the Questions You are Afraid to Ask*.

Miller, Kenneth D. (2008) *Choices in Breast Cancer Treatment: Medical Specialists and Cancer Survivors Tell You What You Need to Know*. A Johns Hopkins Press Health Book.

Murphy, Beth. (2003) *Fighting For Our Future: How Young Women Find Strength, Hope, and Courage While Taking Control of Breast Cancer*.

Shockney, Lillie D., Shapiro, Gary R. M.D. (2008) *100 Questions & Answers about Advanced & Metastatic Breast Cancer*.

Silver, Julie K. (2008) *What Helped Me Get Through: Cancer Survivors Share Wisdom and Hope*.

Silverman, Daniel. (2009) *I Have Chemo Brain*. This book offers strategies to improve memory and focus and a 9-step program to help keep your brain sharp.

Weiss, Marisa C.; Friedman, Isabel. (2008) *Taking Care of Your Girls: A Breast Health Guide for Girls, Teens, & In-Betweens*.

BOOKS BY COLORADO AUTHORS

Chambers, Diane L. (2008) *Hearing the Stream: A Survivor's Journey into the Sisterhood of Breast Cancer*. www.ellexapress.citymax.com

Chang, Juey-Dzu Lai. (2002) *My Battle with Breast Cancer*. 303-422-5052.

Dal Pozzo, Earlene, MD; Dilts, Joann. (2000) *When It Happens to You: A Practical Guide Through Breast Cancer*.

Dvorkin, Leonore H. (2009) *Another Chance at Life: A Breast Cancer Survivor's Journey*. An updated and expanded version of the book, *Why I'm Glad I Had Breast Cancer*. Spanish version available. www.dvorkin.com

Fleegler, Fran, MD, et al. (2003) *The Force Program: The Proven Way to Fight Cancer Through Movement and Exercise*.

Fullbright, Colleen. (2005) *How Friends Can Help*. 970- 482-4835.
colleenfcco@msn.com

Gordon, Judy and Dan. (2007) *The Heroics of Falling Apart: One Couple's Breast Cancer Journey*.

Hjelmstad, Lois Tschetter. (2003) *Fine Black Lines: Reflections on Facing Cancer, Fear and Loneliness*, 2nd ed. hjelmstd@csd.net, www.facingbreastcancer.com

Jenkins, Noble. (2003) *This Temple*. 303-644-3517. noblej@booksbynoble.com. www.booksbynoble.com

Kubel, Gloria. (2002) *Food is Us: Easy, Tasty, Mostly Vegetarian Cooking*. gkubel@msn.com

Laurel, Janet. (2003) *Heart and Soul: What It Takes to Promote Health While Confronting Cancer*.

McVicker, Ellen. (2006) *Butterfly Kisses and Wishes on Wings: When Someone You Love Has Cancer. A Hopeful, Helpful Book for Kids*.

Miller, Sue. (2006) *I'm Tougher Than I Look: The Sue Miller Story as told to Amber Dahlin*.

Sabalka, Sara. (2001) *I Didn't Know What to Do*.

VanDernoot, Peter. (2006). *Helping Your Children Cope with your Cancer: A Guide for Parents and Families*, 2nd ed. www.childrenstreehousefdn.org

VanDernoot, Peter, illustrated by Gail Kohler Opsahl. (2007) *Talking with My Treehouse Friends about Cancer*, an activity book. www.childrenstreehousefdn.org

BOOKS IN SPANISH/LIBROS EN ESPAÑOL

Acocella Marchetto, Marisa. *Cancer Vixen*. (See listing above.)

Benedet, Rosalind. (1999) *Entre Mujeres: Su Recuperación Física y Emocional Después de la Mastectomía*.

Hartmann, Lynn C., MD; Loprinzi, Charles L. (2005) *Clínica Mayo: Guías del Cáncer en la Mujer: Cáncer de Mama. (Mayo Clinic: Guide to Women's Cancer: Breast Cancer)*.

Huerta, Servando Cardona; Negrete, Maria Zulueta Lopez Negrete. (2008) *Mi Guía Rosa: Un Apoyo para la Mujer con Enfermedad del Seno. (My Pink Guide: Support for Women with Breast Cancer)*.

Lange, Vladimir, MD. (2004) *Confíe en Mañana. Guía para el Tratamiento del Cáncer de Seno. (Be a Survivor: Your Guide to Breast Cancer Treatment)*.

BOOKS FOR CHILDREN

Books for children about cancer offer important opportunities for giving age-appropriate information and opening up areas for discussion. These websites have particularly good listings of children's books and workbooks.

American Cancer Society: Cancer.org

Searching "Helping children when a family member has cancer" offers extensive information on how to help children, including a book list and other resources.

www.revolutionhealth.com/advocacy/breast-cancer/parent-cancer

Books for children whose parent has cancer, updated in May 2008, offers several books with descriptors, age-level readiness, and helpful related links.

[www.healthsystem.virginia.edu/Internet/cancer-](http://www.healthsystem.virginia.edu/Internet/cancer-patients/support/kids/parents_booklist.cfm)

[patients/support/kids/parents_booklist.cfm](http://www.healthsystem.virginia.edu/Internet/cancer-patients/support/kids/parents_booklist.cfm) Several helpful sections include: What Should You Tell Your Children? This section lists books for parents plus story books, workbooks coloring books, videos, web Resources and organizations, Bereavement for Kids. (Modified 2007)

Cancerbackup.org.uk

This website from the United Kingdom offers excellent advice for parents on how to talk to their children about cancer. Two particularly good offerings under "Search" are: "Talking to Your Children about Your Cancer," and "Sharing Experiences with Children, Good and Bad."

Children's books from the American Cancer Society

- *Because Someone I Love Has Cancer: Kids Activity Book.* (2002) Ages 5-10.
- Ackerman, Abigail; Ackerman, Adrienne. (2002) *Our Mom has Cancer.* Ages 5-12.
- Silver, Alexander; Silver, Emily; Silver, Anna. (2007) *Our Mom is Getting Better: When treatment Ends, Healing Begins.* Ages 4-8.
- Sutherland, Eileen; Sutherland, Maggie. (2007) *Mom and the Polka Dot Boo-Boo.* Ages 4-8

OTHER PUBLICATIONS

Aging with Dignity

850-681-2010.

- **Five Wishes:** Easy-to-use legal document lets adults of all ages plan how they want to be cared for in case they become seriously ill. DVD available as a helping tool. Available in 20 languages.

www.agingwithdignity.org

Coping With Cancer Magazine

615-790-2400.

- Subscription magazine for people whose lives have been touched by cancer.

www.copingmag.com

CURE Magazine

800-210-CURE (800-210-2873).

- Free quarterly magazine for cancer patients and their caregivers who live in the U.S. Provides scientific information in easy-to-understand language.

www.curetoday.com

MAMM Magazine

646-365 1350

- A magazine devoted to meeting the needs of women diagnosed with breast and reproductive cancers.

www.mamm.com