



Where to Start...Young Adults with Cancer

Suggestions for resources when you **begin** to look for information about coping with cancer when you are a young adult.

Prepared by Ninon Bourque Patient Resource Library
 The Ottawa Hospital Cancer Centre
 501 Smyth Road, Ottawa, ON, K1H 8L6
 613-737-7700 ext. 70107

patientlibrary@ottawahospital.on.ca
www.ottawahospital.on.ca/patient/visit/chlib/index-e.asp



These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider. Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Ninon Bourque Patient Resource Library.

Booklets	<p>"NO WAY, IT CAN'T BE" a guidebook for young adults facing cancer http://www.ulmanfund.org/Portals/0/files/Education/NoWay.pdf</p> <p>A 60 page resource guidebook for individuals dealing with cancer from the initial diagnosis through long-term survivorship.</p>
Telephone	<p>Canadian Cancer Society's Cancer Information Service 1-888-939-3333 Provides general information in English and French on cancer treatment and support services.</p>
Support Group	<p>Connexions 18-35 is a monthly support group for cancer patients 18 to 35 years of age, who cope with special problems regarding relationships, self image, education, career and lifestyle changes. For further information call 613-737-7700 ext. 70142.</p>
Books and Other Resources – Ninon Bourque Patient Resource Library	<p>100 Questions and answers about cancer symptoms and cancer treatment side effects. Joanne F. Kelvin. 2005.</p> <p>Chasing rainbows : young adults living with cancer [DVD]. Allan Pinvidic. 2006</p> <p>Everything changes: the insider's guide to cancer in your 20s and 30s. Kairol Rosenthal. 2009.</p> <p>Facing the mirror with cancer: a guide to using makeup to make a difference. Lori Ovitz. 2004.</p> <p>The Force program: the proven way to fight cancer through physical activity and exercise. Jeff Berman. 2001.</p> <p>I'm too young to have breast cancer! : regain control of your life, career, family, sexuality, and faith. Beth Leibson-Hawkins. 2004.</p> <p>Sexuality and fertility after cancer. Leslie R. Schover. 1997. Search our catalogue: http://www.ottawahospital.on.ca/library/consumerhealthcatalogue-e.asp</p>
Web Sites	<p>Group Loop Organization (USA) http://www.grouploop.org Lance Armstrong Foundation, Livestrong (USA) http://www.livestrong.org PlanetCancer (USA) http://www.planetcancer.org Realtime Cancer http://www.realtimecancer.org The Ulman Cancer Fund for Young Adults (USA) http://www.ulmanfund.org National Cancer Institute (USA) http://www.cancer.gov</p>

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