

Cancer Survivorship Resources

For survivors

Books

- A Cancer Survivor's Almanac: Charting Your Journey*, by the National Coalition for Cancer Survivorship; B. Hoffman, editor. 3rd edition. Hoboken, NJ: Wiley, 2004.
- After Cancer: A Guide to Your New Life*, by W. S. Harpham. New York: Harper, 1995.
- After Cancer Treatment: Heal Faster, Better, Stronger*, by J. K. Silver. Baltimore: Johns Hopkins University Press, 2006.
- Cancer Fitness: Exercise Programs for Cancer Patients and Survivors*, by A. L. Schwartz. New York: Simon and Schuster, 2004.
- Healing Yoga for People Living with Cancer*, by L. Holtby. New York: Taylor Trade, 2004.
- How to Have Magnificent Sex: The 7 Dimensions of a Vital Sexual Connection*, by L. L. Holstein. New York: Harmony, 2001.
- Life After Cancer Treatment*, by the National Cancer Institute. National Cancer Institute Publication #02-2424, May 2002. Facing Forward series. www.cancer.gov/cancerinformation/life-after-treatment
- Medicine Hands: Massage Therapy for People with Cancer*, by G. MacDonald. 2nd edition. Tallahassee, FL: Findhorn Press, 2007.
- Mom's Marijuana: Life, Love, and Beating the Odds*, by D. Shapiro. New York: Vintage Books, 2000.
- One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends*, by R. Katz. Berkeley, CA: Celestial Arts, 2004.
- Pocket Guide to Managing Cancer Fatigue*, by A. L. Schwartz. Boston: Jones and Bartlett, 2004.
- The Cancer Survivor's Guide: The Essential Handbook to Life After Cancer*, by M. Feuerstein and P. Findley. New York: Marlowe, 2006.
- The Human Side of Cancer: Living with Hope, Coping with Uncertainty*, by J. C. Holland and S. Lewis. New York: HarperCollins, 2000.
- The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection*, by C. S. Kortge. San Francisco: HarperCollins, 1998.

Audio program

- Cancer Survival Toolbox: Building Skills that Work for You*. National Coalition for Cancer Survivorship, 2004. www.cancersurvivaltoolbox.org

For nurses

Books

- An Introduction to Complementary and Alternative Therapies*, G. M. Decker, editor. Pittsburgh, PA: Oncology Nursing, 1999.
- AHNA Standards of Holistic Nursing Practice: Guidelines for Caring and Healing*, by N. C. Frisch, et al., for the American Holistic Nurses' Association. Gaithersburg, MD: Aspen, 2000.

Cultural Competence in Cancer Care: A Health Care Professional's Passport, by A. D. Weinberg, et al. 2nd edition. Houston: Intercultural Cancer Council/Baylor College of Medicine, 2006.

Demonstrating Care: The Art of Integrative Nursing, by M. Libster. Albany, NY: Delmar/Thomson Learning, 2001.

Handbook of Cancer Survivorship, by M. Feuerstein. New York: Springer, 2007.

Implementing Cancer Survivorship Care Planning: Workshop Summary, M. Hewitt and P. A. Ganz, editors. Washington, DC: National Academies Press, 2007.

Restored Harmony: An Evidence Based Approach for Integrating Traditional Chinese Medicine into Complementary Cancer Care, by S. M. Sagar. Hamilton, ON, Canada: Dreaming DragonFly Communications, 2001.

Journals and journal articles

"Survivorship as Craft and Conviction: Reflections on Research in Progress," by A. W. Frank. *Qualitative Health Research* 2003;13(2):247-55.

"Survivorship Perspectives and Advocacy," by B. Hoffman and E. Stovall. *Journal of Clinical Oncology* 2006; 24(32):5154-9.

"Post-Treatment Surveillance for Potentially Curable Malignancies," edited by D. C. Doll, et al. *Seminars in Oncology* 2003;30(3).

Follow-up guidelines

National Cancer Center Network (NCCN)

NCCN Clinical Practice Guidelines in Oncology: Breast Cancer

www.nccn.org/professionals/physician_gls/PDF/breast.pdf

NCCN Clinical Practice Guidelines in Oncology: Colon Cancer

www.nccn.org/professionals/physician_gls/PDF/colon.pdf

NCCN Clinical Practice Guidelines in Oncology: Hodgkin Disease/Lymphoma

www.nccn.org/professionals/physician_gls/PDF/hodgkins.pdf

NCCN Clinical Practice Guidelines in Oncology: Prostate Cancer

www.nccn.org/professionals/physician_gls/PDF/prostate.pdf

American Society of Clinical Oncology (ASCO)

ASCO 2006 Update of the Breast Cancer Follow-Up and Management Guideline in the Adjuvant Setting <http://jop.stateaffiliates-asco.org/November06Issue/317.pdf.pdf>

2005 Update of ASCO Practice Guideline Recommendations for Colorectal Cancer Surveillance: Guideline Summary www.asco.org/asco/downloads/CRC_G-line_Summary.pdf

"American Society of Clinical Oncology Recommendations on Fertility Preservation in Cancer Patients," by Stephanie J. Lee, et al. *Journal of Clinical Oncology* 2006; 24(18): 2917-31 www.jco.org/cgi/content/full/24/18/2917

Cancer Survivorship Resources

For all

Web sites

American Cancer Society: www.cancer.org

General cancer information and access to Cancer Survivors Network

American Institute for Cancer Research: www.aicr.org

Information on the relationship between cancer and nutrition

Association of Cancer Online Resources: www.acor.org

Hosts a number of chat rooms, including some dealing with adverse effects experienced by long-term survivors

Cancer Care, Inc.: www.cancercare.org

Nonprofit organization that provides free professional support services to anyone affected by cancer; offers telephone workshops, counseling, resources and strategies for finding help, and financial assistance for those most in need

Intercultural Cancer Council: www.iccnetwork.org

Nongovernmental advocacy organization covering policies and services related to cancer-related issues, diversity, and cultural competence in cancer care for ethnic and minority groups

National Cancer Institute (NCI): www.cancer.gov

Gateway to information on NCI-sponsored clinical trials, site-specific treatment information for patients and professionals, and the NCI Office of Cancer Survivorship and the Office of Cancer Complementary and Alternative Medicine

National Coalition for Cancer Survivorship: www.canceradvocacy.org

The oldest grass-roots cancer advocacy organization; Web site provides information on policy-related issues and site-specific advocacy organizations, and the Cancer Survival Toolbox, a free audio program aimed at helping survivors develop and practice self-advocacy skills

National Lymphedema Network: www.lymphnet.org

Provides state-of-the-art information on prevention, early recognition, and management of lymphedema

The M. D. Anderson Cancer Center: www.mdanderson.org/departments/CIMER

Complementary and integrative medicine educational resources

Further Reading

Guidelines and review articles on surveillance and follow-up

"American Society of Clinical Oncology 2003 Update on the Role of Bisphosphonates and Bone Health Issues in Women with Breast Cancer," by B. E. Hillner, et al. *Journal of Clinical Oncology* 2003;21(21):4042-57.

"American Society of Clinical Oncology Recommendations on Fertility Preservation in Cancer Patients," by S. Lee, et al. *Journal of Oncology Practice* 2006;2(3):143-6.

"An Evidence-Based Approach to Prostate Cancer Follow-Up," by S. L. Yao and R. S. Dipaola. *Seminars in Oncology* 2003;30(3):390-400.

"Care of Cancer Survivors," by A. Y. Sunga, et al. *American Family Physician* 2005;71(4):699-706.

"Close Monitoring and Lifetime Follow-Up Is Optimal for Patients with a History of Melanoma," by D. F. Christianson and C. M. Anderson. *Seminars in Oncology* 2003;30(3):369-74.

"Components of the Metabolic Syndrome in Long-Term Survivors of Testicular Cancer," by H. S. Haugnes, et al. *Annals of Oncology* 2007;18(2):241-8.

"Effects of Radiation on Normal Tissue: Consequences and Mechanisms," by H. B. Stone, et al. *Lancet Oncology* 2003;4(9):529-36.

"Evidence-Based Follow-Up of Lung Cancer Patients," by T. J. Smith. *Seminars in Oncology* 2003;30(3):361-8.

"Follow-Up of Patients with Curatively Resected Colorectal Cancer: A Practice Guideline," by A. Figueredo, et al. *BMC Cancer* 2003;3:26.

"Follow-Up Strategies After Curative Resection of Colorectal Cancer," by J. A. Meyerhardt and R. J. Mayer. *Seminars in Oncology* 2003;30(3):349-60.

From cancer patient to cancer survivor: lost in transition. M. Hewitt, et al., editors. Washington, DC: National Academies Press, 2006.

"Hormonal Breast Cancer Agents: Implications for the Primary Care Provider," by D. E. Lyon, et al. *Journal of the American Academy of Nurse Practitioners* 2006;18(11):518-23.

"National Comprehensive Cancer Network Clinical Practice Guidelines in Oncology: Distress Management," by J. C. Holland, et al. 2007. www.nccn.org/professionals/physician_gls/PDF/distress.pdf.

"Nutrition and Physical Activity During and After Cancer Treatment: An American Cancer Society Guide for Informed Choices," by C. Doyle, et al. *CA: A Cancer Journal for Clinicians* 2006;56(6):323-53.

"Post-Treatment Surveillance of Patients with Lymphoma Treated with Curative Intent," by J. E. Wooldridge and B. K. Link. *Seminars in Oncology* 2003;30(3):375-81.

"Psychosocial Concerns and Interventions for Cancer Survivors," by A. L. Stanton. *Journal of Clinical Oncology* 2006;24(32):5132-7.

"Recommendations of Follow-Up After Treatment of Germ Cell Tumors," by G. V. Kondagunta, et al. *Seminars in Oncology* 2003;30(3):382-9.

"Recommended Screening and Preventive Practices for Long-Term Survivors After Hematopoietic Cell Transplantation: Joint Recommendations of the European Group for Blood and Marrow Transplantation, Center for International Blood and Marrow Transplant Research, and the American Society for Blood and Marrow Transplantation," by J. D. Rizzo, et al. *Bone Marrow Transplant* 2006;37(3):249-61.

"Routine Surveillance Care After Cancer Treatment with Curative Intent," by J. Elston Lafata, et al. *Medical Care* 2005;43(6):592-9.

Survivors of Childhood Cancer: Assessment and Management. C. L. Schwartz, et al., editors. St. Louis: Mosby, 1994.

"The Follow-Up of Breast Cancer," by L. A. Emens and N. E. Davidson. *Seminars in Oncology* 2003;30(3):338-48.

"The Follow-Up of Ovarian Cancer," by A. P. Vaidya and J. P. Curtin. *Seminars in Oncology* 2003;30(3):401-12.