

# Learn more about Breast health

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## Websites

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**AuroraHealthCare.org** Explore *Aurora Health Care's* website of health information for consumers. Enter "breast health" in the site search box for information on risk factors, screening, diagnostic and surgical procedures, how to do a self-exam, and more.

**aicr.org** The website of the *American Institute for Cancer Research* includes information on nutrition, physical activity and cancer prevention, treatment, and survival with the message that the choices we make every day affect our chances of getting cancer.

**cancer.org** On the *American Cancer Society's* website, enter "breast cancer" in the search box to link to information on treatment options and decision tools, recovery, coping, talking to legislators and how to get involved locally. Includes information in non-English languages.

**komen.org** The *Susan G. Komen Breast Cancer Foundation* has been a global leader in the fight against breast cancer for more than 20 years through its support of innovative research and community-based outreach programs. This site includes links to news, a monthly newsletter, patient and survivor information, and a breast cancer helpline.

**nationalbreastcancer.org** The website of the *National Breast Cancer Foundation, Inc.*, includes information on early detection, diagnosis, stages, types, myths, FAQs, patient navigator program and more.

## Local resources

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**ABCD: After Breast Cancer Diagnosis** provides free personalized information and one-to-one support for patients and loved ones. ABCD has a survivor "staffed" helpline and matches patients and loved ones one-to-one for telephone support with volunteer mentors who have already experienced breast cancer. Also available: a resource list containing tips from survivors, a reading list and information about where to buy wigs, breast prostheses, etc. Contact 414-977-1780 or 800-977-4121 or [abcdbreastcancersupport.org](http://abcdbreastcancersupport.org).

## Books

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**The Breast Cancer Survival Manual** by John Link, MD, Holt Paperbacks, 5th ed., 2012, ISBN 978-0805094459, 224 pages, \$16. Dr. Link, a pioneer developer of Breastlink Medical Group in southern California, has written a concise, information-packed guide containing the latest findings to help the woman facing treatment feel informed and empowered.

**Chemo: Secrets to Thriving: From someone who's been there** by Roxanne Brown, Norlightspress, 2011, ISBN 978-1935254539, 100 pages, \$12.95. This step-by-step book gives information on what might occur, why it happens, what can be done and who to contact for help. Provides resources to handle possible side effects and better manage them during chemotherapy.

**The Jester Has Lost his Jingle** by David Saltzman, Jesster Company, Inc., 1995, ISBN 978-0964456303, 64 pages, \$20. In this children's picture book, a jester banished from court for failing to amuse sets out to rediscover laughter in the world. The shining colors and characters will help children deal with negative emotions. The book's heartfelt optimism and its celebration of life and laughter is difficult to ignore.

**Mayo Clinic Breast Cancer Book** by Lynn C. Hartmann and Charles L. Loprinzi, Good Books, 2012, ISBN 978-1561487721, 453 pages, \$22.95. The breast cancer experts at Mayo Clinic provide a guide to the many aspects of breast cancer - from prevention, to care and coping, to survival, to living with hope.

**The Whole-Food Guide for Breast Cancer Survivors: A Nutritional Approach to Preventing Recurrence (The New Harbinger Whole-body Healing Series)** by Edward Bauman, MEd, PhD, and Helayne Waldman, MS, EdD, New Harbinger Publications, 2012, ISBN 978-1572249585, 272 pages, \$18.95. A guide to understanding the effect of nutritional deficiencies and environmental factors on overall health and wellness.

*Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.*