



Understanding drug therapy and managing side effects

<https://libraries.phsa.ca/permalink/catalog109732>

The Leukemia & Lymphoma Society. White Plains, NY: The Leukemia & Lymphoma Society , 2010. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FE 350 DRU 2011

“ This booklet covers drug therapy and side effects of leukemia, Hodgkin and non-Hodgkin lymphoma, myeloma, and other blood cancer treatments. Topics include: Types of Drugs • Drug Resistance • Effects on Normal Cells Methods of Drug Administration Physical Side Effects of Drug Therapy Effects on t...



Acute side effects of radiation therapy : a guide to management

<https://libraries.phsa.ca/permalink/catalog121012>

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=1535726>

Sourati, Ainaz, Ameri, Ahmad, Malekzadeh, Mona. Cham, Switzerland: Springer , 2017. (Ebook)

Audience: Professional
Agency: BC Cancer Agency
Location: Internet
URL Notes: This ebook is licensed for one user at a time on BCCA network computers. If you are denied access while on a network computer, try again later.

“ Table of Contents: ; 1. Radiation Dermatitis -- 2. Hair Loss -- 3. Radiation Brain Injury -- 4. Radiation Orbital Toxicity - 5. Ear Toxicity -- 6. Oral Mucositis -- 7. Xerostomia -- 8. Loss of Taste -- 9. Laryngeal Edema -- 10. Radiation Pneumonitis -- 11. Pericarditis -- 12. Esophagitis -- 13. R...



Clinical handbook of radiation therapy side effects and interventions

<https://libraries.phsa.ca/permalink/catalog15595>

Chai, Martin J. Toronto, ON: Michener Institute for Applied Health Sciences , 2004. 2nd ed. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ269 C434 2004



Clinical handbook of radiation therapy side effects and interventions

<https://libraries.phsa.ca/permalink/catalog20399>

Chai, Martin J. Toronto, ON: Michener Institute for Applied Health Sciences , 2011. 3rd ed. (Book) — 9 copies, [6 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
VC Radiation Therapy Education
VC Provincial Professional Practice & Academic Leader Nursing
Kelowna Library
CSI Radiation Therapy Education
Surrey Library
FVC Radiation Therapy Education
Victoria Library
VIC Radiation Therapy Education
Abbotsford Library
AC Radiation Therapy Education
AC Radiation Therapy
CN Library
Call Number: QZ269 C434 2011

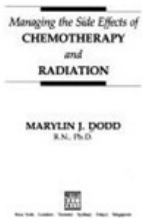


Managing the side effects of chemotherapy and radiation

<https://libraries.phsa.ca/permalink/catalog8353>

Dodd, Marilyn J. San Francisco, Ca.: UCSF Nursing Press , 1996. 3rd ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ266 D639 1996



Managing the side effects of chemotherapy and radiation

<https://libraries.phsa.ca/permalink/catalog15597>

Dodd, Marilyn J. New York, NY: Prentice Hall Press , 1991. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Call Number: QZ266 D639 1991



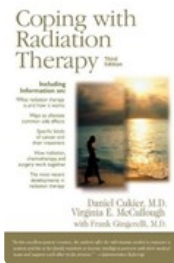
Becoming a conflict competent leader : How you and your organization can manage conflict effectively

<https://libraries.phsa.ca/permalink/catalog113522>

Runde, Craig E., Flanagan, Tim A. , 2013. 2nd ed. (Book) — 5 copies, [3 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Study & Learning Commons
Call Number: REF AA 75 RUN 2013

“ *The Second Edition of this classic resource on conflict resolution combines research, conceptual models, practitioner experience, and stories that highlight the core conflict competencies.*”

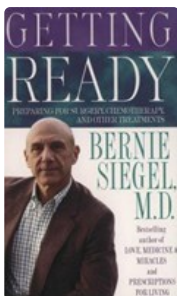


Coping with radiation therapy

<https://libraries.phsa.ca/permalink/catalog9973>

Cukier, Daniel, McCullough, Virginia E, Gingerelli, Frank. Los Angeles, Ca.: Lowell House , 2000. 3rd ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ269 C966 2000



Getting ready : preparing for surgery, radiation, and chemotherapy with minimal side effects

<https://libraries.phsa.ca/permalink/catalog19818>

Siegel, Bernie S. Carlsbad, CA: Hay House, Inc. , 2004. (Audio, CD) — 3 copies, [3 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ266 S574g 2004



Cancer with joy : how to transform fear into happiness and find the bright side effects

<https://libraries.phsa.ca/permalink/catalog20756>

Huber, Joy. New York City, NY: Morgan James Publishing , 2012. (Book) — 4 copies, [4 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Victoria Cancer Info Ctr
Surrey Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ201 H877 2012



When someone has a very serious illness : children can learn to cope with loss and change

<https://libraries.phsa.ca/permalink/catalog4818>

Heegaard, Marge Eaton. Minneapolis, MN.: Woodland Press , 1991. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Call Number: QZ201 C5 H4581 1991



Loss : how children and teenagers can cope with death and other kinds of loss

<https://libraries.phsa.ca/permalink/catalog9716>

Papenbrock, Patricia L, Voss, Robert F. Issaquah, WA: Medic Publishing Co. , 1990. (Pamphlet) — 1 copy, [1 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
CSI PFCS
Call Number: BF575 P214I 1990



Side effects of radiation and chemotherapy for breast cancer patients

<https://libraries.phsa.ca/permalink/catalog18935>

http://learn.phsa.ca/bcca/breasttumour/btg2/btg2_flv_loader.html

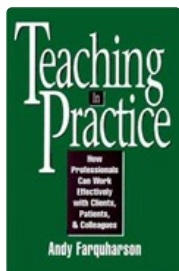
Weir, Lorna, Gelmon, Karen. Vancouver, BC: BC Cancer Agency. Multi-Media Services , 2008. (Video, DVD, Online) — 10 copies, [10 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library AV Room
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Internet

Call Number: WP870 B863 2008 v.16



Teaching in practice: How professionals can work effectively with clients, patients, and colleagues

<https://libraries.phsa.ca/permalink/catalog113088>

Farquharson, Andy. San Francisco, CA: Jossey-Bass , 1995. (Book) — 2 copies, [2 available](#)

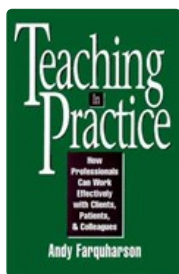
Audience: Professional

Agency: BC Children's and Women's

Location: Sunny Hill Education Resource Centre

Call Number: REF IA 850 FAR 1995

“ *Teaching in Practice offers a range of practical methods for teaching and facilitating learning geared to the day-to-day realities encountered by professionals in the human services. Drawing on the literature of adult education and on a wealth of practical examples from different kinds of professio...*



Teaching in practice : how professionals can work effectively with clients, patients, and colleagues

<https://libraries.phsa.ca/permalink/catalog15996>

Farquharson, Andy. San Francisco, CA: Jossey-Bass Publishers , 1995. (Book) — 1 copy, [1 available](#)

Audience: Professional

Agency: BC Cancer Agency

Location: Vancouver Library

Call Number: HV29.7 F238 1995

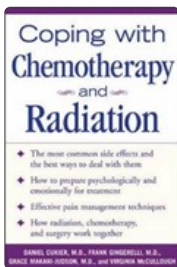


Chemobrain : how cancer therapies can affect your mind : what patients, families, and doctors need to know

<https://libraries.phsa.ca/permalink/catalog18348>

Clegg, Ellen. Amherst, NY: Prometheus Books , 2009. (Book) — 6 copies, [3 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ267 C624 2009



Coping with chemotherapy and radiation

<https://libraries.phsa.ca/permalink/catalog13822>

Cukier, Daniel, Gingerelli, Frank, Makari-Judson, Grace, McCullough, Virginia E. New York, N.Y.: McGraw-Hill , 2005. (Book) — 8 copies, [8 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ266 C783 2005



Radiation therapy and you: Support for people with cancer

<https://libraries.phsa.ca/permalink/catalog112972>

<http://www.cancer.gov/cancertopics/coping/radiation-therapy-and-you/radiationtherapy.pdf>

National Cancer Institute. Bethesda, MD: National Institute of Health , 2010. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FE 240 RAD 2010

“ This book is a guide that patients can refer to throughout radiation therapy. It has facts about radiation therapy and side effects and describes how patients can care for themselves during and after treatment.



Coping with the psychological effects of illness : strategies to manage anxiety and depression

<https://libraries.phsa.ca/permalink/catalog121707>

Smith, Fran, Eriksen, Carina, Bor, Robert. London, UK: Sheldon Press , 2015. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: WM172 S647 2015



Breast cancer sourcebook : basic consumer health information about the prevalence, risk factors, and symptoms of breast cancer, including ductal and lobular carcinoma in situ, invasive carcinoma, inflammatory breast cancer, and breast cancer in men and pregnant women : along with facts about benign breast changes, breast cancer screening and diagnostic tests, treatments such as surgery, radiation therapy, chemotherapy, and hormonal and biologic therapies, tips on managing treatment side effects and living with breast cancer; a glossary of terms, and a directory of resources for additional help and information

<https://libraries.phsa.ca/permalink/catalog120549>

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=1229103>

Detroit, MI: Omnigraphics , 2016. 5th ed. (Ebook)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Internet
URL Notes: Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

“ Provides basic consumer health information on risk factors, prevention, symptoms, diagnosis, and treatment of various types of breast cancer, along with facts about coping during and after treatment. Includes index, glossary of related terms and directory of resources. ; Table of contents: ; Part I...



Integrative strategies for cancer patients : a practical resource for managing the side effects of cancer therapy

<https://libraries.phsa.ca/permalink/catalog20139>

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=426437>

Ladas, Elena, Kelly, Kara M. Hackensack, NJ: World Scientific Publishing , 2012. (Book, Ebook) — 3 copies, [3 available](#)

Audience: Patient or Public

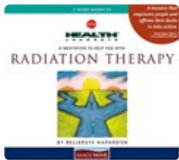
Agency: BC Cancer Agency

Location: Vancouver Library
Victoria Library
Abbotsford Cancer Info Ctr

Call Number: QZ266 L153 2012

URL Notes: Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

“ *Table of contents: ; The Role of Complementary Medicine and Cancer Treatment -- Communicating with Your Medical Team -- How To Use This Book -- Descriptions of Complementary Medicine Therapies -- Aromatherapy -- Chinese Medicine and Acupressure -- Herbal Teas -- Homeopathy -- Massage -- Nutrition...*



Meditation to help you with radiation therapy

<https://libraries.phsa.ca/permalink/catalog19914>

Naparstek, Belleruth. Akron, OH: Health Journeys , 1999. (Audio, CD) — 6 copies, [6 available](#)

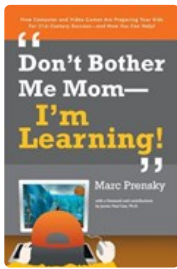
Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library Relax
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr

Call Number: QZ266 N1953 1999

“ *Introduction ; Guided imagery ; Music*



Don't bother me mom, I'm learning: How computer and video games are preparing your kids for 21st century success and how you can help!

<https://libraries.phsa.ca/permalink/catalog110132>

Prensky, Marc. St. Paul, MN: Paragon House , 2006. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Study & Learning Commons
Call Number: REF AA 85 PRE 2006

“ This book debunks the accepted wisdom that video games are harmful to children. Instead, he contends that games can teach a multitude of skills, including problem solving, language and cognitive skills, strategic thinking, multitasking, and parallel processing.

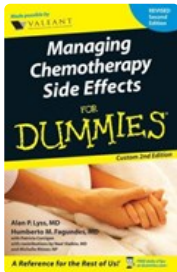


Total body irradiation therapy side effects

<https://libraries.phsa.ca/permalink/catalog8317>

BC Cancer Agency. Vancouver Cancer Centre. Day Care. Vancouver, B.C.: Vancouver General Hospital , 1994. (Handout)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: VC 6th Floor West



Managing chemotherapy side effects : for dummies

<https://libraries.phsa.ca/permalink/catalog15903>

Lyss, Alan R. Indianapolis, IN: Wiley Publishing, Inc. , 2007. 2nd rev. ed. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Call Number: QZ267 M267 2007



Coping with radiation therapy : a ray of hope

<https://libraries.phsa.ca/permalink/catalog1846>

Cukier, Daniel, McCullough, Virginia E. Los Angeles, Ca.: Lowell House , 1996. updated ed. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Call Number: QZ269 C966 1996



When something terrible happens: Children can learn to cope with grief

<https://libraries.phsa.ca/permalink/catalog106410>

Heegaard, Marge. Minneapolis, MN: Woodland Press , 1991. (Book) — 1 copy, [1 available](#)

Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR CA 230 HEE 1991

“*Terrible things happen to children. Traumatic events in the lives of their families, their friends or in the world leave children feeling confused, insecure and frightened. Some things happen in nature like floods and earthquakes. People also cause violence and trauma. This book is designed to help...*



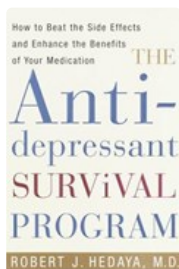
When someone very special dies : children can learn to cope with grief

<https://libraries.phsa.ca/permalink/catalog416>

Heegaard, Marge Eaton. Minneapolis, MN: Woodland Press , 1988. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: BF575 C5 H458 1988

“*A practical format for allowing children to understand the concept of death and develop coping skills for life.*



Antidepressant survival program : how to beat the side effects and enhance the benefits of your medication

<https://libraries.phsa.ca/permalink/catalog19029>

Hedaya, Robert J., Kotz, Deborah;. New York: Crown Publishers , 2000. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: QV77.5 H43 2000



You can cope with peripheral neuropathy : 365 tips for living a full life

<https://libraries.phsa.ca/permalink/catalog20044>

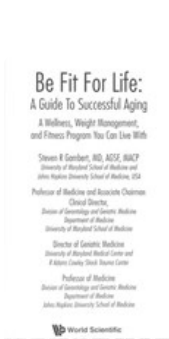
Cushing, Mims, Latov, Norman. New York, NY: Demos Medical Publishing , 2009. (Book) — 5 copies, [5 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr

Call Number: WL500 C985 2009



Be fit for life : a guide to successful aging : a wellness, weight management and fitness program you can live with

<https://libraries.phsa.ca/permalink/catalog18878>

Gambert, Steven R. Hackensack, NJ: World Scientific , 2010. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library

Call Number: QT255 G189 2010



Facilitator's manual: coping skills for children with anxieties (learning how to tame worry dragons)

<https://libraries.phsa.ca/permalink/catalog21796>

Clark, Sandra L.; Vancouver, B.C.: BC Children's Hospital , 2010. 2nd ed. (Book) — 1 copy, [1 available](#)

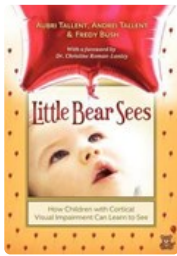
Audience: Patient or Public

Agency: BC Cancer Agency

Location: Abbotsford Cancer Info Ctr FHA

Call Number: WM172 C56 2010

“A psychoeducational group treatment program. To be used with *Taming Worry Dragons* by E. Jane Garland and Sandra L. Clark”



Little Bear sees : how children with cortical visual impairment can learn to see

<https://libraries.phsa.ca/permalink/catalog113741>

Tallent, Aubri, Tallent, Andrei, Bush, Fredy. [Honolulu, HI]: Little Bear Sees Publishing , 2012. (Book) — 1 copy, 0 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: FH 300 TAL 2012



Cancer survivorship sourcebook : basic consumer health information about the physical, educational, emotional, social, and financial needs of cancer patients from diagnosis, through cancer treatment, and beyond, including facts about researching specific types of cancer and learning about clinical trials and treatment options, and featuring tips for coping with the side effects of cancer treatments and adjusting to life after cancer treatment concludes ; along with suggestions for caregivers, friends, and family members of cancer patients, a glossary of cancer care terms, and directories of related resources

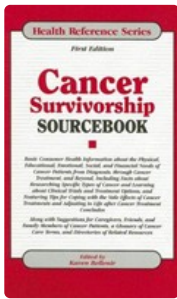
<https://libraries.phsa.ca/permalink/catalog120550>

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=1489057>

Detroit, MI: Omnigraphics , 2017. 2nd ed. (Ebook)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Internet
URL Notes: Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

“ Provides consumer health information about living with cancer after diagnosis, making cancer care decisions, coping with complications of treatment, and maintaining wellness after treatment. Includes index, glossary of related terms, and other resources. ; Table of contents: ; Part I If Your Doctor...



Cancer survivorship sourcebook : basic consumer health information about the physical, educational, emotional, social, and financial needs of cancer patients from diagnosis, through cancer treatment, and beyond, including facts about researching specific types of cancer and learning about clinical trials and treatment options, and featuring tips for coping with the side effects of cancer treatments and adjusting to life after cancer treatment concludes ; along with suggestions for caregivers, friends, and family members of cancer patients, a glossary of cancer care terms, and directories of related resources

<https://libraries.phsa.ca/permalink/catalog16089>

Detroit, MI: Omnigraphics , 2007. (Book) — 6 copies, [6 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ201 C216b 2007

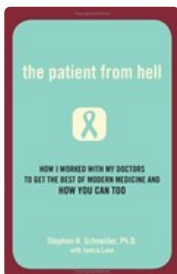


Frankly speaking about cancer : take control of side effects with medicine, mind and body

<https://libraries.phsa.ca/permalink/catalog21141>

Washington, DC: Wellness Community , 2009. 5th ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Prince George Cancer Info Ctr
Call Number: QZ266 F831 2009



Patient from hell : how I worked with my doctors to get the best of modern medicine and how you can too

<https://libraries.phsa.ca/permalink/catalog14901>

Schneider, Stephen Henry, Lane, Janica. Cambridge, MA: Da Capo Press , 2005. 1st Da Capo Press ed. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: WX150 S459p 2005



Immunopharmacologic effects of radiation therapy

<https://libraries.phsa.ca/permalink/catalog7345>

New York, N.Y.: Raven Press , 1981. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ269 I33 1981



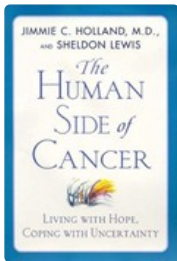
President's categorical course : physical methods to improve dose distribution and therapeutic gain - or - how I learned to stop worrying and love conformal radiation therapy

<https://libraries.phsa.ca/permalink/catalog14052>

American Society for Therapeutic Radiology and Oncology (41st : 1999 October 31 : Phoenix, Arizona). Phoenix, Az.:

American Society for Therapeutic Radiology and Oncology , 1999. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ269 A513p 1999



Human side of cancer : living with hope, coping with uncertainty

<https://libraries.phsa.ca/permalink/catalog9287>

Holland, Jimmie C., Lewis, Sheldon. New York, N.Y.: HarperCollins Publishers , 2000. (Book) — 7 copies, [6 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: QZ200 H735 2000

“ Surveys a range of available coping strategies, both physical (e.g., medications) and psychological (e.g., support groups).”



Peripheral neuropathy : what it is and what you can do to feel better

<https://libraries.phsa.ca/permalink/catalog119617>

Wiesman, Janice F. Baltimore, MD: Johns Hopkins University Press , 2016. (Book) — 8 copies, [8 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Kelowna Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: WL500 W649 2016

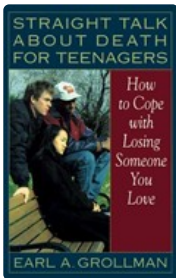


Yoga for cancer : a guide to managing side effects, boosting immunity, and improving recovery for cancer survivors

<https://libraries.phsa.ca/permalink/catalog21842>

Prinster, Tari. Rochester, VT: Healing Arts Press , 2014. (Book) — 6 copies, [6 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Kelowna Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: QZ266 P958 2014



Straight talk about death for teenagers : how to cope with losing someone you love

<https://libraries.phsa.ca/permalink/catalog4985>

Grollman, Earl A. Boston, Ma.: Beacon Press , 1993. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: BF789 G875s 1993

“ This book speaks to teens in a way that acknowledges their feelings, promotes discussion and offers hope



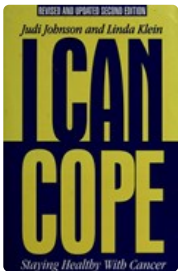
Meditation to help you with fatigue : guided imagery to help relieve tiredness from chemotherapy and radiation therapy

<https://libraries.phsa.ca/permalink/catalog19917>

Naparstek, Belleruth. Akron, OH: Health Journeys , 1998. (Audio, CD) — 9 copies, [9 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr
Call Number: QZ266 N196m 1998

“ Introduction ; Guided imagery ; Music

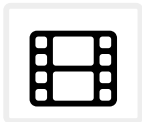


I can cope : staying healthy with cancer

<https://libraries.phsa.ca/permalink/catalog8007>

Johnson, Judi, Klein, Linda. Minneapolis, MN.: Chronimed Publishing , 1994. 2nd ed., rev. and updated. (Book) — 6 copies, [5 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Prince George Cancer Info Ctr
Call Number: QZ200 J67 1994



Tired of being tired? : how people with cancer can manage their fatigue

<https://libraries.phsa.ca/permalink/catalog20505>

<http://phsa.mediasite.com/mediasite/Viewer/?peid=b5b255ef35384353811bdb150160a18a1d>

Finck, Jennifer, Wong, Helen. Victoria, BC: BC Cancer Agency. Vancouver Island Cancer Centre , 2012. (Video, DVD)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Internet



Reduced activity? What you can do

<https://libraries.phsa.ca/permalink/catalog111867>

http://www.cw.bc.ca/library/pdf/pamphlets/BCW534_ReducedActivityWhatYouCanDo.pdf

Physiotherapy Department. Vancouver, BC: BC Women's Hospital & Health Centre , 2016. (Pamphlet)

Audience: Patient or Public

Agency: BC Children's and Women's

Call Number: BCW534

URL Notes: Click on the link above to view/print.

“ Provides helpful tips and exercises pregnant women can do when they're asked to reduce their activities, aka "bedrest." ”



On bedrest? What you can do (Punjabi)

<https://libraries.phsa.ca/permalink/catalog111899>

http://www.cw.bc.ca/library/pdf/pamphlets/BCW534P_OnBedrestWhatYouCanDo_2011.pdf

Physiotherapy Department. Vancouver, BC: BC Women's Hospital & Health Centre , 2011. (Pamphlet)

Audience: Patient or Public

Agency: BC Children's and Women's

Call Number: BCW534P

URL Notes: Click on the link above to view/print.

“ In Punjabi, provides helpful tips and exercises pregnant women can do when on bedrest. ”



Radiation therapy : what to expect

<https://libraries.phsa.ca/permalink/catalog14368>

BC Cancer Agency Radiation Therapy Program, BCCA. Vancouver, B.C.: BC Cancer Agency , 2005. (Booklet, Handout) — 2 copies, [2 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr

Call Number: QZ269 B366 2005



Radiation therapy : what to expect

<https://libraries.phsa.ca/permalink/catalog21033>

http://www.bccancer.bc.ca/patient-and-public-info-site/Documents/Radiation_Therapy_English_2013.pdf

BC Cancer Agency. Vancouver, BC: BC Cancer Agency , 2013. rev. ed. (Booklet, Handout, Online)

Audience: Patient or Public

Recommended

Agency: BC Cancer Agency

Location: Internet