

LIVING WITH ADVANCED/ METASTATIC BREAST CANCER

For information on pain management, see listing on page 81.

For information on work issues and disability, see listing on page 108

Advanced Breast Cancer: A Guide to Living with Metastatic Disease, 2nd Edition
by Musa Mayer (Patient Centered Guides, 1998, \$24.95)


This book deals honestly with the realities of metastatic disease, yet offers hope and comfort. All aspects of dealing with the disease are covered, including: coping with the shock of recurrence, seeking information and making treatment decisions, communicating effectively with medical personnel, getting emotional support from other patients, friends, and family and finding new ways to discover meaning in the midst of adversity. The author, a respected patient advocate, also maintains a website of advanced breast cancer resources at www.advancedbc.org.

Association of Cancer Online Resources Club Mets Metastatic Breast Cancer Online Support Group
listserv.acor.org/archives/club-mets-bc.html

One of the largest list serves for women living with advanced breast cancer. The website contains searchable archives and active discussions.

BCMets.org

The largest online list serv to offer support and information for women living with advanced breast cancer, their families and friends. Although this list is for women of all ages, there are a number of young women who contribute regularly. Archives are searchable on the website.

 The Beautiful Eight: Young Women Learning to Live with Advanced Breast Cancer
Directed and produced by Beth Murphy (Principle Pictures and Young Survival Coalition, DVD, 2006)
www.youngsurvival.org or (877) YSC-1011

An intimate discussion among eight young women diagnosed with metastatic breast cancer. Join them on this journey filled with hope, fear, laughter, anxiety and determination to live life to the fullest. *The Beautiful Eight* connects you with a community of young women who openly share their experience of living with advanced breast cancer.

 Cancer Made Me a Shallower Person: A Memoir in Comics
by Miriam Engelberg (HarperCollins, 2006, \$14.95)

Diagnosed with breast cancer at age 43, the author uses humor to help her cope with living with metastatic breast cancer. The result is a sassy, poignant and funny look at cancer treatment, the reactions of loved ones and strangers and finding laughter in unexpected places.

Dear Cancer


by Laura Parisi King (AuthorHouse, 2006, \$15.99)

A memoir and collection of poetry and affirmations, the book follows the author's diagnosis with breast cancer while living on a 32-foot sailboat with her husband. Later diagnosed with advanced breast cancer while her husband faces a cancer diagnosis himself, this book follows the changes in their lives that cancer brings and the author and her husband's strength in times of uncertainty.

 I Still Buy Green Bananas
(Y-ME National Breast Cancer Organization, 2006)

www.y-me.org/publications/generalpubs/greenbananas.pdf or (800) 221-2141

Comprehensive booklet based on advice from people who are living with advanced breast cancer — how they face each day, make medical decisions, give and get support from their families and friends, and how the experience of living with cancer has changed their lives.


 Networking Sessions for Young Women with Metastatic Breast Cancer
ywabc@youngsurvival.org or (877) YSC-1011 to register

Telephone-based Networking Sessions enable young women living with advanced (metastatic) breast cancer to connect with others in similar situations and gives newly-diagnosed participants the opportunity to gain valuable insight as well as practical information from long-term survivors of this disease. These calls are facilitated by an oncology social worker to ensure appropriate information and supportive exchanges.

The Patient Active Guide to Living with Advanced Breast Cancer
(Wellness Community and Living Beyond Breast Cancer, 2006)

www.lbbc.org or (888) 753-5222

This 58-page booklet contains information on how to improve your quality of life by actively participating in the choices you and your healthcare team make about treatment. Learn about the latest treatments, side effects and side effect management, as well as how to cope with the social and emotional challenges of your diagnosis.

 The Red Devil: To Hell with Cancer - And Back
by Katherine Russell Rich (Crown Publishers, 1999, \$12.95)

Nothing's off limits in Katherine Russell Rich's gutsy account of her breast cancer treatment, from harsh insights about her relationships to the wrenching details of her disease's progression to stage IV status.

Coping and adjusting

Advocacy for Patients with Chronic Illness, Inc.

c/o Jennifer C. Jaff

18 Timberline Drive

Farmington, CT 06032

www.advocacyforpatients.org

This website offers patients with chronic illnesses free information, advice and advocacy services from an attorney and other volunteers to help you secure your rights. Also has useful links regarding health insurance, disability and prescription drug assistance programs.

American Psychosocial Oncology Society Helpline

(866) APOS-4-HELP (Helpline)

www.apos-society.org

APOS is a multi-disciplinary professional organization dedicated to the psychosocial aspects of cancer treatment. The APOS helpline helps people with cancer and their caregivers find counseling services in their own communities.

The Chronic Illness Workbook: Strategies and Solutions for Taking Back Your Life

by Patricia Fennell (Spring Harbor Press, 2006, \$19.95)

Patricia Fennell has created a comprehensive long-term coping model that readers can use to navigate the physical, psychological, and social effects of their illness.

How Do You Know When Distress is Normal – or More Serious

(National Comprehensive Cancer Network, 2005)

www.nccn.org or (888) 909-NCCN

This online guide can help you evaluate your level of stress, assist in determining whether you need professional support and offers tips for coping with stress.

Caregivers

Lotsa Helping Hands

365 Boston Post Road, Suite 157

Sudbury, MA 01776

info@lotsahelpinghands.com

www.lotsahelpinghands.com

Lotsa Helping Hands is an online organizing tool for friends, family, colleagues, and neighbors to assist loved ones in need. It has a private group calendar, specifically designed for organizing helpers, where everyone can pitch in with meal deliveries, rides, and other tasks necessary for life to run smoothly during a crisis.

National Alliance for Caregiving

4720 Montgomery Lane, 5th Floor

Bethesda, MD 20814

info@caregiving.org

www.caregiving.org

The National Alliance for Caregiving is dedicated to providing support to family caregivers and the professionals who help them and to increasing public awareness of issues facing family caregivers.

The National Family Caregivers Association

10400 Connecticut Avenue, Suite 500

Kensington, MD 20895-3944

(800) 896-3650

(301) 942-6430

info@thefamilycaregiver.org

www.nfcacares.org

NFCA reaches across the boundaries of diagnoses, relationships and life stages to address the common needs and concerns of all family caregivers. There are a number of resources for caregivers on the websites.