



Anglia Cancer  
Network



Cambridgeshire  
County Council

# Cancer Information

## Books to borrow from the library free loan

If you are looking for information to help you understand more about your condition and its treatments, there is a comprehensive collection of information books to take out on free loan as well as booklets and leaflets available to take away for free at your local library.

Some of the libraries in the county hold a bigger collection of booklets, but should the title you require not be available in YOUR local Library then please ask the staff as they will be able to obtain a copy for you.

### General cancer

Shelved  
at

Buckman R	Cancer is a word, not a sentence	616.994
Bor R	Coping with the psychological effects of cancer	616.994
Treatment		
Priestman TJ	Coping with chemotherapy	616.994
Priestman T	Coping with radiotherapy	616.994
Treatment side-effects		
Oktay KH/beck	100 questions & answers about cancer & fertility	616.994
Kelvin J	100 questions & answers about cancer symptoms & cancer treatment side effects	616.994
Daunt DY	100 questions & answers about lymphedema	616.42
Silverman D	Your brain after chemo. A practical guide to lifting the fog & getting back your focus: what's your excuse?	616.994
After treatment / survivorship		
Tolbert P	100 questions & answers about life after cancer. A survivor's guide	616.994
Krychman ML	100 questions & answers for women living with cancer. A practical guide for survivorship	616.994
Priestman T	Cancer survivor's handbook	616.994
Personal experience		
Bryan EM	Singing the life	920BRY
Advanced cancer, death, bereavement		
Stokes J	As big as it gets: supporting a child when a parent is seriously ill	306.88
Stubbs D	Child's grief, A. Supporting a child when someone in the family has died	306.88

## Common cancers (top four)

### Breast cancer

Shockney L	100 questions & answers about advanced & metastatic breast cancer	616.994
Saunders C	Breast cancer (The facts series)	616.994
Pennery E	Breast cancer. Answers at your fingertips	616.994

### Reconstruction

Rainsbury D	Breast reconstruction: your choice	618.19
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### Personal experience

Engelberg M	Cancer made me a shallower person. A memoir in comics	920ENG
Lynch L	C-word. The	920 LYN
Day J	Getting it off my chest. How I lost my breast & found myself.	920DAY
Touye N	One lump or two (poems)	920TOU
Rabinovitch D	Take off your party dress. When life's too busy for breast cancer	920RAB

### Colorectal cancer

Bub D	100 questions & answers about colorectal cancer	616.994
Northover J	Your guide to bowel cancer	616.994

### Personal experience

Blennerhasset M	Nothing personal - disturbing undercurrents in cancer care	616.994
Davies M	Saving my arse	920DAV

### Lung cancer

Schiller JH/Parles	100 questions & answers about lung cancer	616.994
Pass HI	100 questions & answers about mesothelioma	616.994
Falk S	Lung cancer (The facts series)	616.994

### Prostate cancer

Ellsworth P	100 questions & answers about prostate cancer	616.994
Smith T	Coping successfully with prostate cancer	616.994
Kirby R	Prostate: small gland, big problem	616.994

## Other common cancers

### Bladder cancer

Ellsworth P	100 questions & answers about bladder cancer	616.994
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### Head and neck (laryngeal / esophageal)

Ginex PK	100 questions & answers about esophageal cancer	616.994
Carper E	100 questions & answers about head & neck cancer	616.994

### Personal experience

Hern K	Bangers and mash	616.994
Diamond J C	C... because cowards get cancer too..	920DIA
Norgate S	Laryngectomy is not a tragedy	616.994

### Kidney cancer

Campbell SC	100 questions & answers about kidney cancer	616.994
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### Pancreatic cancer

O'Reilly	100 questions & answers about pancreatic cancer.	616.994
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### Stomach cancer

Shah MA	100 questions & answers about gastric cancer	616.994
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## Books for carers

Rose SL	100 questions & answers about caring for family or friends with cancer	616.994
Jenkinson A	Past caring	362.14
Marriott H	Selfish pig's guide to caring	362.14
Orchard A	Their cancer - your journey. A traveller's guide for carers, family & friends	616.994
Hutton D	What can I do to help? : 75 practical ideas for family and friends from cancer's frontline	616.994

## Rarer cancers

Lunnen M	Cervical cancer - the essential guide	616.994
DeMatteo R	100 questions & answers about gastrointestinal stromal tumor (GIST)	616.994
Ball ED	100 questions & answers about leukemia	616.994
Abou-Alfa GK	100 questions & answers about liver cancer	616.994
Holman P	100 questions & answers about lymphoma	616.994
Leech I	One day at a time - Mel's story	920LEE
Bashey A	100 questions & answers about myeloma	616.994
Dizon DS	100 questions & answers about ovarian cancer	616.994
Burrows LJ /Heller	100 questions & answers about vulva cancer & other diseases of the vulva & vagina	616.994

## Books for people with learning difficulties

Hollins S	Am I going to die?	306.88
Hollins S	Keeping healthy down below	306.88
Hollins S	Looking after my balls	306.88
Donaghey V	Getting on with cancer	306.88
Hollins S	Looking after my breasts	306.88
Hollins S	When mum died	306.88
Hollins S	When dad died	306.88
Hollins S	When somebody dies	306.88

## Books for children and teenagers

Downham J	Before I die	YS PLUS
Gaynor K	Famous hat	JF/NE
Wheeler E	Mikki has cancer	JF/NE
Janney Jill	Milly's bug-nut	JF/NE
Wheeler E	Mum has cancer	JF/NE
Stokes J	Secret C: straight talking about cancer	J616.9
Gleitzman M	Two weeks with the Queen	JF
Nicholls S	Ways to live forever	YA
Royston A	What's it like? Cancer	J616.9
Thornton C	Why mum? A small child dealing with a big problem	JF/NE

# Cambridgeshire Libraries in partnership with Macmillan Cancer Support and Anglia Cancer Network

## Cambridgeshire Libraries

Anyone can use libraries to search for information or to browse through books - but to borrow items or to use the computers you need to join – it's free. Phone or see the website to find your nearest library and opening times.

[www.cambridgeshire.gov.uk/libraries](http://www.cambridgeshire.gov.uk/libraries) Telephone: 0345 045 5225

## Macmillan Cancer Support

Macmillan develops publications specifically for people with cancer, their family and friends. To see the full range of publication, resources and factsheets and order them free of charge, please visit *Be.Macmillan* <http://be.macmillan.org.uk> (you will need to register to browse and order from the website) or call **0800 500 800**.

Cancerbackup and Macmillan Cancer Support have merged. The cancer information publications are now free for people affected by cancer, their carers, friends and families and health and social care professionals.

The *Directory of information materials for people affected by cancer* has details of over 1,000 leaflets, booklets, books and audiovisual materials on cancer. All of the materials listed in the directory have been produced in the UK within the last five years and are available nationwide.

If you have any questions about cancer, ask Macmillan.

If you need support, ask Macmillan.

Or if you just want someone to talk to, ask Macmillan.

[www.macmillan.org.uk](http://www.macmillan.org.uk)



0808 808 00 00

## Anglia Cancer Network

The Anglia Cancer Network (AngCN) co-ordinates the planning, commissioning and delivery of high quality cancer care to millions of people; the Network is large and diverse, comprising of six Primary Care Trust areas, 10 Hospital Trust catchment areas and an estimated population of 2.7 million.

### Anglia Cancer Network Patient Information Strategy

Information is a vital element of the overall patient experience. Information has a key role to play in the patient's cancer journey – it can inform and prepare people, reduce anxiety, sign post them to essential external services such as financial help and advice and help carers in supporting the patients (see documents to the right).

[www.angliacancernetwork.nhs.uk](http://www.angliacancernetwork.nhs.uk)



01638 608208