Considering Bilateral Salpingo-Oophorectomy to Reduce Your Risk of Ovarian Cancer

A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please talk to your doctor about your specific concerns.

The Learning Center provides a wide range of materials, and each location has different resources. Please call ahead to learn which location has the resources you need.

To learn more or ask questions, please call, email or visit The Learning Center.

Levit Family Learning Center
Mays Clinic
Floor 2, near The Tree Sculpture,
Room ACB2.1120
Monday – Friday, 9 a.m.-4 p.m.
713-563-8010
http://www.mdanderson.org/tlc
Email: asktlcstaff@mdanderson.org

Theodore N. Law Learning Center
Main Building
Floor 4, near Elevator A,
Room R4.1100
Monday – Friday, 9 a.m.-4 p.m.
713-745-8063

Pamphlets

High-Risk Ovarian Cancer Screening Clinic. Gynecologic Oncology Center.
Surgery: A Patient Guide. The University of Texas MD Anderson Cancer Center.
Understanding Your Risk of Ovarian Cancer: A Woman's Guide. Women's Cancer Network.
What Everyone Should Know About Ovarian Cancer. National Ovarian Cancer Coalition.

Books

Am I Next in Line? Conquering My Fear of Hereditary Breast and Ovarian Cancer. Achman M. WP 970 A179a 2004.
Am I Still a Woman? Hysterectomy and Gender Identity. Elson J. WP 468 E49a 2004.
Apron Strings: Inheriting Courage, Wisdom and … Breast Cancer. Greene D.

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WP 870 G799a 2007.
Before Your Time: The Early Menopause Survival Guide. Sterling E. WP 580 S838b 2010.
100 Questions & Answers About Hysterectomy. Ricks D, Greig L. WP 468 R539o 2007.
Ovarian Cancer Risk-Reducing Surgery: A Decision-Making Resource. Connor K. WP 322 C752ov 2006.
Positive Results: Making the Best Decisions When You're at High Risk for Breast or Ovarian Cancer. Morris J, Gordon O. WP 870 M876p 2010.
Pretty Is What Changes: Impossible Choices, The Breast Cancer Gene, and How I Defied My Destiny. Queller J. WP 870 Q3p 2008.
Preventive Strikes: Women, Precancer, and Prophylactic Surgery. Lowry I. QZ204 L923p 2010.
Previvors: Facing the Breast Cancer Gene and Making Life-Changing Decisions. Port D. WP 870 P839p 2010.
*Principles and Practice of Gynecologic Oncology. 5th ed. Barakat R, Markman M, Randall M. WP 145 P957 2009.
The Sky Begins at Your Feet: A Memoir on Cancer, Community, and Coming Home to the Body. WP 870 M676t 2009.
Under the Mask: A Guide to Feeling Safe and Comfortable During Anesthesia and Surgery. Cottrell J, Golden S. WO 200 C851U 2001.

Audio

Meditation to Promote Successful Surgery. Naparstek B. WO75 N195m 1992 CD.
Preparing for Surgery: Guided Imagery Exercises for Relaxation & Accelerated Healing. Rossman M. WO 75 R837p 2004 CD.

Video

Breast Cancer Legacy: Your Family History, Your Future. Murphy B, Santos J, Baxter M. WP 870 DVD 385 2004.
Making Informed Decisions: Testing and Management for Hereditary Breast and Ovarian Cancer. Myriad Genetic Laboratories. WP 870 DVD 4006 2004.

Websites

The University of Texas MD Anderson Cancer Center
http://www.mdanderson.org/diseases/Ovarian/
This page provides basic information about ovarian cancer as well as multimedia presentations and links to other MD Anderson resources, such as the High-Risk Ovarian Screening Clinic and the Gynecologic Cancer Genetics Clinic.

*Indicates reference only (unavailable for check out)

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FORCE: Facing Our Risk of Cancer Empowered, Inc.
http://www.facingourrisk.org/
This site is for women who are at increased risk of hereditary ovarian or breast cancer and for women who have been diagnosed with these cancers. In the *Information & Research* section, see the subsection *Risk Management,* which includes extensive material on oophorectomy and on surgical menopause.

The North American Menopause Society
http://www.menopause.org
Access this site to find menopause information from the clinical and science experts. Consult the consumer section for the society's 64 page Menopause Guidebook.

YouTube
http://www.youtube.com
Use "prophalactic oophorectomy" or "laparoscopic removal of ovary" as search words to find videos on these topics.

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