Cancer Prevention
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

Please see the Nutrition Pathfinder for more resources relevant to cancer prevention.

Pamphlets

The Facts About Cancer: Facts vs. Fears. American Institute for Cancer Research. 2004.
Food, Physical Activity, Weight and Colon Cancer. American Institute for Cancer Research. 2010.
Guidelines for Cancer Prevention. American Institute for Cancer Research. 2007.
Just the Facts: Cancer Screening. The University of Texas MD Anderson Cancer Center. 2012.
Living Smart: The American Cancer Society's Guide to Eating Health and Being Active. American Cancer Society. 2011.
Moving More for Cancer Prevention. American Institute for Cancer Research. 2008.
A Parent's Guide to Skin Protection. American Cancer Society. 2009.
Protect Yourself From Testicular Cancer. American Institute for Cancer Research. 2004.
Recommendations for Cancer Prevention. American Institute for Cancer Research. 2007.
Reducing Your Risk of Colorectal Cancer. American Institute for Cancer Research. 2009.
Reducing Your Risk of Prostate Cancer. American Institute for Cancer Research. 2009.

© 2010, 2012 The University of Texas MD Anderson Cancer Center, 12/17/12

Reducing Your Risk of Skin Cancer. American Institute for Cancer Research. 2007.
Simple Steps to Reduce Your Cancer Risks. The University of Texas MD Anderson Cancer Center. 2011.
Staying Lean for Cancer Prevention. American Institute for Cancer Research. 2008.
What Women Should Know About Cervix Cancer and the Human Papilloma Virus. American Cancer Society. 2009.
Your Guide to Reducing Your Risk of Breast Cancer. Breastcancer.org. 2007.

Books

Alternative Medicine Magazine's Definitive Guide to Cancer: An Integrated Approach to Prevention, Treatment and Healing. Alschuler L, Gazella K. QZ 200 A461a 2007.
Anticancer: A New Way of Life. Servan-Schreiber D. QZ 200 S378 2009.
The Anti-Cancer Cookbook: How to Cut Your Risk With the Most Powerful, Cancer-Fighting Foods. Greer J. WB 405 G816a 2008.
Avoiding Cancer One Day at a Time: Practical Advice for Preventing Cancer. Stoesz-Eldridge L, Borgeson D. QZ 202 S872a 2007.
The Cancer Challenge: How to Stack the Odds in Your Favour. Goyns M. QZ 200 G724c 2008.
*Cancer Prevention and Management Through Exercise and Weight Control. McTiernan A. QZ 200 C21539 2006.
*Complementary and Integrative Medicine in Cancer Care and Prevention: Foundation and Evidence-Based Interventions. Micozzi M. QZ 266 C7374 2007.
Confronting Hereditary Breast and Ovarian Cancer: Identify Your Risk, Understand Your Options, Change Your Destiny. Friedman S. WP 870 F912c 2012.
Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment and Healing. Alschuler L. QZ 200 A461d 2010.
*Food, Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective. World Cancer Research Fund. QZ 266 F686 2007.
Foods to Fight Cancer: Essential Foods to Help Prevent Cancer. Beliveau R, Gingras D. QZ 200 B431f 2007.
Prevention of Cancer. McKinnell R. QZ 200 M158p 2008.
*The Prevention of Cancer: Pointers From Epidemiology. Doll R. QZ 200 D665p 2008.
Previvors: Facing the Breast Cancer Gene and Making Life-Changing Decisions. Port D. WP 870 P 839p 2010.
Reduce Your Cancer Risk: Twelve Steps to a Healthier Life. Boughton B. QZ 200 B758r 2010.
Whole Life Prostate Book: Everything That Every Man – at Every Age – Needs to Know About Maintaining Optimal Prostate Health. Carter H. WJ 752 C323w 2012.
Zest for Life: The Mediterranean Anti-Cancer Diet: A Guide to Dietary Cancer Prevention With Over 150 Recipes. Middelmann-Whitney C. WB 405 M627z 2011.

*Indicates reference only (unavailable for check out)

Video

Colonoscopy for Colon Cancer Prevention. The University of Texas MD Anderson Cancer

© 2010, 2012 The University of Texas MD Anderson Cancer Center, 12/17/12

Center. WI 520 DVD 4100 2010.
Food for the Fight: Guidelines for Healthy Nutrition During and After Cancer Treatment. American Institute for Cancer Research, New York Presbyterian Hospital. QZ 200 DVD 4014 2008.
Targeting Inflammatory Pathways by Dietary Agents and by Traditional Chinese and Ayurvedic Medicine for the Prevention and Treatment of Cancer. Aggarwal B. QZ 266 DVD 4023 2009.

Websites

MD Anderson's Cancer Prevention Center
http://www.mdanderson.org/cancerpreventioncenter
MD Anderson's Cancer Prevention Center offers a wide range of services for reducing cancer risk. Risk assessments, screening exams and prevention programs are available to create personalized risk-reduction strategies.

MD Anderson: Early Detection, Genetic Testing and Counseling
http://www.mdanderson.org/patient-and-cancer-information/cancer-information/cancer-topics/prevention-and-screening/genetic-testing-and-counseling/index.html
MD Anderson's Early Detection website recommends genetic counseling for people who may be at increased risk for those 5 to 10 percent of all cancers that are inherited.

American Cancer Society
http://www.cancer.org/Healthy
The Stay Healthy section of the American Cancer Society site offers resources, information and support about nutrition and physical activity, tobacco cessation and cancer screenings.

American Institute for Cancer Research
http://www.aicr.org/
The American Institute for Cancer Research is devoted to reducing cancer risks and offers plentiful information and research regarding physical fitness, nutrition and supplements.

MedlinePlus
http://medlineplus.gov/healthscreening
MedlinePlus is the National Institutes of Health's website for patients, their families and friends, offering free, reliable health information. This site features information about preventative services, including cancer screening tests.

National Cancer Institute
http://www.cancer.gov/cancertopics/prevention
Summaries provide information about general as well as cancer-specific prevention. The site also features tobacco cessation and nutritional information, prevention-related clinical trials and further research.

National Cancer Institute – Division of Cancer Prevention

© 2010, 2012 The University of Texas MD Anderson Cancer Center, 12/17/12

http://prevention.cancer.gov
The Division of Cancer Prevention is the primary unit of the National Cancer Institute devoted to cancer prevention research. Networks, programs and clinical trials are highlighted.

Prevent Cancer Foundation
http://www.preventcancer.org/
This site features information about cancer prevention research, education, outreach and advocacy.

© 2010, 2012 The University of Texas MD Anderson Cancer Center, 12/17/12