Breast 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

Books

*Advanced Therapy of Breast Disease. 3rd ed. Babiera G, Skoracki R, Esteva F.
WP 840 B114a 2012.
*Advances in Breast Cancer Management. 2nd ed. Gradishar W, Wood W, eds.
WP 870 A244 2008.
*Aesthetic and Reconstructive Surgery of the Breast. Hall-Findlay E, Evans G.
WP 910 A253 2010.
After Breast Cancer: A Common-Sense Guide to Life After Treatment. Schnipper H.
WP 870 S361a 2006.
Bathsheba's Breast: Women, Cancer & History. Olson J. WP 870 O52b 2002.
Be a Survivor: Your Guide to Breast Cancer Treatment. 5th ed. Lang V. WP 870 L274b 2009.
Big Squeeze: A Social and Political History of the Controversial Mammogram. Reynolds H.
WP 815 R4646 2012.
*Breast Cancer. 2nd ed. Hunt K, et al. WP 870 B8283 2008.

*Indicates reference only (unavailable for check out)

© 2000, 2012 The University of Texas MD Anderson Cancer Center, Revised 12/10/12

Breast Cancer Husband: How to Help Your Wife (and Yourself) Through Diagnosis, Treatment and Beyond. Silver M. WP 870 S587b 2004.
Breast Cancer Recurrence & Advanced Disease: Comprehensive Expert Guidance. Gordon B, et al. WP 870 B8291 2010.
Breast Cancer Survival Manual: A Step by Step Guide for Women With Newly Diagnosed Breast Cancer. Link J. WP 870 L756b 2012.
Breast Cancer: The Complete Guide. 5th ed. Hirshaut Y, Pressman P. WP 870 H669b 2008.
Breast: Comprehensive Management of Benign and Malignant Diseases. 4th ed. Bland K, Copeland E. WP 870 B828 2009.
Confronting Hereditary Breast and Ovarian Cancer: Identify Your Risk, Understand Your Options, Change Your Destiny. Friedman S, et al. WP 870 F912c 2012.
*Diseases of the Breast. 4th ed. Harris J. WP 870 D611 2010.
Dr. Susan Love's Breast Book. 5th ed. Love S. WP 840 L897d 2010.
*Early Diagnosis and Treatment of Cancer: Breast Cancer. Jacobs L, Finlayson C, eds. WP 870 B8308 2011.
Eating Pomegranates: A Memoir of Mothers, Daughters and the BRCA Gene. Gabriel S. WP 870 G118e 2010.
*Environment and Breast Cancer. Russo J, ed. WP 870 E61 2011.
Essential Exercises for Breast Cancer Survivors. Haverstadt A, Leonard A. WP 870 H197e 2000.
Everything Health Guide to Living With Breast Cancer. Carvalho L, Stewart J. WP 870 C331e 2009.
Finding Hope for Your Journey Through Breast Cancer: 60 Inspirational Readings. Ortega Y. WP 870 O77f 2010.
The Foremost Good Fortune. Conley S. WP 870 C752f 2011.
From Zero to Mastectomy: What I Learned and You Need to Know About Stage 0 Breast Cancer. Fox J. WP 870 F792f 2010.
Healing Gifts: Qi Gong in Breast Cancer Recovery. Randolph M, Tewksbury C. WP 870 M194h 2009.
*Hereditary Breast Cancer. Isaacs C, Rebbeck T, eds. WP 870 H542 2008.
I'm Too Young to Have Breast Cancer. Leibson-Hawkins B. WP 870 L525i 2004.
Intimacy After Breast Cancer: Dealing With Your Body, Relationships and Sex. Maisano G. WP 870 M231i 2010.
Johns Hopkins Medicine Patients' Guide to Breast Cancer. Shockney L. WP 870 S559j 2010.
Joy Is a Plum-Colored Acrobat: 45 Life-Affirming Visualizations for Breast Cancer Treatment and Recovery. Burton W. WP 870 B974j 2004.
Living Well Beyond Breast Cancer: A Survivor's Guide for When Treatment Ends and the Rest of Your Life Begins. 2nd ed. Weiss M, Weiss E. WP 870 W4311 2010.
Lymphedema: A Breast Cancer Patient's Guide to Prevention and Healing. 2nd ed. Burt J, White G. WH 700 B973l 2005.
Navigating Breast Cancer: A Guide for the Newly Diagnosed. 2nd ed. Shockney L. WP 870 S559n 2011.

*Indicates reference only (unavailable for check out)

© 2000, 2012 The University of Texas MD Anderson Cancer Center, Revised 12/10/12

No Family History: The Environmental Links to Breast Cancer. McCormick S. WP 870 M131n 2009.
Nurse's Guide to Caring for Cancer Survivors: Breast Cancer. Urquhart L. WP 870 U79n 2010.
100 Questions & Answers About Advanced and Metastatic Breast Cancer. 2nd ed. Shockney L. WP 870 S559o 2012.
100 Questions & Answers About Breast Cancer Sensuality, Sexuality and Intimacy. Krychman M, Spadt S, Finestone S. WP 870 K94o 2011.
The Pink Ribbon Diet. Flynn M, Barr N. WP 870 F648p 2010.
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 Q4p 2008.
Previvors: Facing the Breast Cancer Gene and Making Life-Changing Decisions. Port D. WP 870 P839p 2010.
Promise Me: How a Sister's Love Launched the Global Movement to End Breast Cancer. Brinker N. WP 870 B858p 2010.
Prophylactic Mastectomy: Insights From Women Who Chose to Reduce Their Risk. Patenaude A. WP 910 P295p 2012.
Quick Facts Breast Cancer: What You Need To Know Now. American Cancer Society. WP 870 Q6 2011.
Sky Begins at Your Feet: A Memoir on Cancer, Community and Coming Home to the Body. Mirriam-Goldberg C. WP 870 M676t 2009.
Stand by Her: A Breast Cancer Guide for Men. Anderson A. WP 870 A547s 2010.
Still Bigger Than Pink. Lober L, Kelly T. WP 870 L797s 2009.
*Surgery of the Breast: Principles and Art. Wiley S, et al, eds. WP 910 S9613 2011.
Surviving Triple-Negative Breast Cancer: Hope, Treatment and Recovery. Prijatel P. WP 870 P951s 2013.
Yoga and Breast Cancer: A Journey to Health and Healing. Kellack I, Utz-Billing I. WP 870 K81y 2011.
You Are Never Alone: Prayers and Meditations to Sustain You Through Breast Cancer. Murray M. WP 870 M983y 2004.
You Can Do This! Surviving Breast Cancer Without Losing Your Sanity or Your Style. Daniels E, Tuthill K. WP 870 D186y 2009.
A Woman's Decision: Breast Care, Treatment and Reconstruction. Berger K, Bostwick J, Jones G. WP 870 B496w 2011.

Video

The Beautiful 8: Learning to Live With Advanced Breast Cancer. Murphy B, Foley P. WP 870 DVD 3817 2006.
Better Than Before Fitness: A Post-Breast Surgery Exercise DVD. Antorino L. WP 870 4170 2010.
Breast Cancer and Intimacy. Rubin D, et al. WP 870 DVD 384 2004.

*Indicates reference only (unavailable for check out)

© 2000, 2012 The University of Texas MD Anderson Cancer Center, Revised 12/10/12

Breast Cancer Legacy: Your Family History, Your Future. Murphy B, et al.
WP 870 DVD 385 2004.
Breast Cancer: The Path of Wellness & Healing. Karp N, Ostin J, Karp H.
WP 870 DVD 4094 2009.
Breast Reconstruction: Is It Right For You? Foundation for Informed Medical Decision Making.
WP 870 DVD 4119 2009.
Ductal Carcinoma In Situ: Choosing Your Treatment. Foundation for Informed Medical Decision Making. WP 870 DVD 4118 2009.
Early Breast Cancer, Hormone Therapy and Chemotherapy: Are They Right For You? Foundation for Informed Medical Decision Making. WP 870 DVD 4116 2010.
Early-Stage Breast Cancer: Choosing Your Surgery. Foundation for Informed Medical Decision Making. WP 870 DVD 385 2009.
Living With Lymphedema. The University of Texas MD Anderson Cancer Center.
WH 700 DVD 4063 2009.
Living With Metastatic Breast Cancer. Foundation for Informed Medical Decision Making.
WP 870 DVD 4120 2005.
Moving Beyond Breast Cancer. The University of Texas MD Anderson Cancer Center.
WP 870 DVD 4070 2009.
Oncotype DX. Genomic Health. WP 870 DVD 4123 2009.
Voices of Hope, Family and Friends. Chamberlain M. WP 870 DVD 4169 2012.
Yoga for Breast Cancer. Lubenesky K. WP 870 4171 2009.

Websites

The University of Texas MD Anderson Cancer Center Breast Center Page
http://www.mdnderson.org/care_centers/breastcenter/

NCCN Guidelines for Patients
http://www.nccn.org/patients
The National Comprehensive Cancer Network (NCCN) provides a wonderfully detailed guide for breast cancer patients. This guide has over 100 pages of information on initial diagnosis, stages, treatment, side effects, follow-up tests and questions to ask.

Living Beyond Breast Cancer
http://lbbc.org
This organization is an educational and support organization. They provide teleconferences, a survivor's help line and a selection of pamphlets. Their annual conferences include one for women with metastatic disease and one for young women.

Breastcancer.org
http://www.breastcancer.org/
This site provides information about symptoms and diagnosis, treatment and side effects, day-to-day matters and lowering risk. In addition it offers a blog and discussion boards. A professional

© 2000, 2012 The University of Texas MD Anderson Cancer Center, Revised 12/10/12

advisory board reviews medical information on the site. A Spanish version of this site is available at www.breastcancer.org/es

Susan G. Komen for the Cure
http://www.komen.org
This international activist organization provides funds to further the breast cancer fight. Consult the section labeled "Understanding Breast Cancer" for a variety of resources.

Y-ME
http://y-me.org
This organization offers information and support. The 24-hour toll-free support service is called "Your Shoes" and is staffed by survivors: 800-221-2141. Interpreters are available for 150 languages.

Breast Cancer Stories
http://BreastCancerStories.org
This is primarily a website for the sharing of stories, both patient and caregiver stories. This large collection of breast cancer stories can be searched by location, age, type of breast cancer, type of treatment, marital status and ethnic background. Privacy is maintained by using only first names and state or country.

FORCE: Facing Our Risk of Cancer Empowered
http://www.facingourrisk.org
FORCE provides information and support for those women who are at high risk or affected by hereditary breast and ovarian cancer. They have a newsletter and host an annual conference.

Young Survival Coalition
http://www.youngsurvival.org
This is a network of breast cancer survivors, supporters and advocates; they focus on the issues that concern women with a premenopausal diagnosis.

HER2 Support Group
http://www.her2support.org
This site contains extensive general breast cancer information as well as focused HER2 topics. It also offers very active message boards.

Triple Negative Breast Cancer Foundation
http://www.tnbcfoundation.org
This organization aims to raise awareness and support research for triple negative breast cancer patients.

Metastatic Breast Cancer Network
http://www.mbcnetwork.org
This advocacy network is dedicated to the unique concerns of the women and men living with metastatic breast cancer. Their website includes a message board and selected resources.

© 2000, 2012 The University of Texas MD Anderson Cancer Center, Revised 12/10/12

BRAINMETSBC.ORG
http://www.brainmetsbc.org
This website provides a place to learn about brain metastasis from a patient perspective. It includes personal stories, interviews with doctors and information on clinical trials.

KnowBreastCancer.org
http://www.Know BreastCancer.org/
This is the website of the National Breast Cancer Coalition. This advocacy group seeks to influence public policies surrounding breast cancer research, diagnosis and treatment. It takes stands on controversial issues.

Breast Cancer Trials
http://www.bctrials.org
This website is designed to help patients easily find a breast cancer clinical trial. Patients can enter their health history and learn about trials that match their history. Alternatively, by going to the Quick Views section patients can browse trials by selecting a specific category. This feature may be particularly helpful for triple negative and inflammatory breast cancer patients since there is a subcategory for each of these types. This website includes all trials listed in clinicaltrials.gov and cancer.gov as well as some additional trials. It can also provide email alerts when new trials fit your profile.

Are You Dense?
http://areyoudense.org/
This website provides information about dense breast tissue and how it can affect a mammogram's ability to detect breast cancer. Also provides information on legislation requiring health care providers to inform patients when they have dense breasts.

© 2000, 2012 The University of Texas MD Anderson Cancer Center, Revised 12/10/12