

SURFING THE NET

A safety guide for people living with cancer

Information about cancer and its treatment is always emotionally laden for people living with the disease and those close to them. It can be hazardous to access information from any source when you are not ready for it, or when you are not sure what to do with it.

- Ø Use the information to provide you with questions about your disease and not the answers
- Ø Make sure you talk through the information you find with your doctor or a health care professional you trust
- Ø Remind yourself that your diagnosis is unique and specific to your situation – general information will need to be modified to your own cancer
- Ø **Don't go surfing alone.** Discuss what you find with those around you

BE CAREFUL WHERE YOU SURF

How does the information relate to you specifically? Look for sites that are authoritative, up to date, and provide details of the organisation behind the website.

BE CAREFUL WHEN YOU SURF

It is important that you look for information about your situation when you are prepared for it, and when you can talk it through with others. Write down questions or concerns as you go.

Cancer on the Net

FINDING INFORMATION ABOUT CANCER ON THE INTERNET

General health information

www.healthinsite.gov.au

Developed by Commonwealth Dept of Health & Aged Care to provide quality consumer health information. Links to most Australian health organisations.

www.betterhealth.vic.gov.au

Victorian state government site. Many useful links to Australian information.

www.aihw.gov.au

Australian Institute of Health & Welfare. Australian epidemiological data, including cancer statistics.

www.healthfinder.gov

United States site that provides comprehensive information on all aspects of health care. Links to selected health websites.

Cancer information – Australia

www.cancertas.org.au

Cancer Council Tasmania's website that gives information about the Council and its services. Links to Australian and international cancer organisations.

www.cancer.org

Cancer Council Australia is the umbrella body for all state cancer organisations. Site has links to these and other bodies.

www.canceranswers.com.au

Aims to provide cancer patients & their families with up to date information about cancer service providers in Australia.

www.cancervic.org.au Cancer Council Victoria's site has general information on the most common cancers, also services available in Victoria.

www.ludwig.edu.au

Ludwig Cancer Research Institute. CARA database of all cancer research currently being undertaken in Australia.

www.nbocc.org.au

National Breast & Ovarian Cancer Centre. Comprehensive information on breast cancer in Australia.

www.breasthealthlink.com

National Breast Cancer Foundation. Australian site for women with breast cancer.

www.prostatehealth.org.au

Lions Australian Prostate Cancer website. Mr Phip information on prostate cancer, treatment centres, support groups, *Ask Andy* section for personalized questions.

www.wings.adelaide.edu.au

Interactive Australian site for women with breast cancer.

www.virtualcancercentre.com

A journey through a virtual cancer treatment centre, with explanations about all aspects of diagnosis and treatment.

Cancer information - International

www.cancerbacup.org.uk

Foremost provider of cancer information in United Kingdom. Good quality, easily understood and current information for cancer patients. newsworthy developments in cancer treatment & research. Patient information, book reviews.

www.cancer.org

American Cancer Society. Good coverage of all aspects – news, survivors, volunteers, health information, media, researchers & health care professionals. Links to reputable web sites.

www.oncolink.upenn.edu

University of Pennsylvania Cancer Resource Center. Excellent source of latest news in cancer treatment and research.

www.cancer.gov

US National Cancer Institute. Cancer database of over 1.3 million records. PDQ – Physician's Data Query. You can search CANCERLIT or use NCI prepared searches on selected topics

www.cancercare.org

US organisation which offers free professional help to people with cancer. Counselling, education, information. On-line & telephone support groups, teleconferences.

www.nipo.org

National Institute of Psychosocial Oncology (US). Patient and survivor information. Membership required for access to articles.

www.mskcc.org

Memorial Sloan Kettering Cancer Centre in New York. Good section on paediatric cancer.

www.nccam.nih.gov

US National Institute of Health's department that conducts research into and distributes information about complementary and alternative medicine.

www.acor.org

Association of Cancer Online Resources. Offers online cancer information & support for those with cancer or careers. No medical advice or counselling, but chat rooms available.

www.icis.uicc.org

International Cancer Information Service group. Information on cancer organisations worldwide.