



## The Cancer Council Tasmania recommended reading list

Medical information is based on current accepted medical practice and, where possible, is evidence-based.

Information about complementary and alternative therapies (including meditation and relaxation) does not contradict current accepted medical practice and/or evidence and will cause no harm.

Information in these titles does not necessarily reflect the opinion of The Cancer Council Tasmania.

At least one Cancer Council staff member or a known consumer has read each book, with the exception of titles which have been pre-endorsed by the National Breast Cancer Centre (NBCC) and the National Health and Medical Research Council (NHMRC).

Priority is given to books written and published in Australia. Popular borrowed and/or purchased books are included in the list, if they have been read by a Cancer Council staff member or a known consumer.

### Cancer prevention

1. **Complete Book of Food and Nutrition** Rosemary Stanton 2001  
Simon & Schuster  
ISBN 074320350X \$16.00
2. **Deadly Enemies; Tobacco and its Opponents in Australia**  
Ian Tyrell 1999  
UNSW Press  
ISBN 0868407453 \$29.95
3. **Breast Cancer. Can you Prevent It?**  
Amelia Lawson & James Lawson 1999  
McGraw-Hill  
ISBN 007470723X
4. **Cancer Prevention**  
Susan Woodland 2003  
ACP Publishing  
ISBN 1876624981 \$13.00
5. **Fighting Melanoma. An Australian Story.** VIDEO  
The Cancer Council NSW 2003. Free
6. **Hollywood Speaks Out On Tobacco**  
Curtis Mekemson 2005  
Grassroots Solutions Inc. 0-9763944-0-5 \$20.00
7. **National Cancer Prevention Policy 2004 - 2006**  
The Cancer Council Australia 2004  
ISBN 0947283986 FREE

8.     **Nutrition for Life - Revised**  
Catherine Saxelby 2002  
Hardie Grant  
ISBN 0-7301-0387-0   \$27.95
9.     **Smoke-free: How one city successfully banned smoking in all indoor public places 2005**  
Barbara McLintock  
Granville Island Publishing. 1-894694-31-7   \$30.00
10.    **Tobacco Control: A Blue Chip Investment in Public Health**  
VicHealth Centre for Tobacco Control,  
The Cancer Council Victoria. 2003
11.    **Tobacco or Health? Physiological and Social Damages Caused by Tobacco Smoking**  
Knut-Olaf Haustein 2002  
Springer-Verlag  
ISBN 3540440313   \$109.00
12.    **VIDEO - Sam Smart Gets Sun Smart**  
Cancer Council Victoria 2000  
Cancer Council , Australia   \$10.00
13.    **You Are The Target - Big Tobacco: Lies, Scams - Now The Truth**  
Georgina Lovell 2002  
Chryan Communications  
ISBN 0973067004   \$12.95

### **Medical information**

1.     **100 Questions and Answers About Lung Cancer**  
Parles/ Schiller 2003  
Jones and Bartlett Publishers  
ISBN 0763720569   \$22.95
2.     **100 Questions and Answers About Mesothelioma**  
Harvey Pass, Laura Roy, Susan Vento 2005  
Jones and Bartlett USA. ISBN 0-7637-4839-0   \$22.95
3.     **100 Questions and Answers About Pancreatic Cancer**  
By Eileen O'Reilly  
Jones and Bartlett 2002. ISBN 0763720577   \$22.95
4.     **A Guide for Women with Early Breast Cancer**  
National Breast Cancer Centre 2003  
ISBN 174127012X   FREE
5.     **A Guide for Women with Metastatic Breast Cancer**  
National Breast Cancer Centre 2001 NBCC  
ISBN 1-56592-522-X
6.     **Breast Reconstruction: Is It For Me? Video/DVD**  
Queensland Cancer Fund 2005   \$20
7.     **Cancer At Your Fingertips**  
Maxine Rosenfeld, Val Speechley 2004  
McGraw-Hill Australia  
ISBN 0074713728   \$29.95
8.     **Cancer Sourcebook for Women (Second Edition)**  
Karen Bellenir (Ed) 2003  
Omnigraphics  
ISBN 0 7808 0226 8   \$130

9.       **Coming to Terms With Cancer – A Glossary of Cancer-Related Terms**  
Edward H. Laughlin 2002  
American Cancer Society  
ISBN 0-944235-36-0   \$30.00
10.       **Directory of Gynaecological Oncology Treatment and Support Services**  
NSW Health and the Life Force Cancer Foundation 2004  
ISBN 0 7347 3620 7   \$0.00
11.       **Dr. Susan Love's Breast Book**  
Susan Love, et al 2000  
Perseus  
ISBN 0738202355   \$22.50
12.       **'Everyone's Guide to Cancer Therapy' 2000  
- How Cancer is Diagnosed, Treated and Managed Day to Day.**  
M Dollinger, E Rosenbaum; G Cable. 2002  
Andrews Mcmeel Publishing  
ISBN 0740718568   \$40.00
13.       **Gilda's Disease**  
M. Steven Piver, M.D. with Gene Wilder 1998  
Prometheus Books 1573920894   \$30.00
14.       **Guidelines for the Prevention, Early Detection and Management of  
Colorectal Cancer**  
National Health and Medical Research Council 2000 NHMRC  
ISBN 186496085X   FREE
15.       **Localised Prostate Cancer, A Guide for Men and Their Families**  
Australian Prostate Cancer Collaboration 2003  
ISBN 0957993803   FREE
16.       **Palliative Care. More Than Just Pain Control. Video**  
Palliative Care Australia 2003   \$0.00
17.       **Palliative Care in Rural and Remote Australia Video and Booklet**  
Aust Rural Health Research Institute 1997   \$0.00
18.       **PDQ Integrative Oncology. Complementary Therapies in Cancer Care**  
By Barrie R. Cassileth, MS PhD  
BC Decker (Canada) 2005. ISBN 1-55009-280-4   \$68.00
19.       **Prostate Cancer for Dummies**  
Paul H. Lange et al 2003  
Wiley Publishing  
ISBN 0764519743   \$39.95
20.       **Smart Health Choices**  
How to Make Informed Health Decisions  
Judy Irwig, Les Irwig, Melissa Sweet 1999  
Allen & Unwin  
ISBN 1865081469   \$21.95
21.       **Testicular Cancer. A Guide For Men and Their Families - VIDEO or DVD**  
Colorama Video 2004   \$30.  
Available from The Cancer Council Victoria (03) 9635-5110
22.       **The Complete Thyroid Book**  
Kenneth Ain & M.Sara Rosenthal 2005  
McGraw Hill Publishing 0 071435263   \$29.95
23.       **The Gynaecological Cancer Guide: Sex, Sanity and Survival**  
Margaret Heffernan & Prof. Michael Quinn 2004  
Michelle Anderson Publishing  
ISBN 085572 332 7   \$29.00

24.     **The Lymphoedema Handbook**  
 Prof. Neil Piller & Maree O'Connor 2002  
 Michelle Anderson Publishing  
 ISBN 0855723270   \$24.40
25.     **Understanding Leukaemia and Related Blood Disorders For Adults Video**  
 The Leukaemia Foundation - Publication date unknown   \$0.00
26.     **Understanding the Prostate and Prostate Cancer – VIDEO**  
 Zeneca Pharmaceuticals Australia Pty Ltd 2004   Free.  
 Available from The Cancer Council NSW
27.     **Your Guide to Prostate Cancer. The Disease, Treatment Options and Outcomes**  
 Dr Prem Rashid 2003  
 Uronorth Group   \$35.00

### **Psycho-social support**

1.     **Cancer In The Family: Helping Children Cope With a Parent's Illness**  
 Sue P. Heinery (ed) 2001  
 American Cancer Society  
 ISBN 0944235344
2.     **Coping With Grief**  
 Mal McKissock, Dianne McKissock 1999  
 ABC Books  
 ISBN 0733304389   \$12.00
3.     **Death and Dying in Australia**  
 Allan Kellehear, (ed) 2000  
 Oxford University Press  
 ISBN 0 19 551150 6   \$24.95
4.     **Death, and How to Survive It**  
 Kate Boydell 2005  
 Vermilion. UK. ISBN 0-09-190257-6 \$32.95
5.     **Empowering Young Women With Early Breast Cancer – DVD**  
 Northern Rivers Division of General Practice 2004  
 (Available from The Cancer Helpline 13 11 20) Free
6.     **Five People You Meet in Heaven**  
 By Mitch Albom.  
 Time Warner 2005. ISBN 0316726613   \$22.95
7.     **Good Loving Great Sex**  
 Dr Rosie King  
 Random House Australia 1998  
 ISBN 0 09 183907 6   \$14.95
8.     **Grief and Remembering: 25 Australians Tell it Like It Is**  
 Allan Kellehear 2001  
 Rivoli  
 ISBN 0957861702   \$25.00
9.     **Illness as Metaphor/AIDS and Its Metaphors**  
 Susan Sontag 1979. (This edition 2002)  
 Picador 0-312-42013-7   \$19.95
10.    **Lean on Me**  
 Cancer Through a Carer's Eyes  
 Lorraine Kember 2003  
 Success Print  
 ISBN 0646499696   \$28.50

11.     **Looking After Yourself During Chemotherapy** VIDEO or DVD  
Peter MacCallum Cancer Foundation 2004.     \$20.00
12.     **My Story. Aboriginal and Torres Strait Islander women sharing their experiences of breast cancer.** DVD 2005  
James Cook University, Queensland Cancer Fund, Breast Cancer Network Australia 2005.     For Free
13.     **On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss**  
Elisabeth Kubler-Ross and David Kessler 2005  
Simon and Schuster. USA. ISBN 0743266285     \$29.95
14.     **Past Caring**  
Audrey Jenkinson  
Polperro Heritage Press 2003  
ISBN 0954423364     \$30
15.     **Quest for Life**  
Petrea King 1992  
Random House  
ISBN 0 09 182696 9     \$28.00
16.     **Safina and the Hat Tree**  
Cynthia Hartman  
Nomota Pty Ltd (www.talesforkids.com.au) 2004  
ISBN 0 646 43541 8     \$19.45
17.     **She's Got What?**  
Carrie Lethborg & Angela Kirsner  
ISBN 1-875271-30-9
18.     **Supporting a Person Who Needs Palliative Care: A Guide for Family and Friends**  
By Dr Peter Hudson  
Palliative Care Victoria 2004. ISBN 0-9580879-1-1     \$10.00
19.     **Surviving Prostate Cancer**  
Alan Hopgood 1996  
Random House  
ISBN 1740510453     \$19.95
20.     **Surviving Survival: Life After Cancer**  
Miles Little, Christopher Jordens, Kim Paul, Emma-Jane Sayers. 2001  
Choice Books  
ISBN 0947277803     \$25.00
21.     **The Grief Of Our Children**  
Dianne McKissock 1998  
ABC Books  
ISBN 0733306799     \$10.95
22.     **The Courage to Care. The Impact of Cancer on the Family**  
Susanne Baxandall and Prasuna Reddy 1993  
David Lovell Publishing  
ISBN 1 86355 036 4 \$14.50
23.     **The Tibetan Book of Living and Dying**  
By Sogyal Rinpoche  
Ebury Press 1998. ISBN 0712615695     \$34.95
24.     **Tuesdays With Morrie**  
Mitch Albom 1998  
Hodder Headline Australia  
ISBN 0733609554     \$20.95

25. **What Can I Do To Help?**  
Deborah Hutton 2005  
Short Books. UK. ISBN 1-904977-39-1 \$24.95
26. **What Dying People Want. Practical Wisdom for the End of Life**  
By David Kuhl  
ABC Books 2005. ISBN 0733315208 \$29.95
27. **What To Do When Someone Dies**  
Stella Tarakson 2001  
Choice Books  
ISBN 0 947277 74 9 \$18.00
28. **What to do When They Say It's Cancer**  
Joel Nathan 1998  
Allen & Unwin  
ISBN 186448635X \$30.00
29. **When a Parent Has Cancer: A Guide to Caring For Your Children**  
Wendy Schlessel Harpham, M.D. 1997  
HarperCollins  
ISBN 0060187093 \$14.95
30. **You Can Conquer Cancer**  
Ian Gawler 1984  
Hill of Content Publishing 0 85572 141 3 \$27.95
31. **You, Me & The Rainbow**  
Petrea King 2005  
Jane Curry Publishing. Australia. ISBN 1-929727-18-3 \$14.95
32. **Your Life Matters** (Also available as a spoken word CD)  
Petrea King 2004  
Random House 1 74051 323 1 \$32.95

### Complementary and alternative therapies

1. **American Cancer Society's Guide to Complementary and Alternative Cancer Methods**  
David S. Rosenthal 2000  
American Cancer Society  
ISBN 0-944235-29-8 \$70.00
2. **Female Cancers. A Complementary Approach**  
Jan de Vries  
Mainstream 2004 \$14.95
3. **Meditation: Pure and Simple**  
Ian Gawler 1996  
Hill of Content Pub Co Pty Ltd  
ISBN 085572255X \$19.95
4. **The Power of Food : Cancer - Food, Facts & Recipes**  
Clare Shaw 2005  
Hamlyn/Octopus 0 600611. \$32.95
5. **Yoga For Sleep CD**  
Dr Gillian Ross 2001  
ABC Audio \$25.95
6. **Yoga Journals Yoga Basics DVD**  
Patricia Walden  
Gaiam Yoga/Universal Studios 2001 \$25.95

## Cancer biographies

1.     **A Love For Life**  
Jane and Glenn McGrath 2000  
Random House  
ISBN 0 09184 153 4   \$27.40
2.     **Breast Cancer: You Can Get Through This!**  
Domini Stuart 2001  
ISBN 0-9579144-0-7   \$22.00
3.     **Hit Below The Belt: Facing Up To Prostate Cancer**  
Ralph Berberich 2001  
Celestial Arts  
ISBN 1587610779   \$34.95
4.     **It's Not About The Bike – My Journey Back to Life**  
Lance Armstrong, Sally Jenkins. 2000  
Allen & Unwin  
ISBN 1865086797   \$11.20
5.     **I've Got a Curable One**  
Katie Barton 1998  
Bookpress  
ISBN 0646314416   \$10.00
6.     **My Left Breast**  
Barbara Joss 1999  
Joss & Co  
ISBN 1 876411852X   \$25.00
7.     **One Thing in Common**  
Dianne Montague, Nan Burley, Jackie Katz, Lynne Culey. 1997  
CANSUPPORT  
ISBN 095938118X   \$20.00
8.     **Salvation Creek: An Unexpected Life**  
By Susan Duncan  
Transworld Random House 2006. ISBN 1863254749   \$32.95
9.     **Saying Goodbye – Stories of Caring For The Dying**  
Megan Hender 2004  
ABC Books  
ISBN 0733313477   \$24.95
10.    **Sometimes Hearts Have to Break. 25 Inspirational Journeys to Healing and Peace**  
Petrea King 1997  
Random House  
ISBN 0091834449   \$28.00
11.    **Spirited Women - Journeys With Breast Cancer**  
Petrea King 1995  
Random House  
ISBN 0-09 183067 2   \$28.00
12.    **There is more to life than my right breast: a personal guide to breast cancer**  
Cyndi Kaplan-Freiman 2000  
Cyndi Kaplan Communications  
ISBN 186436776-8   \$25.00

## Websites

1. **Advanced Breast Cancer Group**  
[www.advancedbreastcancergroup.org](http://www.advancedbreastcancergroup.org)  
By Mary O'Brien and Pia Hirsch  
The Women's Psychotherapy Service Inc (Australia)  
**American Cancer Society website**  
[www.cancer.org](http://www.cancer.org)
2. **Ash Australia**  
[www.ashaust.org.au](http://www.ashaust.org.au)
3. **Bereavement Care Centre**  
[www.bereavementcare.org.au](http://www.bereavementcare.org.au)
4. **Beyond Blue National Depression Initiative**  
[www.beyondblue.org.au](http://www.beyondblue.org.au)
5. **Brain Foundation website**  
[www.brainaustralia.org.au](http://www.brainaustralia.org.au)
6. **Breast Cancer Action Group NSW**  
[www.bcagnsw.org.au](http://www.bcagnsw.org.au)
7. **Breast Cancer Network of Australia**  
[www.bcna.org.au](http://www.bcna.org.au)
8. **Canadian Cancer Society website**  
[www.cancer.ca](http://www.cancer.ca)
9. **Cancer Answers website**  
[www.cancercouncil.com.au/canceranswers](http://www.cancercouncil.com.au/canceranswers)
10. **Cancerbackup website**  
[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)
11. **Cancer Voices website**  
[www.cancervoices.org.au](http://www.cancervoices.org.au)
12. **Canteen Australia**  
[www.canteen.org.au](http://www.canteen.org.au)
13. **Environmental Tobacco Smoke & Kids**  
[www.smokefreezone.org.au](http://www.smokefreezone.org.au)
14. **Grieflink**  
[www.grieflink.asn.au](http://www.grieflink.asn.au)
15. **Gynaecological Cancer Society**  
[www.gcsau.org](http://www.gcsau.org)
16. **Gynaecological Cancer Support website**  
[www.gynaecancersupport.org.au](http://www.gynaecancersupport.org.au)
17. **Leukaemia Foundation website**  
[www.leukaemia.org.au](http://www.leukaemia.org.au)
18. **Lions Australian Prostate Health**  
[www.prostatehealth.org.au](http://www.prostatehealth.org.au)
19. **Look Good Feel Better Website**  
Look Good Feel Better 2004  
[www.lgfb.org.au](http://www.lgfb.org.au)
20. **My Parents Cancer**  
[www.myparentscancer.com.au](http://www.myparentscancer.com.au)
21. **Memorial Sloan-Kettering Cancer Center Integrative Medicine Service**  
[www.mskcc.org/aboutherbs](http://www.mskcc.org/aboutherbs)

22. **Mental Health Association of Australia**  
[www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)
23. **National Breast Cancer Centre**  
[www.nbcc.org.au](http://www.nbcc.org.au)
24. **National Centre for Complementary & Alternative Medicine, NHI (USA)**  
[www.nccam.nih.gov](http://www.nccam.nih.gov)
25. **Oxygen Youth Anti-Tobacco**  
[www.oxygen.org.au](http://www.oxygen.org.au)
26. **Palliative Care Association of Australia**  
[www.pallcare.org.au](http://www.pallcare.org.au)
27. **Prostate Cancer Foundation website**  
[www.prostate.org.au](http://www.prostate.org.au)
28. **Quit**  
[www.quit.org.au](http://www.quit.org.au)
29. **Teen Info on Cancer Website**  
Cancerbackup UK  
[www.click4tic.org.uk](http://www.click4tic.org.uk)
30. **The Cancer Council Australia website**  
[www.cancer.org.au](http://www.cancer.org.au)
31. **The Cancer Council NSW website**  
[www.cancercouncil.com.au](http://www.cancercouncil.com.au)
32. **Tobacco Control Supersite**  
<http://tobacco.health.usyd.edu.au>
33. **US National Cancer Institute website**  
[www.cancer.gov/cancer\\_information](http://www.cancer.gov/cancer_information)
34. **US National Cancer Institute Office of Cancer Complementary and Alternative Medicine website**  
[www.cancer.gov/cam](http://www.cancer.gov/cam)
35. **Virtual Cancer Centre Website**  
Virtual Cancer Centre 2005  
[www.virtualcancercentre.com](http://www.virtualcancercentre.com)

### Other sources of information

1. **Cancer in New South Wales: Incidence and Mortality 2003**  
Elizabeth Tracey, Roder David, James Bishop, Shuling Chen, Wendy Chen  
Cancer Institute NSW 2005 073473810. FREE
2. **Carer's Handbook**  
Carers Association of NSW, St John Ambulance, Australian Red Cross  
Dorling Kindersley 1998 \$25.20
3. **"My Journey" Breast Cancer Diagnosis Kit (BCNA)**  
Breast Cancer Network Australia 2004 \$45.00
4. **NSW Directory of Breast Cancer Treatment & Services**  
Breast Cancer Action Group NSW & the NSW Breast Cancer Institute 2002  
BCAG NSW FREE

## For health professionals

1.     **Clinical Practice Guidelines for the Management and Support of Younger Women with Breast Cancer**  
National Health and Medical Research Council 2003  
NHMRC  
ISBN 174127060X   FREE
2.     **Clinical Practice Guidelines for the Management of Early Breast Cancer**  
National Health and Medical Research Council 2002  
NBCC & NCCI   \$17.95
3.     **Clinical Practice Guidelines for the Prevention, Diagnosis and Management of Lung Cancer**  
The Cancer Council Australia approved by the National Health and Medical Research Council 2004  
ISBN 1864963123   FREE
4.     **Clinical Practice Guidelines for the Psycho-social Care of Adults with Cancer**  
National Health and Medical Research Council 2003  
FREE
5.     **Lung Cancer – VIDEO**  
Rural Health Education Foundation Australia 2005   \$75.00
6.     **Psychosocial Clinical Practice Guidelines. Information, Support and Counselling for Women With Breast**  
National Health and Medical Research Council 1999  
NHMRC  
ISBN 1864961090   \$15.10

The list is reviewed and updated every 6 months. It is comprehensive but not definitive. Suggestions for new titles are encouraged. Contact the Cancer Helpline 13 11 20. Books are available for borrowing from most public libraries and most are available in bookshops and online.

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