



REVISED RESOURCE ORDER FORM 2009

The Cancer Council Tasmania aims to provide information on all aspects of cancer, particularly to those Tasmanians dealing with a diagnosis of cancer as it affects them, a relative or close friend. ***This information is available for no charge***, because of the generosity of the Tasmanian public, particularly all those participating in **RELAY FOR LIFE** that funds the Support & Information program of The Cancer Council Tasmania. Donations to assist us provide these valuable services, especially the freight costs, are always appreciated.

The number of booklets provided will depend on availability and demand, and will be determined by the Information Office, The Cancer Council Tasmania.

PLEASE SEND YOUR ORDER TO:

**The Information Office
The Cancer Council Tasmania
5/ 216 Charles Street
LAUNCESTON TAS 7250**

Fax: 03 63362789

Email: infotas@cancertas.org.au

YOUR DETAILS:

Name/ Organisation _____

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A. RESOURCES FOR PEOPLE DEALING WITH A DIAGNOSIS OF CANCER

Please note that booklets shown with alternative titles separated by / indicates that either title is available, but not both. The content is similar in both titles.

Quantity	TITLE	Format
	General	
	About cancer	<i>booklet</i>
	After your cancer treatment	<i>sheet</i>
	Alternative and complimentary therapies	<i>sheet</i>
	Complementary therapies and Cancer	<i>brochure</i>
	Understanding complimentary therapies	<i>booklet</i>
	Cancer: legal rights and responsibilities	<i>booklet</i>
	Cancer-related fatigue	<i>sheet</i>
	Caring for someone with cancer	<i>booklet</i>
	Cancer – How are you travelling	<i>booklet</i>
	Cancer in school communities	<i>booklet</i>
	Cancer support groups	<i>booklet</i>
	Emotions and cancer	<i>booklet</i>
	Food & cancer: a guide to nutrition for people with cancer	<i>booklet</i>
	Hair loss: what can I do?	<i>booklet</i>
	How can I relax?	<i>sheet</i>
	I want to help: when cancer has been diagnosed in a relative, friend, workmate or neighbour	<i>sheet</i>
	Life with cancer: a guide for people with cancer & their families	<i>booklet</i>
	Life after cancer ; a guide for cancer survivors	<i>booklet</i>
	Massage & Cancer	<i>Sheet</i>
	Men and Cancer – A brief look at Men's Cancer	<i>brochure</i>
	Tha Manual – For men on cancer prevention and early detection	<i>booklet</i>
	Overcoming cancer pain: a guide for people with cancer, & families	<i>booklet</i>
	Questions you might ask your doctor about your cancer	<i>sheet</i>
	Quick guide to cancer support services in north west Tasmania	<i>brochure</i>
	Quick guide to cancer support services in northern Tasmania	<i>brochure</i>
	Quick guide to cancer support services in southern Tasmania	<i>brochure</i>
	East Coast Cancer Care Group	<i>brochure</i>
	Sexuality for men with cancer	<i>booklet</i>
	Sexuality for people who have a stoma	<i>sheet</i>
	Sexuality for women with cancer	<i>booklet</i>
	Skin care: managing the side effects of cancer treatment	<i>booklet</i>
	Understanding chemotherapy	<i>booklet</i>
	Understanding clinical trials	<i>booklet</i>
	Understanding Lymphoedema	<i>booklet</i>
	Understanding Palliative Care	<i>booklet</i>
	Understanding radiotherapy	<i>booklet</i>
	What about me? For children when a parent has cancer	<i>booklet</i>
	When a parent has cancer: how to talk to your kids.	<i>booklet</i>

	When cancer won't go away: for people whose cancer has advanced	<i>booklet</i>
	When cancer won't go away: for carers of people whose cancer has advanced	<i>booklet</i>
	CANCERS BY SITE	
	<i>Bowel/ colorectal cancer</i>	
	Bowel cancer: treatment in addition to surgery (currently unavailable)	<i>booklet</i>
	Bowel cancer: facts & stats	<i>sheet</i>
	FAP: familial polyposis: information for families	<i>booklet</i>
	HNPCC: hereditary non-polyposis colorectal cancer: information for families	<i>booklet</i>
	Reducing your risk of bowel cancer	<i>sheet</i>
	Understanding bowel cancer	<i>booklet</i>
	Improving Bowel function after surgery for Bowel Cancer	<i>booklet</i>
	The Semi colons	<i>brochure</i>
	Healthy Bladder & Bowel Habits	<i>brochure</i>
	Bowel Cancer – prevention and early detection	<i>brochure</i>
	Don't sit on your symptoms, (Bowel cancer awareness) male	<i>A4 Poster</i>
	Don't sit on your symptoms, (Bowel cancer awareness) female	<i>A4 Poster</i>
	<i>Breast cancer</i>	
	After breast cancer surgery: looking ahead	<i>Booklet</i>
	Breast Cancer Support Service: a support service of Cancer Connect	<i>brochure</i>
	Breast Cancer in Men	<i>Card</i>
	Depression and Breast Cancer	<i>sheet</i>
	Breast reconstruction: your choice	<i>booklet</i>
	Breast Changes	<i>booklet</i>
	Breast cancer and early menopause	<i>booklet</i>
	Ductal carcinoma in situ: understanding your diagnosis and treatment	<i>booklet</i>
	Guide for partners of women with breast cancer: how to help	<i>booklet</i>
	Guide for women with early breast cancer	<i>booklet</i>
	Guide for women with metastatic breast cancer <i>awaiting reprinting</i>	<i>booklet</i>
	Hormone replacement therapy (HRT) and women who have had breast cancer	<i>sheet</i>
	Hookwire localised breast surgery	<i>brochure</i>
	Hormonal therapies for women with early breast cancer	<i>booklet</i>
	Lobular carcinoma in situ and atypical hyperplasia of the breast: understanding your diagnosis	<i>sheet</i>
	Preventative Mastectomy (Information for women)	<i>booklet</i>
	Trastuzumab (Herceptin) for patients with early breast cancer	<i>brochure</i>
	Trastuzumab (Herceptin) for patients with metastatic breast cancer	<i>booklet</i>
	Your Breast Health – a guide for young women	<i>brochure</i>
	<i>Gynaecological cancer</i>	
	Cancer of the fallopian tubes	<i>sheet</i>
	Cancer of the uterus: a guide for women, their families & friends	<i>booklet</i>

	Cervical cancer: a guide for women & their families	<i>booklet</i>
	Join the fight against cervical cancer	<i>brochure</i>
	Join the fight against cervical cancer	<i>poster</i>
	Guide for partners of women with gynaecological cancer: how to help	<i>booklet</i>
	Gynaecological cancer	<i>sheet</i>
	Ovarian cancer	<i>sheet</i>
	Pap test results: a guide for women with an abnormal Pap smear test	<i>booklet</i>
	Have you got the message yet	<i>brochure</i>
	Pelvic lymphadenectomy	<i>sheet</i>
	Potential sexual problems associated with gynaecological cancer treatment	<i>sheet</i>
	Understanding cancer of the ovary	<i>booklet</i>
	Understanding cancer of the vulva	<i>booklet</i>
	Vulvectomy	<i>sheet</i>
	<i>Head and neck cancers</i>	
	Brain and spinal cord tumours: a guide for patients & their families	<i>booklet</i>
	Cancers of the mouth, nose and throat: a guide for people, their families & friends	<i>booklet</i>
	Oral Health during Cancer treatment	<i>brochure</i>
	Understanding Thyroid Cancer	<i>booklet</i>
	<i>Lymphoid & haematopoietic cancers</i>	
	Multiple Myeloma	<i>booklet</i>
	Understanding Hodgkin's disease	<i>booklet</i>
	Understanding – non-Hodgkin's Lymphoma	<i>booklet</i>
	<i>Prostate cancer</i>	
	Advanced Prostate cancer – a guide for men & their families	<i>booklet</i>
	Prostate Cancer - one in 9	<i>brochure</i>
	Continence and prostate: a guide for men undergoing prostate surgery	<i>booklet</i>
	Lions Australian Prostate Cancer website	<i>card</i>
	Lions Australian Prostate Cancer website	<i>poster</i>
	Localised prostate cancer: a guide for men & their families 2006	<i>booklet</i>
	<i>Prostate cancer information [Mr Phip series]</i>	
	No 1: Should I be tested?	<i>sheet</i>
	No 2: Interpreting the PSA test	<i>sheet</i>
	No 3: After the diagnosis	<i>sheet</i>
	No 4: Monitoring after treatment	<i>sheet</i>
	No 5: Hormonal treatment	<i>sheet</i>
	No 6: Sexual function after treatment	<i>sheet</i>
	No 7 Useful resources	<i>sheet</i>
	About us (Prostate Tas)	<i>Brochure</i>
	Prostate cancer support - What every man should know	<i>Brochure</i>
	Sex after treatment	<i>booklet</i>
	Understanding treatment for advanced prostate cancer – <i>awaiting reprint</i>	<i>booklet</i>
	Coping with a diagnosis of Prostate Cancer	<i>booklet</i>

	Other sites	
	Bladder cancer: a guide for people with cancer, their families & friends	<i>booklet</i>
	Kidney cancer (Adult renal cell carcinoma): a guide for people with cancer, their families & friends	<i>booklet</i>
	Lung cancer: a guide for patients & their families	<i>booklet</i>
	Melanoma: a guide for patients & their families	<i>booklet</i>
	Melanoma: The facts at your fingertips	<i>sheet</i>
	Pancreatic cancer: a guide for patients & their families	<i>booklet</i>
	Stomach and oesophageal cancer: a guide for patients & their families	<i>booklet</i>
	Understanding Mesothelioma	<i>booklet</i>
	Understanding Skin cancer	<i>booklet</i>
	Common skin cancer	<i>booklet</i>
	Understanding Testicular cancer	<i>booklet</i>
	Testicular cancer lumps and self examination	<i>Booklet</i>
	Understanding Liver cancer	<i>booklet</i>

B. INFORMATION ABOUT CANCER including PREVENTION & EARLY DETECTION

	General	
	About us	<i>flyer</i>
	Cancer Council Tasmania annual report	<i>booklet</i>
	Bowel cancer – prevention & early detection (about screening program)	<i>brochure</i>
	Cancer Connect: linking people through experience	<i>brochure</i>
	Cancer Connect	<i>poster A4</i>
	Cancer Connect	<i>poster A3</i>
	Cancer Helpline: information about cancer & support services	<i>magnet</i>
	Cancer Helpline	<i>poster</i>
	Cancer Helpline	<i>card</i>
	Cancer voices Tasmania	<i>card</i>
	Cancer on the Net: finding information about cancer on the internet	<i>brochure</i>
	Cancer information in languages other than English	<i>sheet</i>
	Want to know more about preventing chronic disease	<i>card</i>
	Cancer in school communities	<i>booklet</i>
	Cancer +: kids with cancer need a hand	<i>brochure</i>
	Cancer +	<i>poster</i>
	Working with Cancer	<i>booklet</i>
	Living with cancer education program	<i>brochure</i>
	Living with cancer education program	<i>poster</i>
	Cancer Council Nurse	<i>brochure</i>

	Cancer Patient Transport Service	<i>brochure</i>
	Cancer research & related grants	<i>brochure</i>
	Cancer research & related grants (how to apply)	<i>brochure</i>
	Cancer statistics & facts	<i>brochure</i>
	Cut your cancer risk	<i>booklet</i>
	Financial assistance for people with cancer	<i>brochure</i>
	Guide to prevention & early detection of cancer	<i>brochure</i>
	The secrets they keep	<i>Poster</i>
	Volunteer program (TCCT)	<i>brochure</i>
	What's the connection? Guide to mobile phones and cancer	<i>brochure</i>
	Your guide to wills & bequests	<i>brochure</i>
	Where there's a will (How you can give hope to future generations)	<i>flyer</i>
	Membership : Join us and have your say	<i>Card</i>
	10 Ways you can help us	<i>Bookmark</i>
	The Cancer Council Australia position statements	
	Alcohol and Cancer prevention	<i>sheet</i>
	Combined oral contraceptives and cancer risk [2005]	<i>sheet</i>
	Benefits healthy diet/physical activity for cancer survivors	<i>sheet</i>
	Body weight, nutrition. Alcohol and physical activity	<i>sheet</i>
	Bowel cancer screening [2005]	<i>sheet</i>
	Early detection of breast cancer [2004]	<i>sheet</i>
	Cervical Cancer Screening (2006)	<i>sheet</i>
	Prostate cancer screening [2005]	<i>sheet</i>
	Testicular cancer [2004]	<i>sheet</i>
	Advertising and display of tobacco products in retail outlets [2005]	<i>sheet</i>
	Health risks of passive smoking [2006]	<i>sheet</i>
	Dangers of 'reduced harm' cigarettes [2007]	<i>sheet</i>
	Stopping smoking [2006]	<i>sheet</i>
	Smoking in movies: countering its public health impact	<i>sheet</i>
	Risks and benefits of sun exposure [2007]	<i>sheet</i>
	Eye protection from Ultra Violet Radiation [2006]	<i>sheet</i>
	Fake tans [2007]	<i>sheet</i>
	Screening and early detection of skin cancer [2007]	<i>sheet</i>
	Solariums [2007]	<i>sheet</i>
	Sun protection and babies [2005]	<i>sheet</i>
	Sun protection in the workplace [2007]	<i>sheet</i>
	Tinting of car glass and window glass for protection against solar ultraviolet radiation [2004]	<i>sheet</i>
	Use of SPF 30+ sunscreen [2005]	<i>sheet</i>
	Selenium [2005]	<i>sheet</i>
	State & territory travel and accommodation subsidy scheme [2004]	<i>sheet</i>
	Complementary & alternative therapies [2005]	<i>sheet</i>
	The Cancer Council Australia healthy lifestyle series	
	Be SunSmart	<i>sheet</i>
	Stop smoking	<i>sheet</i>

Stay in shape: body weight and cancer prevention	<i>sheet</i>
Move your body: physical activity and cancer prevention	<i>sheet</i>
Eat for health: nutrition and cancer prevention	<i>sheet</i>
Alcohol and cancer prevention	<i>sheet</i>
Look after number one: a cancer prevention plan for men	<i>sheet</i>
Look after number one: a cancer prevention plan for women	<i>sheet</i>
At least half of all cancers can be prevented with a healthy lifestyle	<i>poster</i>
Nutrition & physical activity	
Alcohol and cancer	<i>brochure</i>
Eat well for life: dietary guidelines for older Australians	<i>brochure</i>
Food for health: dietary guidelines for Australian adults	<i>brochure</i>
Food for health: dietary guidelines for children & adolescents	<i>brochure</i>
Food for health: dietary guidelines for Australians	<i>booklet</i>
Healthy eating & physical activity: to reduce your risk of cancer	<i>brochure</i>
Meat and cancer	<i>brochure</i>
Physical activity and cancer	<i>brochure</i>
Healthy Lifestyle Poster	<i>Poster</i>
A regular workout can help prevent cancer	<i>poster A4</i>
A regular workout can help prevent cancer	<i>poster A3</i>
Vegetables and fruit	<i>brochure</i>
Wholegrain cereals	<i>brochure</i>
Nutrition & Exercise	<i>booklet</i>
Sun protection	
Be SunSmart (sports)	<i>poster</i>
Children and the sun	<i>brochure</i>
Learn to look at your moles: see a change – see your doctor <small>awaiting reprint</small>	<i>bookmark</i>
Skin cancer and outdoor work – A guide for employers	<i>booklet</i>
Sid Seagull	<i>poster</i>
Slip, slop, slap (3 panel – children)	<i>poster</i>
Slip, slop, slap with Sid Seagull	<i>poster</i>
Solariums (information also applies to sun beds and sunlamps)	<i>brochure</i>
Solariums Fashion to die for	<i>poster</i>
Skin cancer: Killer body art	<i>poster</i>
How to check for skin cancers	<i>sheet</i>
Sunscreens 30+	<i>brochure</i>
Sunglasses & eye protection	<i>brochure</i>
Melanoma : The facts at your fingertips	<i>pad</i>
Sunburn doesn't just fade away	<i>poster</i>
Sun protection in the workplace	<i>sheet</i>
Sun protection in the workplace	<i>brochure</i>
The Outside 5 (children)	<i>brochure</i>
The Outside 5 (children)	<i>poster</i>
The Outside 5 (Work Sunsmart)	<i>poster</i>
The Outside 5 (Think Sunsmart)	<i>poster</i>
The Outside 5 (Plan Sunsmart)	<i>poster</i>
The Outside 5 (Be Sunsmart)	<i>poster</i>
Whoops forgot to slip! Slop! Slap!	<i>poster</i>

	Top 10 Myths about Sun Protection	<i>brochure</i>
	UV alert: your daily guide to sun protection	<i>brochure</i>
	UV alert: your daily guide to sun protection	<i>poster</i>
	Working safely in the sun (Online training course for outdoor workers)	<i>flyer</i>
	Employers & Outdoor workers	<i>Booklet</i>
	Sunsmart Working safely in the sun courses.com.au	<i>sheet</i>
	Your guide to skin clinics	<i>sheet</i>
	Skin cancer and outdoor work	<i>brochure</i>
	Save your own skin - How to find skin cancer early	<i>brochure</i>
	How much sun - is enough in Tasmania	<i>brochure</i>
	5 minutes in the morning or 5 months of the farm	<i>brochure</i>
	5 minutes in the morning or 5 months of the farm	<i>poster</i>
	Specific cancers	
	Breast health for young women	<i>Poster</i>
	Breast cancer: won't wait –Everything else can	<i>flier</i>
	Breast cancer: won't wait – Everything else can	<i>poster</i>
	Do you have a breast change?	<i>sheet</i>
	Do you have breast cancer in your family?	<i>sheet</i>
	Don't sit on your symptoms. [Bowel cancer awareness] male	<i>A4 poster</i>
	Don't sit on your symptoms. [Bowel cancer awareness] female	<i>A4 poster</i>
	Lions Australia Prostate Cancer website	<i>poster</i>
	Lions Australia Prostate Cancer website	<i>flier</i>
	Common prostate problems	<i>sheet</i>
	Testicular cancer	<i>sheet</i>