

## internet articles and websites

**American Cancer Society.** 30 Aug. 2005.  
<http://www.cancer.org/docroot/home/index.asp>  
Under 'Breast Cancer', provides a general overview, detailed guide, and additional information, as well as a glossary, cancer drug guide, and treatment options.

**U.S. FDA Center for Devices and Radiological Health.** 30 Aug. 2005.  
[www.fda.gov/cdrh/](http://www.fda.gov/cdrh/)

To locate a certified mammography facility on this website, search under Radiological Health, Mammography Program, Consumer Information, Search for a Certified Facility.

**Susan G. Komen Breast Cancer Foundation.**  
30 Aug. 2005.

[www.komen.org/](http://www.komen.org/)

Up-to-date information on all aspects of breast cancer, including risk factors, prevention, early detection, diagnosis, treatment, and support. A special message board allows sharing with other breast cancer patients. A phone helpline is also provided.

**National Breast Cancer Foundation.**

30 Aug. 2005.

<http://www.nationalbreastcancer.org/>

Advocates early detection through mammography for women over 40. Information includes cancer myths, signs and symptoms, news updates, reading list, information in Spanish.

## The Ferguson Library Stamford's Public Library

964-1000  
[www.fergusonlibrary.org](http://www.fergusonlibrary.org)  
email: [comments@fergusonlibrary.org](mailto:comments@fergusonlibrary.org)

MAIN LIBRARY  
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Monday – Thursday, 10 – 9  
Friday, 10 – 6  
Saturday, 10 – 5  
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HARRY BENNETT BRANCH  
115 Vine Road 06905  
Monday – Thursday, 10 – 8  
Friday, 10 – 6  
Saturday, 10 – 5  
Closed Sunday

WEED BRANCH  
1143 Hope Street 06907  
Monday, 2 – 8  
Tuesday & Thursday, 11 – 6  
Saturday, 10 – 2  
Closed Wednesday, Friday  
and Sunday

SOUTH END BRANCH  
34 Woodland Avenue 06902  
Monday – Wednesday, 10 – 5:30  
Thursday, 1 – 7  
Saturday, 10 – 2  
Closed Friday and Sunday

BOOKMOBILE  
The Traveling Branch  
Wednesdays & Fridays  
Please call 964-1000, ext. 284  
for schedule.

# Breast Cancer Resources



at The  
Ferguson Library

## books

American Cancer Society. *American Cancer Society's Guide to Pain Control: Understanding and Managing Cancer Pain*. Atlanta: American Cancer Society, 2004. 616.0472 A512 2004  
Considers the types, causes, and myths about cancer pain; the assessment of pain, pain medications, non-drug treatments, and various complementary non-drug treatments, as well as cancer pain for specific groups of people.

Grobstein, Ruth H. *The Breast Cancer Book: What You Need to Know to Make Informed Decisions*. New Haven: Yale University Press, 2005. 616.99449 G873b  
Chapters on breast cancer detection, biopsies, pathology, treatment and second opinions, surgery, radiation therapy, and systemic therapy are followed by a list of further resources.

Hartmann, Lynn C. *Mayo Clinic: Guide to Women's Cancers*. Rochester: Mayo Foundation for Medical Education and Research, 2005. 616.9940082 M473  
Provides a comprehensive, in-depth reference for the lay reader who needs current information about breast cancer and gynecological cancers. Much detailed, practical advice on daily coping and managing is included.

Kaelin, Carolyn M. *Living through Breast Cancer: What a Harvard Doctor and Survivor Wants You to Know about Getting the Best Care While Preserving Your Self Image*. NY:McGraw Hill, 2005. 616.99449 K11L  
All aspects of breast cancer care, surgery, therapy, treatment effects, and thriving afterwards from a breast cancer surgeon who is also a breast cancer survivor.

Lange, Vladimir. *Be a Survivor: Your Guide to Breast Cancer Treatment*. Los Angeles: Lange Productions, 2005. 616.99449 L274b  
In clear and well-illustrated format, this third edition explores all aspects of breast cancer: basics, diagnosis, surgery, reconstruction, the various therapies, and life after cancer.

Silver, Marc. *Breast Cancer Husband: How to Help Your Wife (and Yourself) through Diagnosis, Treatment and Beyond*. Emmaus, Pa.: Rodale, 2004. 616.9949 S587b  
From a special vantage point, a guide to aid a husband's support, assistance, and encouragement during all phases of the breast cancer. A breast cancer glossary and list of experts consulted are included.

## magazine articles via ebSCO host

Acosta, Kim. "Olive Oil Fights Breast Cancer." *Shape*. Aug. 2005: 90. MasterFile Premier. EbscoHost. Ferguson Lib., Stamford. 25 Aug. 2005.  
<http://search.epnet.com/login.aspx?direct=true&db=f5h&an=17794777>  
Oleic acid, which comprises 75 percent of extra virgin, cold-press olive oil, cuts the amount of the defective HER2/neu protein linked to aggressive breast cancer by half.

Barnard, Neal. "Can You Fight Cancer with a Healthy Diet?" *Vegetarian Times*. Sept. 2005: 18. MasterFile Premier. EbscoHost. Ferguson Lib., Stamford. 24 Aug. 2005.  
<http://search.epnet.com/login.aspx?direct=true&db=f5h&an=17802921>  
Women who began a low-fat diet (33 grams of fat daily) and maintained it for several years,

had a lower risk of recurrence of post-menopausal breast cancer and better survival rates than those who averaged 51 grams of fat daily.

Harrar, Sari N. "Speedy and Painless Breast Test." *Prevention*. Sept. 2005: 39. MasterFile Premier. EbscoHost. Ferguson Lib., Stamford. 24 Aug. 2005.  
<http://search.epnet.com/login.aspx?direct=true&db=f5h&an=17868483>  
The Z-Tech Breast Scan, which uses a tiny dose of current, shows low resistance for malignant cancer cells. Results of a 6,000-woman study will be reported in 2 to 3 years.

Holmes, Michelle D. "Physical Activity and Survival after Breast Cancer Diagnosis." *JAMA: Journal of the American Medical Association*. 25 May 2005: 2479-2486. (Located via: Australian Nursing Journal. Aug. 2005: 27.)  
<http://search.epnet.com/login.aspx?direct=true&db=f5h&an=17132733>  
A comprehensive report of the Nurses' Health Study of 2,987 breast cancer patients. Greatest benefit resulted from walking three to five hours per week, with greatest benefits among women with hormone-responsive tumors. (See also: "Walking Keeps Breast Cancer in Check.")

"Walking Keeps Breast Cancer in Check." Australian Nursing Journal. Aug. 2005: 27. MasterFile Premier. EbscoHost. Ferguson Lib., Stamford. 25 Aug. 2005.  
<http://search.epnet.com/login.aspx?direct=true&db=f5h&an=17833948>  
A study of 2,987 women with Stage 1, 2, or 3 breast cancer revealed that walking three to five hours a week caused a fifty percent reduction in risk of death. (See also: Holmes, Michelle D., above.)

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