

# Breast Cancer Reference Center Of Marin County Free Libraries



The Breast Cancer Reference Center (BCRC) of the West Marin Libraries provides information about breast cancer and breast health in English and Spanish. The BCRC is a collection of books and videos that will rotate throughout the West Marin libraries and is available to all Marin County Library users. Check out a book or video from your county library.



The collection has titles in these categories:

- Breast Cancer Diagnosis and Treatment...
- Complementary Treatment
- Coping and Support
- General Books
- Spanish Titles
- Videos



The San Geronimo Valley mobilized in the spring of 2000 when there seemed to be a breast cancer cluster in the community. Collaboration among residents, Marin County Supervisor Steve Kinsey, the Lagunitas School District, the San Geronimo Valley Healthy Community Collaborative, and Marin County Department of Health and Human Services Breast Cancer Program produced a community assessment and the "Tina Action Programs".



The BCRC is a gift from the women of the San

# Breast Cancer Reference Center: Books & Videos on Breast Health & Breast Cancer

*April 15, 2003*

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## Breast Cancer Diagnosis and Treatment

Breast Cancer? Breast Health!

The Breast Cancer Survival Manual: A Step-by-Step Guide for the Woman with Newly Diagnosed Breast Cancer

Breast Cancer Survivors' Club: A Nurse's Experience

Breast Cancer: What You Should Know (But May Not Be Told) About Prevention, Diagnosis and Treatment

Breast Implants: Everything You Need to Know

Cancer Therapy: The Independent Consumer's Guide to Non-Toxic Treatment & Prevention

Coping with Chemotherapy: Authoritative Information and Compassionate Advice from a Chemotherapy Survivor

The Chemotherapy and Radiation Therapy Survival Guide

Coping with Lymphedema

Diagnosis, Cancer: Your Guide through the First Few Months

Handbook of Cancer Chemotherapy

Lymphedema: A Breast Cancer Patient's Guide to Prevention and Healing

Making the Right Choice: Treatment Options in Cancer Surgery

Recovering from Breast Surgery: Exercises to Strengthen your Body and Relieve Pain

Tamoxifen and Breast Cancer

A Woman's Decision: Breast Care, Treatment & Reconstruction

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## Complementary Treatment

An Alternative Medicine Definitive Guide to Cancer

Alternatives in Cancer Therapy: The Complete Guide to Non-Traditional Treatments

Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer

Clean House, Clean Planet: Clean Your House for Pennies a Day the Safe, Nontoxic Way

The Wellness Community Guide to Fighting for Recovery from Cancer

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## Coping and Support

Art.Rage.Us: Art and Writing by Women with Breast Cancer

At the Will of the Body: Reflections on Illness

Beauty & Cancer: Looking and Feeling Your Best

Bosom Buddies: Lessons and Laughter on Breast Health and Cancer

Breast Cancer? Let Me Check My Schedule!

Breast Cancer: Questions & Answers for Young Women

Caring and Coping when Your Loved One Is Seriously Ill

Coming Home: A Guide to Dying at Home with Dignity

Dancing in Limbo: Making Sense of Life after Cancer

Examining Myself: One Woman's Story of Breast Cancer Treatment and Recovery

Fine Black Lines: Reflections on Facing Cancer, Fear and Loneliness

Hope is Contagious: The Breast Cancer Treatment Survival Handbook

Hope Lives! The After Breast Cancer Treatment Survival Handbook

The Hope Tree: Kids Talk about Breast Cancer

I'm Alive and the Doctor's Dead: Surviving Cancer with Your Sense of Humor and Your Sexuality Intact

Living Beyond Breast Cancer: A Survivor's Guide for When Treatment Ends and the Rest of Your Life Begins

Just Get Me Through This: The Practical Guide to Breast Cancer

Love, Judy: Letters of Hope and Healing for Women with Breast Cancer

Man to Man: When the Woman you Love Has Breast Cancer

My Mother's Breast: Daughters Face their Mother's Cancer

No Time to Die

The Not-So-Scary Breast Cancer Book: Two Sisters' Guide from Discovery to Recovery  
The Other Mid-Life Crisis: Everything You Need to Know about Wills, Hospitals, Life and Death Decisions, and Final Matters (But Were Never Taught)  
Our Mom Has Cancer  
Peaceful Dying: The Step-By-Step Guide to Preserving Your Dignity, Your Choice, and Your Inner Peace at the End of Life  
The Relaxation and Stress Reduction Workbook  
Spinning Straw into Gold: Your Emotional Recovery from Breast Cancer  
Straight from the Heart: Letters of Hope and Inspiration from Survivors of Breast Cancer (2 copies)  
Survivor's Guide to Breast Cancer: A Couple's Story to Faith, Hope & Love  
When Life Becomes Precious: A Guide for Loved Ones and Friends of Cancer Patients  
When a Parent has Cancer: A Guide to Caring for Your Children  
Will I Get Breast Cancer  
Winning the Race: Taking Charge of Breast Cancer - My Personal Story and every Woman's Guide to Wellness (2 copies)

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## General Books

Assess Your True Risk of Breast Cancer  
Breast Cancer: Society Shapes an Epidemic  
The Cancer Conqueror  
Cancer in Two Voices  
Estrogen and Breast Cancer: A Warning to Women  
Everyone's Guide to Cancer Therapy  
The Little Book of Breast Cancer: A Breast Cancer Self-Teaching Guide  
Living Downstream: A Scientist's Personal Investigation of Cancer and the Environment  
The Menopause Industry: How the Medical Establishment Exploits Women  
Natural Health, Natural Medicine: A Comprehensive Manual for Wellness and Self-Care  
Patient no More: The Politics of Breast Cancer  
Dr. Susan Love's Breast Book 3rd Edition  
Dr. Susan Love's Hormone Book: Making Informed Choices about Menopause (2 copies)  
Twenty-Something & Breast Cancer  
What to Eat When you Don't Feel Like Eating

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## Spanish Titles

Be a Survivor  
Be a Survivor: Your Guide to Breast Cancer Treatment  
El Cancer De Mama  
Cancer de Mama: Manual de Tratamiento Psicologico  
Como Crear Salud (Audio Cassette)  
Confie En El Manana: Guia Para El Tratamiento Del Cancer De Seno  
Creating Health, Beyond Prevention, Toward Perfection (Audio Cassette)  
Instrucciones Para El Autoexamen de Los Pechos (Video)  
Un Mamografia de Buena Calidad Puede Salvarle la Vida (Video)  
Sprechstunde Brustkrebs (Breast Cancer)

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## Videos

El Auto Examen Del Seno - Un Habito Saludable (Spanish Video)  
Cancer in Two Voices (Video)  
Focus on Healing Through Movement & Dance for the Breast Cancer Survivor (Video)  
Un Mamografia de Buena Calidad Puede Salvarle la Vida (Spanish Video)  
Partners in Hope: A Man's Guide to Women's Breast Cancer (Video)  
Rachel's Daughters: Searching for the Causes of Breast Cancer (Video)  
Woman to Woman: Breast Cancer and Reconstruction Options (Video)

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