

17th Annual Cancer Conference Resource List

The following resources provide additional information on the topics discussed during today's sessions. If you require assistance accessing the information, or would like additional resources, please contact BACC's Cancer Information and Education Specialists at 650-326-6686 or info@bayareacancer.org.

The Power of Self-Compassion in Difficult Times

1. Self-Compassion by Kristin Neff is available [here](#).

This website gives an introduction to the concept of self-compassion, provides a series of exercises and guided meditations to facilitate practice, and has an extensive list of additional resources on mindfulness and self-compassion.

2. The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions by Christopher K. Germer and Sharon Salzberg (2009).

3. The Center for Mindful Self-Compassion is available [here](#).

This website has a directory that allows you to search for teachers, courses, and retreats on mindfulness self-compassion. It also offers live online courses.

Navigating the Landscape of Cancer Survivorship and Health Disparities in the Age of COVID-19

1. Common Questions About COVID-19 and Cancer: Answers for Patients and Survivors

from Cancer.net is a compilation of common questions and answers surrounding cancer survivorship in the setting of COVID-19. The American Society of Clinical Oncology (ASCO) and the National Coalition for Cancer Survivorship (NCCS) update this information on a regular basis.

2. Coronavirus and Cancer Resources for Survivors is a list of useful and practical resources compiled by the National Coalition for Cancer Survivorship.

3. Facing Forward: Life After Cancer Treatment is the National Cancer Institute's guide to navigating survivorship and remains applicable, even in the age of COVID-19.

Cooking for Your Microbiome During and After Cancer

1. [Gastrointestinal Health & the Microbiome: An Overview](#), is a free webinar by Natalie Ledesma.
2. [The Human Microbiome Project](#) is a project that was launched in 2007 by the National Institutes of Health with the goal of understanding the role of microbes in human health and disease.
3. [The Human Microbiome](#) from the Genetic Science Learning Center at the University of Utah is a basic educational resource.

Understanding Cannabis During Treatment and Beyond

1. [Marijuana and Cancer](#) is a basic educational resource published by the American Cancer Society.
2. [Cannabis and Cannabinoids \(PDQ®\)–Patient Version](#) from the National Cancer Institute provides relevant information about cannabis.
3. [CBD Oil and Cancer: 9 Things to Know](#) from MD Anderson Cancer Center provides key facts about the use of CBD oil in cancer care.
4. [Medical Marijuana](#) published on Breastcancer.org provides general information about cannabis and also suggests important “things to consider before trying medical marijuana.”

The Emotional Impact of a Cancer Diagnosis: Finding the Path Forward Today

1. [Bay Area Cancer Connections](#) offers emotional support in the form of a helpline, support groups, and complimentary counseling sessions with a licensed therapist. For more information visit the website linked or call 650-326-6686.
2. [Feelings and Cancer](#) from the National Cancer Institute addresses common emotions that people feel after being diagnosed with cancer.
3. [The Human Side of Cancer: Living with Hope, Coping with Uncertainty](#) by Jimmie C. Holland, M.D., and Sheldon Lewis (2001).

Self-Care for Well-Being

1. [5 Keys to Self-Care During Cancer Treatment](#) from the Fox Chase Cancer Center describes five very doable practices that can help promote self-care.
2. **Study Links Mental Health Treatment to Improved Cancer Survival** from the National Cancer Institute summarizes a recent study describing the impact of mental health on lung cancer survival. Though this study focused on lung cancer, it demonstrates the impact of mental health on overall well-being in cancer care. The summary is available [here](#).
3. **The University of California San Francisco (UCSF) Osher Center for Integrative Medicine** offers evidence-based therapies and classes that focus on patient well-being that goes beyond traditional medicine. This can be accessed [here](#) and [here for the classes](#).
4. [Create your own individualized self-care plan](#) is a workbook from California State University Northridge.

Updates in the Treatment of Metastatic Breast Cancer

1. [The NCCN Guidelines for Patients: Metastatic Breast Cancer](#): These treatment guidelines are developed by expert doctors from cancer centers around the country based on the latest clinical research.
2. **Bay Area Cancer Connections** maintains a searchable collection of recently published research articles, organized by topic. For publications about metastatic breast cancer, visit [here](#) and browse the folder labeled “Metastatic Breast Cancer.”
3. [Metastatic Trial Talk](#) aims to empower readers with knowledge about the latest clinical trials, research, and treatment options for metastatic breast cancer.

Updates in the Treatment of Ovarian Cancer

1. **New Treatments for Ovarian Cancer in 2020** have been summarized [here](#) by Cancer Commons.
2. [Advances in Ovarian Cancer Therapy](#) is a scholarly review by Alexander J. Cortez et al. that offers in depth information about some of the most common ovarian cancer therapies.

3. [Treating Ovarian Cancer](#) from the American Cancer Society provides information about different treatment approaches ranging from local and systemic treatments to complementary options.

4. [The NCCN Guidelines for Patients: Ovarian Cancer](#) not only provides general information about this type of cancer, but also describes treatment options. Individuals may need to create a free account to view these guidelines.

[Updates in the Treatment of Early Stage Breast Cancer](#)

1. The NCCN Guidelines for Patients: Invasive Breast Cancer are available [here](#). These treatment guidelines are developed by expert doctors from cancer centers around the country based on the latest clinical research.

2. Bay Area Cancer Connections maintains a collection of recently published research articles, organized by topic. To search for articles about the treatment of early stage breast cancer, visit [here](#).

3. [Medscape](#) publishes easy to read summaries and video commentaries of the latest research in breast cancer.

[Finding Meaning Amidst Free Fall](#)

1. Finding Meaning in the Face of Suffering is an article in the Psychiatric Times that is available [here](#).

2. Finding Meaning is an article from the Dana Farber Cancer Institute is available [here](#).

3. Finding New Purpose After Enduring the Cancer Experience is an article in Psychology Today that is available [here](#).