

At the Nightingale Centre, we realise patients may wish to find out more about their breast cancer.

As well as the pack you have been given today, you may wish to look on the internet or read books.

This reading list has been made with the help of breast cancer patients from the Nightingale Centre.

General information

If you would like to know more about your breast cancer, we suggest you look at these websites:

Breast cancer care: <http://breastcancercare.org.uk>

Macmillan: <http://macmillan.org.uk>

NHS Choices: <http://www.nhs.uk/conditions/cancer-of-the-breast-female>

Surgery

If you wish to learn more about your surgery, these websites give information about surgery and what to expect afterwards.

We have included a website where you can see real life pictures of breast reconstruction:

NHS Choices: <http://www.nhs.uk/Conditions/Cancer-of-the-breast-female/Pages/Treatment.aspx>

After your surgery: <http://www.breastcancercare.org.uk/breast-cancer-information/treating-breast-cancer/surgery/after-breast-cancer-surgery>

Before and after pictures: <http://www.stephenmcculley.co.uk/our-procedures/breast-cancer-and-reconstruction/>

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Further treatment

If you would like to know more about your treatment after surgery:

Radiotherapy: <http://www.nhs.uk/conditions/radiotherapy>

Chemotherapy: <http://www.nhs.uk/conditions/chemotherapy>

These treatments will be happening at the Christie hospital: <http://christie.nhs.uk>

Patient information video: <http://www.christie.nhs.uk/the-foundation-trust/patient-information/patient-information-booklets/patient-information-videos/chemotherapy.aspx>

Social support

There are many places which offer support to people with breast cancer. Here are some websites that our patients have found helpful:

Beechwood cancer care – a centre offering massage and counselling:
<http://www.beechwoodcancercare.org.uk>

The Neil Cliffe centre – part of St. Anne’s hospice:
<http://www.uhsm.nhs.uk/patients/Pages/NeilCliffe.aspx>

Moving forward from breast cancer – a group to help you cope after breast cancer:
<http://www.breastcancercare.org.uk/moving-forward>

The Willow Foundation (for patients under 40) – offering money for special days:
<http://willowfoundation.org.uk>

Macmillan Cancer information centre – Giving advice on all aspects of life for people living with cancer: Found next to the main entrance at Wythenshawe Hospital

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Finding out more about your breast cancer: A leaflet to help you use the internet and books



Nightingale Centre, Wythenshawe Hospital



Patient chat rooms and forums

If you would like information directly from other breast cancer patients you can read and add to these forums :

Breast cancer care forum: <https://forum.breastcancercare.org.uk/>

Macmillan community: <http://community.macmillan.org.uk/>

Facebook – there are a lot of groups on Facebook offering support: from fellow patients : <http://www.facebook.com>

Medical information

If you would like to know more medical information about your breast cancer, these books may be helpful:

Breast disease management – a multidisciplinary manual
J Harvey, et al. Oxford University Press, 2014
ISBN: 978-0-19-9211506-5

ABC of breast diseases
J Michael Dixon. Wiley-Blackwell, 2012
ISBN: 978-1-4443-3796-9

Genesis Breast Cancer Prevention is your local breast cancer charity. We fund research into the prediction and prevention of breast cancer as we want breast cancer to be a preventable disease for the next generation. Our research is based around four key areas: Gene Research, Early Detection & Screening, Preventative Drugs and Diet & Lifestyle.

If you would like to find out more about the work that we do please contact us on: [0161 291 4400](mailto:0161_291_4400), info@genesisk.org, www.genesisk.org

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