Finding Cancer Support Information

- Introduction to St. John’s Community Health Library
- Locating information
  - Definitions & Terms
  - Books & Videos
  - Articles
  - Internet Sites & Evaluating
Location and Hours

Physical Location:
2055 South Fremont
St. John’s Cancer Center
Springfield, Missouri

Hours of Service:
Monday - Tuesday, 9 a.m. - 5:30 p.m.
Wednesday - Friday, 8 a.m. - 4:30 p.m.
Library Mission

- Devoted to providing accurate health-related information
- Provide assistance to patients, family members, and members of the community in making informed health decisions
Who Can Use the Library

- Available to the public
- Majority of the collection is available to be borrowed by registered patrons
- Springfield or Greene County residency is not required
- Patrons over 18 can register for a library card and borrow materials
Reference & Information Assistance

- Requests accepted:
  - person 🗣
  - phone ☎️ **toll-free number**
  - mail 📬
  - fax 🅿️

- Quick & in-depth reference questions
- Computer instruction available
- Confidentiality
Library Collection

- Items are selected for readability and comprehension by the health consumer and layperson

- The library contains information on a range of health issues
Collection Topics

- Alternative Medicine
- Alzheimer’s Disease
- Arthritis
- Asthma
- Cancer & Cancer Care
- Child Development
- Communicable Diseases
- Death, Dying, Bereavement
- Diabetes
- Diet & Nutrition
- Exercise & Fitness
- Heart & Lung Diseases
- Men’s & Women’s Health
- Mental/Behavioral Health
- Parenting
- Prenatal Care
- Senior Health
- Social Issues
- Stroke
- Wellness & Prevention
- And much more...
Library Collection

- Books
- Videos
- Audiocassettes
- Pamphlets
- Magazines, newsletters, journals
- Posters, models
Book Collection

- The majority are available to be borrowed by registered patrons
- May be checked-out for 3 weeks
- Can view the collection through COOLcat, our online internet catalog
Video & Audio Collection

- Over 600 videos, growing number of DVDs
- Nearly 100 audio titles
- Videos check-out for 1 week
- Audiocassettes check-out for 2 weeks
- TV/VCR units & cassette players are available for use in the Library
Pamphlet Service

- Over 600 pamphlet titles on many different topics
- Access to many more via Internet resources
- Distributed to patrons as part of the Library’s information sharing mission
Magazines, Newsletters

- Subscriptions to over 100 titles
- Available only for use in the Library
- Harvard series, Mayo Clinic series
- Nutrition (Cooking Light, Vegetarian Times)
- Cancer (Coping with Cancer, MAMM, Oncology Nursing Forum)
Posters, Models

- Available for in-library use
- Assist in comprehension and understanding of medical conditions

**Examples include:**
- Skeleton
- Heart, eye, torso, skin
- Cancer, cholesterol, body systems
Electronic Resources

- Public computer workstations available
- Internet access
- Assistance and training available
- Electronic indexes to magazines
- Electronic databases containing a variety of information
Locating Cancer Related Information

- Definitions & Terms
- Books, videos
- Articles, pamphlets
- Internet sites
Finding the correct terms

- Knowing the correct term and its spelling makes locating information much easier.

- Have your doctor or nurse clearly write down important terms before you leave the office.
Finding the correct terms

- Dictionaries
- Encyclopedias
- MEDLINEplus website
  http://www.medlineplus.gov
- Ask your doctor – ask a librarian
Locating Books & Videos

- Use St. John's Community Health Library catalog, COOLcat
- Use your local library catalog
A partnership with the Springfield-Greene County Public Library

Provides access to St. John’s Community Health Library collection from any computer with an Internet connection

Can search by author, title, subject, keyword
Welcome to St. John's Medical Library Services

St. John's provides two distinct libraries to service the community. Staffed by professional librarians, a wide variety of health information resources and library services is available at both libraries.

St. John's Medical Library
Serves St. John's affiliated physicians and employees. The Medical Library's services and resources are directed primarily toward health care professionals to enable them to provide excellent patient care and to support their continuing education needs. Phone (417) 820-2795.

Van K. Smith Community Health Library
Serves patients, family members and members of the community. The Community Health Library's services and resources are directed toward the health consumer and general public to enable them to make informed health decisions and become active participants in their health care and total wellness. Phone (417) 820-2539.
SEARCH  Van K. Smith Community Health Library AND  
St. John's Medical Library*

Search By:  
- Keyword  
- Title  
- Author  
- Newspaper/Magazine Title  
- Library of Congress Call Number

Search For:  

Go  

Advanced Search

More Search Options & Tips  
Attention AOL Users

*The St. John's Health System Libraries catalog includes records for the following libraries. Not all materials listed in the catalog are available to the public.

Van K. Smith Community Health Library (St. John's CHL)  
Serves patients, family members and members of the community by providing accurate health-related information intended for use by the public. Circulating materials may be checked out by people ages 18 and older.

St. John's Medical Library (St. John's MedLib)  
Lending is limited to St. John's physicians and employees.
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<tr>
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<th>Title</th>
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<th>Publication Details</th>
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<td>5</td>
<td>Fighting for our future : how young women find strength, hope, and</td>
<td>Beth Murphy</td>
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<td>courage while taking control of b</td>
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<td>After breast cancer : answers to the questions you're afraid to ask</td>
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<td>100 questions &amp; answers about colorectal cancer</td>
<td>David S. Eub, Susannah Rose</td>
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<td></td>
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<td>W, Douglas Wong</td>
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<tr>
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<td></td>
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<td>Platt</td>
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<td>Brown, Zora K.</td>
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Van K. Smith Community Health Library AND St. John’s Medical Library

Search By:
- Keyword
- Title
- Author
- Newspaper/Magazine Title
- Library of Congress Call Number

Search For: cancer

Library of Congress Subject Headings for the Community Health Library
Library of Congress Subject Headings for the Medical Library

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## Cancer Diet Therapy

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<td></td>
<td>2004</td>
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<tr>
<td>View Locations</td>
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<td></td>
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</tr>
<tr>
<td>4 Eating Hints For Cancer Patients / [Videorecording] / National Health Video, Inc.</td>
<td></td>
<td></td>
<td>1990</td>
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<tr>
<td>View Locations</td>
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</table>
Record 3 of 7

Record:  Prev Next

Author: Nixon, Denel W.
Title: The cancer recovery eating plan: the right foods to help fuel your recovery / Daniel W. Nixon, with Jane A. Zanca.

<table>
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<tr>
<td>St Johns CHL Circulating</td>
<td>RC 271.D52 N553 1996</td>
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</tbody>
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Descript: 452 p.: ill.; 21 cm.
Subject:
- Cancer -- Diet therapy
- Cancer -- Nutritional aspects

Note: "Produced by Alison Brown Cerier Book Development, Inc."
Bibliog.: Includes bibliographical references (p. 423-[424]) and index.
Alt author: Zanca, Jane A.
ISBN: 0812925904
Locating Articles

- May provide more up-to-date information, may provide more specific information
- Develop a search strategy, key concepts
- Use indexes or databases
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PubMed
(MEDLINE)

A Service of the National Library of Medicine

Provides free access to biomedical citations
Enter one or more search terms, or click Preview/Index for advanced searching.

Enter author names as smith jc. Initials are optional.

Enter journal titles in full or as MEDLINE abbreviations. Use the Journals Database to find journal titles.

PubMed, a service of the National Library of Medicine, includes over 14 million citations for biomedical articles back to the 1950's. These citations are from MEDLINE and additional life science journals. PubMed includes links to many sites providing full text articles and other related resources.

Bookshelf Additions

Endocrinology: An Integrated Approach by S.S. Nussey and S.A. Wakefield is now available for interactive searching on the Bookshelf.

New Clinical Alert

On March 2, 2004 the National Heart Lung and Blood Institute (NHLBI) has issued a new clinical alert: NIH Asks Participants in Women's Health Initiative Estrogen-Alone Study to Stop Study Pills, Begin Follow-up Phase.

2. Piatkowska-Jańczak E, Barczuk D, Chmureczy-Gajewska M, Skotnicki AB. [Related Articles, Links]


A randomized clinical trial of energy conservation for patients with cancer-related fatigue.

Barsevick AM, Dudley W, Beck S, Sweeney C, Whimer K, Nail L.

Nursing Research Program, Fox Chase Cancer Center, Philadelphia, Pennsylvania 19111-2497, USA. am_barsevick@fccc.edu

BACKGROUND: The efficacy of energy conservation and activity management (ECAM) for fatigue reduction and maintenance of functional performance has never been evaluated in adults with cancer who are undergoing treatment. METHODS: A randomized clinical trial compared an ECAM intervention with a control intervention focused on nutrition. Individuals initiating chemotherapy, radiotherapy, or concurrent therapy for cancer were randomized to receive either the semistructured ECAM intervention (n = 200) or the control intervention (n = 196). Participants in each group participated in 3 telephone sessions with an oncology nurse during the first 5 weeks of treatment. Data on fatigue and limitation of functioning were obtained before cancer treatment and at two follow-up points that coincided with times of high fatigue for each type of treatment. The outcomes of interest included perception of fatigue and functional performance. RESULTS: A repeated-measures analysis of covariance using the type of cancer treatment as a covariate revealed a significant study group-by-time interaction indicating that the ECAM group experienced a greater decrease in fatigue over time compared with the control group (F(2.544) = 4.5; P = 0.01). The intervention was not associated with changes in overall functional performance. CONCLUSIONS: Individuals who received the ECAM intervention derived a modest but significant benefit from it. To achieve a more robust clinical benefit from the intervention, it may be necessary to manage other key symptoms in addition to fatigue. Research is needed to examine symptom clusters or combinations associated with negative outcomes as well as...
Locating Internet Sites

Be critical of all information you receive, regardless of its source
MEDLINEplus

The National Library of Medicine’s web site for Consumer Health Information

MEDLINEplus Health Information
A service of the National Library of Medicine National Institutes of Health
About MEDLINEplus

- Over 500 diseases & conditions
- Find hospitals, physicians, encyclopedias, dictionaries
- Both English and Spanish info. provided
- Prescription drug information
- Non-commercial, no advertising
- Online tour available from the web site
Cancer—Living with Cancer

From the National Institutes of Health

- Advanced Cancer: Living Each Day (National Cancer Institute)
- Facing Forward Series: Life After Cancer Treatment (National Cancer Institute)
  Also available in: Spanish
- Facing Forward Series: Ways You Can Make a Difference in Cancer (National Cancer Institute)
- Taking Time: Support for People with Cancer and the People Who Care about Them (National Cancer Institute)
- When Cancer Recurs: Meeting the Challenge (National Cancer Institute)

General/Overviews

- You've Been Diagnosed with Cancer, Now What? (Mayo Foundation for Medical Education and Research)

Clinical Trials

- Clinicaltrials.gov (National Institutes of Health)

Coping

- Cancer Support Groups: Questions and Answers (National Cancer Institute)
- Cancer: Helping Your Family Help You (American Academy of Family Physicians)
- Communicating with Friends and Relatives about Your Cancer (American Cancer Society)
- How to Find Resources in Your Own Community If You Have Cancer (National Cancer Institute)
  Also available in: Spanish
- Loss, Grief, and Bereavement (PDQ) (National Cancer Institute)
  Also available in: Spanish
- Normal Adjustment, Psychosocial Distress, and the Adjustment Disorders (PDQ) (National Cancer Institute)
  Also available in: Spanish
- Quiz: How Are You Coping? (American Cancer Society)
  Tips for Staying with a Cancer Diagnosis (American Foundation for Medical Education)
Cancer Facts

Date reviewed 02/25/2002

Cancer Support Groups: Questions and Answers

People diagnosed with cancer and their families face many challenges that may leave them feeling overwhelmed, afraid, and alone. It can be difficult to cope with these challenges or to talk to even the most supportive family members and friends. Often, support groups can help people affected by cancer feel less alone and can improve their ability to deal with the uncertainties and challenges that cancer brings. Support groups give people who are affected by similar diseases an opportunity to meet and discuss ways to cope with the illness.

1. How can support groups help?

People who have been diagnosed with cancer sometimes find they need assistance coping with the emotional as well as the practical aspects of their disease. In fact, attention to the emotional burden of cancer is sometimes part of a patient’s treatment plan. Cancer support groups are designed to provide a confidential atmosphere where cancer patients or cancer...
Cancer—Living with Cancer

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  Also available in: Spanish
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  Tips for Caring with a Cancer Diagnosis (American Foundation for Medical Education)

Search MEDLINE for recent research articles on Cancer—Living with Cancer:
- Coping
- Quality of life

You may also be interested in these MedlinePlus related pages:
- Cancer
- Cancer Chemotherapy
- Cancer


4. Dowling JS, Hockenberry M, Gregory RL. Sense of humor, childhood cancer stressors, and outcomes of psychosocial adjustment, immune function, and infection.
Tamoxifen (Systemic)

Contents of this page:

- Brand Names
- Category
- Description
- Before Using This Medicine
- Proper Use of This Medicine
- Precautions While Using This Medicine
- Side Effects of This Medicine
- Additional Information

Brand Names

In the U.S.—

- Nolvadex

In Canada—

- Apc-Tamox
- Gen-Tamoxifen
- Nolvadex
- Nolvadex-D
- Nova-Tamoxifen
- PMS-Tamoxifen
- Tamifen
- Tamone

Category

- Antineoplastic
Diet - cancer treatment

Alternative names
Cancer treatment and nutrition

Definition
Nutritional planning and management for people with cancer

Function
People with cancer are at risk for developing nutritional deficiencies. The deficiencies may be the result of the cancer itself, or the side effects of common cancer treatments such as surgery, chemotherapy, and radiation therapy.

Malignancies directly compromise nutritional status by altering metabolism and causing loss of appetite. Changes in metabolism include an increased basal metabolic rate and increased total energy expenditure. This elevation in energy use means you'll require more calories to maintain your current weight and lean body mass.
Bronchoscopy is a surgical technique for viewing the interior of the airways. Using sophisticated flexible fiber optic instruments, surgeons are able to explore the trachea, main stem bronchi, and some of the small bronchi. In children, this procedure may be used to remove foreign objects that have been inhaled. In adults, the procedure is most often used to take samples of (biopsy) suspicious lesions and for culturing specific areas in the lung.
Interactive Health Tutorials

The tutorials listed below are interactive health education resources from the Patient Education Institute. Using animated graphics each tutorial explains a procedure or condition in easy-to-read language. You can also listen to the tutorial.

NOTE: These tutorials require a special Flash plug-in, version 4 or above. If you do not have Flash, you will be prompted to obtain a free download of the software before you start the tutorial.

- Diseases and Conditions
  - Abdominal Aortic Aneurysm
  - Acne
  - Allergies to House Dust Mites
  - Alepecia
  - Amyotrophic Lateral Sclerosis (ALS)
  - Angina
  - Arthrax
  - Asthma
  - Arrhythmias
  - Arthritis
  - Atrial Fibrillation
  - Back Pain
  - Brain Cancer
  - Bells Palsy
  - Breast Cancer
  - Burns
  - Cataracts
  - Cerebral Palsy
  - Chronic Obstructive Pulmonary Disease (COPD)
  - Colon Cancer
  - Congestive Heart Failure

- Tests and Diagnostic Procedures
  - Barium Enema
  - Bone Densitometry
  - Breast Lump - Biopsy
  - Colonoscopy
  - Colposcopy
  - Coronary Angiography and Angioplasty
  - CT Scan (CAT Scan)
  - Cystoscopy
  - Diagnostic Laparoscopy
  - Echocardiogram
  - Echocardiography Stress Test
  - Intravenous Pyelogram (IVP)
  - Knee Arthroscopy
  - Mammogram
  - MRI
  - Myelogram
  - Nuclear Scan
  - Pap Smear
  - Shoulder Arthroscopy
  - Sigmoidoscopy
  - Ultrasound
During external delivery, the radiation is delivered by a machine outside the body. A high-energy beam of X-rays is focused on the area where cancer is present.
Insulin unlocks the receptors on cells to allow glucose to enter.

Press True or False
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Search, COOLcat, our online catalog for books, magazines, and videos.

Community Health Library Mission Statement

The Van K. Smith Community Health Library is devoted to providing accurate health-related information to assist patients, family members, and members of the community in making informed health decisions and becoming active participants in their health, medical care, and total well being.
Search, **COOLcat**, our online catalog for books, magazines, and videos.

**Community Health Library Mission Statement**

The Van K. Smith Community Health Library is committed to providing accurate health-related information to patients, family members, and members of the community. We aim to empower them to make informed health decisions and become active participants in maintaining their health, medical care, and total well being.
Community Health Library - Library Resources

Library Resource Guides

The following guides are produced by the Community Health Library and contain brief information on various health-related topics. These guides contain lists of books, videos, and pamphlets available from the Community Health Library, as well as useful websites.

To view a document click on the title. You may need Adobe Acrobat Reader to view some of these documents. Average document size is 60 Kilobytes.

Check it out!

- AIDS [PDF]
- Alcohol [PDF]
- Alternative Medicine [PDF]
- Alzheimer's Disease [PDF]
- Arthritis [PDF]
- Asthma / Allergy
- Attention Deficit / Hyperactivity, Autism & Aspergers
- Blood Donation [PDF]
- Breast Cancer
- Breast Health
- Breastfeeding
- Immunizations [PDF]
- Infant and Toddler Care
- Informational Resources on Pre-Conception, Conception and Fertility
- Internet Health Resources
- Interpersonal Relationships [PDF]
- Kidney Health [PDF]
- Leukemia [PDF]
CANCER CONTROL

A sample of the informational resources available from St. John’s Community Health Library

Internet Resources

Links from MedlinePlus, the National Library of Medicine’s web site for consumer health information

- American Cancer Society  www.cancer.org/
- National Cancer Institute  www.nci.nih.gov/

Selected Books

American Cancer Society’s guide to pain control, 2001

Comprehensive Cancer Care: integrating alternative, complementary, and conventional therapies by James S. Gordon & Sharon Curtin, 2000
Community Health Library - Library Links

A variety of links to health information have been selected by the library staff at St. John's. These links were selected for the health consumer. The subject listing of links is not intended to be an exhaustive list. In most cases, a link is followed by a brief description of the website's content. Links are organized into the following categories:

- General Health Websites
- Health Information by Subject
- Local and State Health-Related Resources
- Evaluating Health Information
- Finding Healthcare Providers
- Medical Encyclopedias and Dictionaries
- Librarian Tools
Consumer Health Education and Promotion Project

Supported by a grant from the National Network of Libraries of Medicine Midcontinental Region
Contact Information

Holly Henderson, M.A.
Librarian
St. John’s Community Health Library
1235 E. Cherokee
Springfield, MO 65804-2263
417-820-2539 or 800-432-2273 (voice)
417-820-8761 (fax)
hhenderson@sprg.mercy.net