

# A directory of information materials for people affected by cancer

11th edition 2010/2011



**GUIDING  
YOU TO  
THE BEST  
CANCER  
INFORMATION**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

# **A directory of information materials for people affected by cancer**

11th edition 2010/2011

A selected guide to nationally published booklets and leaflets

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

### **To obtain publications mentioned in this directory**

Contact details of suppliers are included in the suppliers section on page 303. To obtain copies, please contact the suppliers direct as Macmillan Cancer Support cannot place orders on behalf of services or individuals.

If you are looking for information to help you live with cancer, you may wish to talk through the contents of leaflets with one of Macmillan's information and support services listed at [www.macmillan.org.uk/informationcentres](http://www.macmillan.org.uk/informationcentres)

This directory is one of a series of resources published by Macmillan Cancer Support to help people managing health information services. For further information on resources available contact:

Macmillan Cancer Support, 89 Albert Embankment, London SE1 7UQ; tel 0800 500 800; email [macmillan@bss.org](mailto:macmillan@bss.org); website [be.macmillan.org.uk](http://be.macmillan.org.uk)

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# Foreword

**Macmillan Cancer Support improves the lives of people affected by cancer. We are a source of support, providing practical, medical, emotional and financial support. We are a force for change, listening to people affected by cancer and working together for better cancer care.**

This directory is not a promotional tool for Macmillan's own resources. It is based on reviews of all UK-wide booklets and leaflets for people affected by cancer; those that meet the criteria outlined in the Introduction are included in the directory.

We have reviewed the booklets in the directory, rather than the processes that were used to produce them. In this sense it differs from the review of organisations' processes that forms the basis of Information Standard accreditation. The volume also demonstrates the application of two quality indicators: DISCERN for treatment-related content and the Flesch readability score. Each item in the directory has been indexed to enable users of the directory to identify resources that meet individual needs, such as materials in a particular language.

This edition includes 1,111 entries, 76 more entries than the previous edition. Of these, 159 entries are for publications that did not appear in the previous edition of the directory; a further 506 items have been updated since the tenth edition.

We have made a significant change to this edition, as we have included book reviews only in the online version of the directory, at [www.macmillan.org.uk/cancerpublications](http://www.macmillan.org.uk/cancerpublications). We are very grateful to people who participated in our review of the directory earlier in 2010; we concluded from the review that we need to continue to produce the print version, but also to improve the online version.

Details of the suppliers for the publications included in this directory are provided in the summary for each publication. We regret that Macmillan Cancer Support is unable to place orders on the behalf of services or individuals.

Macmillan Cancer Support would like to thank Sue Hawkins, Information Materials Researcher, for the compilation of data on booklets and leaflets, books and audio-visual materials. We also thank all those organisations who responded so quickly to requests for information and who supplied their publications for inclusion and evaluation.

We are always happy to receive feedback on this resource. In particular, we would welcome comments on how we can improve the online version.

Ruth Carlyle  
Information and Support Policy Lead  
Macmillan Cancer Support  
October 2010



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# Introduction

Macmillan Cancer Support believes that good-quality information helps people affected by cancer to make informed choices. We have produced this directory to help you find the information you need. It is intended primarily, but not exclusively, for staff working in the field of cancer treatment and care, with a role in providing information to people affected by cancer. Other health and social care professionals and people directly affected by cancer may also find the directory helpful.

The directory offers a guide to nationally published booklets and leaflets on living with cancer. These publications cover the treatment and care of all of the common, and some of the less common, cancers.

A variety of resources were used to identify information materials produced for people affected by cancer. Over 150 cancer organisations, support groups, and self help groups were contacted. More than 400 websites were checked; these included government organisations, the NHS, and national and local support and self help groups.

Sample materials were obtained and assessed for inclusion, using the following criteria.

## **Materials must:**

- cover cancer management or living with cancer
- be intended for people affected by cancer
- have been produced in the United Kingdom in the last five years
- be no more than two years old if they are primarily about benefits and grants
- be intended for national distribution
- be clearly marked with a date of publication (e.g. 2009 or March 2010)
- be available in print at the time of going to press

Posters, health education materials, leaflets produced by health promotion units, and information produced for local services are not included.

## **How to get copies of materials listed**

The summary for each publication includes the supplier's name. Contact details for the suppliers can be found on page (303). Please contact the supplier direct. Macmillan Cancer Support cannot place orders on behalf of services or individuals.

If you are looking for information to help you live with cancer, you may wish to talk through the contents of a booklet or leaflet with one of Macmillan's



information and support services listed at [www.macmillan.org.uk/informationcentres](http://www.macmillan.org.uk/informationcentres), or call free on 0808 808 00 00 to speak to a cancer support specialist.

## How to use the directory

The directory is divided into three sections: information about the booklets and leaflets; contact details for the suppliers; and the indices.

### Booklets and leaflets

Booklets and leaflets are arranged by cancer type, for example, 'Breast cancer', 'Leukaemias', and 'Prostate cancer'. Generic cancer materials are brought together under 'Cancer' at the beginning.

Within each cancer type, materials are organised under broad headings, such as 'Risk factors', 'Treatment', and 'Living with cancer'. These broad headings are further sub-divided if necessary. For example, the 'Treatment' sections may have sub-headings such as 'Chemotherapy', 'Hormone therapy', and 'Radiotherapy'. Materials are arranged by title within each category. The contents page shows all the headings used.

**We have included the following information about booklets and leaflets:**

- the title of the booklet, the name of the producer and the date of publication
- a brief description of the contents
- details of versions in other languages and formats, and whether the booklet is available as a downloadable PDF or Word document on the publisher's website
- the publisher's name, the number of pages, edition, ISBN, and price
- details of where to get hold of a copy (full contact details for the supplier can be found in the *Suppliers* section on page (303))
- the readability score (Flesch score)
- the quality tool rating (DISCERN), where applicable

### Suppliers

This section is a complete list of all the suppliers who have provided materials for this directory. It is arranged in alphabetical order by supplier.

### Indices

The indices are there to help you find material on a specific subject or material that has been produced for a particular user; for example, people whose first language is not English, or people who have a vision disorder.

#### Title index

An alphabetical list of all the materials in the directory.

## Subject index

The subject index is useful for finding subjects that may appear in several different sections. For example, if you want information on a chemotherapy drug such as docetaxel (Taxotere®), the subject index will refer you to entries 066 (Cancer); 365, 370, 374, 375, 381 (Breast cancer); 767, 768 (Lung cancer); and 1047 (Prostate cancer).

You can also find materials by using the contents pages at the front of the directory.

## Index to materials in languages other than English

This index will help you find materials in other languages.

## Index to materials for people with a disability

Some materials are available as audiotapes or audio CDs or have an accompanying video or DVD and may be suitable for people with a disability; some are written for people with learning difficulties. The 'Index to materials for people with a disability' brings all this material together in one place to help you quickly find appropriate formats.

Under the Copyright (Visually Impaired Persons) Act 2002, one photocopy enlargement of a document may be made for someone with a visual impairment if no published large-print version exists. Where a large-print version of a booklet or leaflet is available we indicate this in the summary. As most organisations will provide a large-print copy on request we have not included these materials in this index.

## Index to materials in non-print formats

Some booklets and leaflets are also available on audiocassette or CD, for example Macmillan Cancer Support booklets, and we indicate this in the entry. This index lists all these materials in one place.

## Index to materials for children and young people

There is relatively little information material written for children, and it can be hard to identify. Most is included in the 'Written for children and young people' section of 'Children's cancers' but some is in the 'Books' section under 'Books for children and young people'. This index lists all these materials in one place.

# Gauging quality

To help you judge the quality of information materials, Macmillan Cancer Support has applied two appraisal tools, Flesch and DISCERN, to the materials.

DISCERN assesses the content of the information and Flesch can be used to determine how difficult or easy the information is to read. DISCERN was chosen because of its user focus, and Flesch because it is a well known and frequently used test that can be run automatically on many word processing packages.

All the booklets and leaflets were tested using the Flesch readability score. There are a few exceptions, mainly materials that consist largely of organisations' names and addresses – for example, entry number 216.

Publications are considered suitable for testing using DISCERN only if they cover treatment options in some detail. Booklets and leaflets that mention treatment in passing are not tested.

Other areas to consider when assessing the quality of cancer information materials include the way the information is presented and its accessibility to all groups of potential users. Different aspects of the information may need to be enhanced or adapted for each group.

## About the DISCERN and Flesch quality indicators

The DISCERN project was funded from 1996-1997 by the British Library and the NHS Executive Research Development Programme and was the first standardised index of quality in consumer health information. It was developed in recognition of the need for a general set of quality criteria for written health information on treatment choices and can be used to help judge the quality of that information. DISCERN cannot be used to assess the scientific quality or accuracy of the evidence on which a publication is based (this would require checking against other sources) or the effectiveness or accessibility of its presentation.

The instrument consists of 15 key questions plus an overall quality rating (on a 5-point scale) based on answers to the preceding 15 questions. Each of the 15 questions represents a separate quality criterion – an essential feature or standard that is an important part of good-quality information on treatment choices. Eight questions address the reliability of the publication and whether it can be trusted as a source of information about treatment questions, and seven focus on specific details of the information about treatment choices. The scores listed in this directory are the overall quality ratings, which are explained briefly below. The full descriptions of the ratings can be found on the inside back cover.

- ★★★★★ Appraised and of good quality with very few shortcomings
- ★★★★ Appraised and of good quality with some shortcomings
- ★★★ Appraised and of fair quality with some shortcomings
- ★★ Appraised and of poor quality with major shortcomings
- ★ Appraised and of low quality with very serious shortcomings

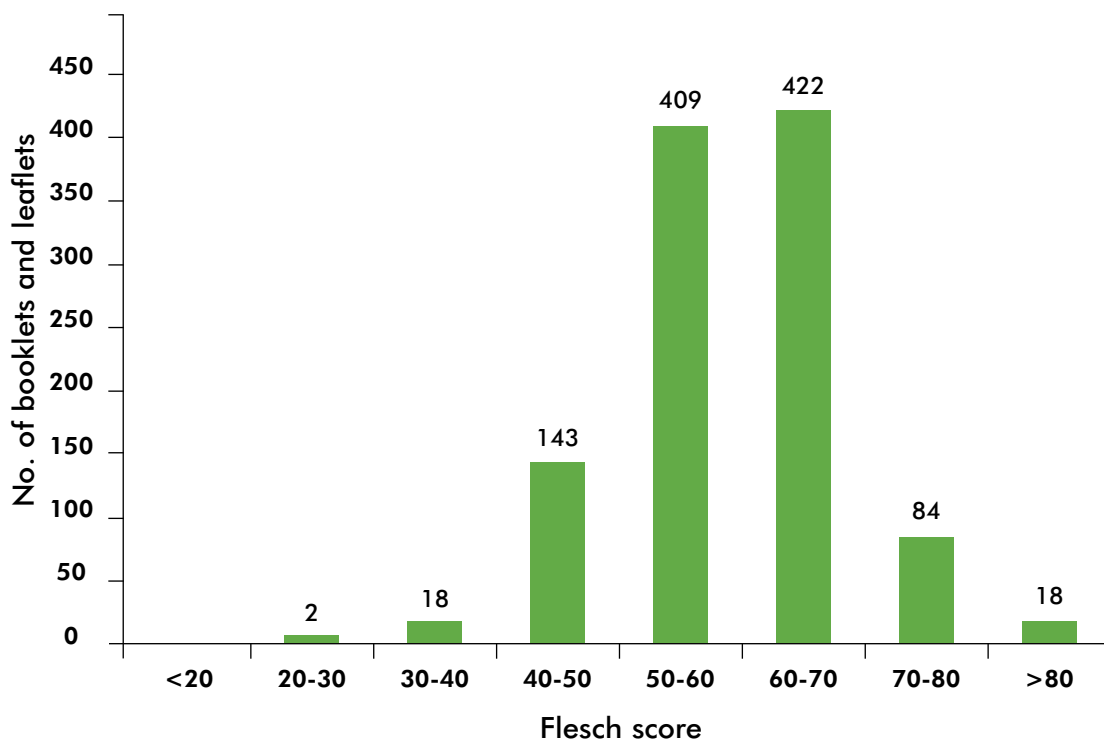
The Flesch readability score calculates readability based on the average numbers of syllables per sentence. Scores range from zero to 100.

- 0-30 Very difficult (scientific paper)
- 30-50 Difficult (academic paper)
- 50-60 Fairly difficult (quality newspaper)
- 60-70 Standard (digests)
- 70-80 Fairly easy (slick fiction)
- 80-90 Easy (pulp fiction)
- 90-100 Very easy (comics)

Standard writing averages approximately 60 to 70. The higher the score, the greater the number of people who can easily read the document.

In order to apply the Flesch readability score to the booklets and leaflets, three samples, each of 100 words, are taken from the beginning, middle and end of the text. The samples are retyped into Microsoft Word and tested automatically using the 'Spelling and Grammar' option under 'Tools'.

The Flesch score can be used as a relative score, i.e. to compare resources on similar topics. Most items assessed for this edition of the directory scored between 50 and 70 (see figure below).



## References

*The DISCERN handbook: quality criteria for consumer health information on treatment choices* can be downloaded from the DISCERN website at [www.discern.org.uk](http://www.discern.org.uk)

Charnock D, Sheppard S, Needham G, Gann R. DISCERN: an instrument for judging the quality of written consumer health information. *Journal of Epidemiology and Community Health*, 1999, 53: 105-111.

Flesch R. A new readability yardstick. *Journal of Applied Psychology*, 1948, 32(3): 221-232.

The interpretations for the DISCERN and Flesch scorings are given on the inside back cover for ease of reference.



All Christmas, the Nightingale, King's story  
is told, and Mrs Christmas is the best woman in the  
whole world. She puts on a really magnificent dinner  
for the village people. You know Mrs Christmas would  
be Santa's secret helper in school.

Enjoy these other Christmas titles  
from the Nightingale King's series.

- The Nightingale King's New Friend*
- The Nightingale King's Christmas*
- The Nightingale King's House*
- The Nightingale King's Lunch*
- The Nightingale King's Cat*



# Lung cancer



## 747 Lung cancer (British Lung Foundation, January 2008)

This leaflet explains what lung cancer is, and describes briefly how it is diagnosed and treated.

10pp. Free from British Lung Foundation.

Flesch readability score 65.1



## 748 Lung cancer (British Lung Foundation, November 2007)

This booklet describes lung cancer, who is at risk, the symptoms, how it is diagnosed and the treatment options. It also discusses feelings and includes a glossary and other sources of information.

20pp. Free from British Lung Foundation.

Flesch readability score 70.2



## 749 Lung cancer (Scottish Intercollegiate Guidelines Network, 2007)

This booklet is a lay translation of the clinical guidelines issued to NHS staff in Scotland; it is not a general information leaflet. It describes what lung cancer is, the symptoms and diagnosis, the treatment options, and palliative care. It also has further sources of information and a glossary.

44pp. ISBN 978-1-905813-10-0. Free from Scottish Intercollegiate Guidelines Network. Also available on the Scottish Intercollegiate Guidelines Network website.

Flesch readability score 65.6

DISCERN ★★★ Appraised and of fair quality with some shortcomings. Does not describe the risks of treatments. No reference to the risks or benefits of having no treatment.



## 750 Lung cancer (Association for International Cancer Research, 2006)

Information on the lungs, smoking, and lung cancer. Describes risk factors, symptoms and diagnosis, and prognosis. Treatment options are briefly discussed.

16pp. Free from Association for International Cancer Research.

Flesch readability score 64.0





**751 Lung cancer. Answering your questions (Roy Castle Lung Cancer Foundation, 2009)**

This illustrated booklet uses a question and answer format to provide information about lung cancer. It describes what lung cancer is, the common signs and symptoms, the diagnostic tests, and the treatment options. It also addresses practical and emotional concerns such as coping with the diagnosis, everyday activities, financial help, and supportive and palliative care. Includes a glossary of terms, details of supportive organisations and a list of useful websites.

6th edition. 60pp. Free to people affected by cancer. Others £1.50 plus p&p. From Roy Castle Lung Cancer Foundation. Also available on the Roy Castle Lung Cancer Foundation website.

Flesch readability score 59.0

DISCERN ★★★★★ Appraised and of good quality with some shortcomings.



**752 Understanding lung cancer (Macmillan Cancer Support, 2010)**

This booklet has detailed information on the causes of lung cancer, symptoms, diagnosis, and treatment options. Includes information on clinical trials and issues such as feelings, talking to children, and financial support. Lists useful organisations, and details of other resources such as books and websites.

13th edition. 112pp. Free from Macmillan Cancer Support. Also available as an audiotape and an audio CD.

Flesch readability score 63.2

DISCERN ★★★★★ Appraised and of good quality with very few shortcomings.

## Secondary lung cancer



**753 Secondary breast cancer in the lung (Breast Cancer Care, September 2009)**

This factsheet is for anyone diagnosed with secondary lung cancer that has spread from the breast. It describes what secondary breast cancer in the lung is, the symptoms and how they can be managed, the investigations that may be needed, and the treatment options. Support organisations are listed.

12pp. Free from Breast Cancer Care (p&p charged on large orders). Also available on the Breast Cancer Care website, together with a large-print version.

Flesch readability score 64.1





**754 Secondary cancer in the lung (Macmillan Cancer Support, 2010)**

This factsheet describes the lungs, the signs and symptoms of secondary lung cancer, how it is diagnosed, the treatment options, and how to cope with the symptoms.

5pp. Free from Macmillan Cancer Support. Health professionals should order the free Cancer Factfile 2010 CD-ROM.

Flesch readability score 61.1

## Risk factors



**755 Lung cancer awareness (Roy Castle Lung Cancer Foundation, 2009)**

This leaflet has facts about lung cancer and describes the possible symptoms. It also outlines the likely course of action the GP will take if a patient presents with symptoms.

6pp. Free to people with cancer and their families. From Roy Castle Lung Cancer Foundation. Also available on the Roy Castle Lung Cancer Foundation website.

Flesch readability score 73.1



**756 Stop smoking. Cut the habit (Action Cancer, April 2007)**

This 28-day guide to stopping smoking has facts and tips for each day. Includes information about Action Cancer's smoking cessation programme and services provided by Action Cancer in Northern Ireland.

6pp. Free from Action Cancer. Also available on the Action Cancer website.

Flesch readability score 67.3

## Symptoms



**757 Lung cancer. What to look out for (Ulster Cancer Foundation, December 2009)**

Lists the signs and symptoms of lung cancer and describes what to expect when visiting the GP. Also has information about how the Ulster Cancer Foundation can help.

2pp. Free from Ulster Cancer Foundation. Also available on the Ulster Cancer Foundation website.

Flesch readability score 71.9

# Diagnosis and screening



## 758 Lung cancer staging (Macmillan Cancer Support, 2010)

This factsheet has information about an updated version of the most widely used staging system for lung cancer. It describes the lungs and nearby lymph nodes, staging, and the TNM system.

4pp. Free from Macmillan Cancer Support. Health professionals should order the free Cancer Factfile 2010 CD-ROM.

Flesch readability score 71.2



## 759 Ultrasound-guided bronchoscopic lung biopsy. Understanding NICE guidance (NICE, March 2010)

This booklet is about when and how ultrasound-guided bronchoscopic lung biopsy can be used in the NHS. It does not describe peripheral lung lesions or the procedure in detail.

4pp. ISBN 978-1-84936-199-6. Information about NICE interventional procedure guidance 337. Free from NICE (quote reference N2125). Also available on the NICE website in English and Welsh.

Flesch readability score 49.8



## 760 Using an ultrasound-guided bronchoscope to take tissue samples from the area between the lungs. Understanding NICE guidance (NICE, February 2008)

This leaflet describes when and how an ultrasound-guided bronchoscope can be used to take tissue samples from the area between the lungs (endobronchial ultrasound-guided transbronchial needle aspiration for mediastinal masses). It does not describe the growths or treatment in detail.

4pp. ISBN 1-84629-606-4. Information about NICE interventional procedure guidance 254. Free from NICE (quote reference N1472). Also available on the NICE website in English and Welsh.

Flesch readability score 53.5

# Treatment

## Biological therapies



### 761 Erlotinib for non-small-cell lung cancer. Understanding NICE guidance (NICE, November 2008)

This leaflet explains guidance from NICE about when erlotinib should be used to treat people with non-small-cell lung cancer (NSCLC) in the NHS in England and Wales. It does not describe NSCLC or the treatment in detail.

4pp. ISBN 1-84629-849-0. Information about NICE technology appraisal guidance 162. Free from NICE (quote reference N1738). Also available on the NICE website in English and Welsh.

Flesch readability score 48.2



### 762 Gefitinib as a first treatment for locally advanced or metastatic non-small-cell lung cancer. Understanding NICE guidance (NICE, July 2010)

This leaflet describes when gefitinib should be used to treat people with locally advanced or metastatic non-small-cell lung cancer in the NHS in England and Wales. It does not describe non-small-cell lung cancer or the treatment in detail.

4pp. ISBN 978-1-84936-297-9. Information about NICE technology appraisal guidance 192. Free from NICE (quote reference N2240). Also available on the NICE website.

Flesch readability score 59.5

The following factsheets are part of the Macmillan Cancer Support Cancer Factfile 2010. They are free to people affected by cancer. Health professionals should order the free CD-ROM.

Each factsheet describes the how the treatment works, how it is given, and some of the possible side-effects.

DISCERN ★★★ Appraised and of fair quality with some shortcomings. No benefits of treatment described. No reference to the risks or benefits of having no treatment.



### 763 Erlotinib (Tarceva®)

4pp. Flesch readability score 59.7

### 764 Gefitinib (Iressa®)

3pp. Flesch readability score 59.1

# Chemotherapy

## Combination chemotherapies

The following factsheets are part of the Macmillan Cancer Support Cancer Factfile 2010. They are free to people affected by cancer. Health professionals should order the free CD-ROM.

Each factsheet describes the drugs uses, how they are given, and some of the possible side-effects.

DISCERN ★★★ Appraised and of fair quality with some shortcomings. Does not describe how the treatment works. No benefits of treatments described. No reference to the risks or benefits of having no treatment.



### 765 Carboplatin and etoposide chemotherapy

5pp. Flesch readability score 61.8

### 766 CAV chemotherapy

5pp. Flesch readability score 63.8

### 767 Docetaxel (Taxotere®) and carboplatin

5pp. Flesch readability score 62.5

### 768 Docetaxel (Taxotere®) and cisplatin chemotherapy

5pp. Flesch readability score 63.6

### 769 GemCarbo chemotherapy

5pp. Flesch readability score 60.9

### 770 MIC chemotherapy

5pp. Flesch readability score 64.3

### 771 MVP chemotherapy

5pp. Flesch readability score 62.3

### 772 Vinorelbine and carboplatin chemotherapy

5pp. Flesch readability score 60.9

### 773 Vinorelbine and cisplatin (VP) chemotherapy

5pp. Flesch readability score 60.7

## Individual drugs



### 774 Pemetrexed (Alimta®) (Macmillan Cancer Support, 2010)

**Pemetrexed is a chemotherapy drug that may be given as a treatment for non-small-cell lung cancer or pleural mesothelioma. This factsheet describes how it is given and the possible side-effects.**

4pp. Free from Macmillan Cancer Support. Health professionals should order the free Cancer Factfile 2010 CD-ROM.

Flesch readability score 56.6

DISCERN ★★★ Appraised and of fair quality with some shortcomings. Does not describe how the treatment works. No benefits of treatments described. No reference to the risks or benefits of having no treatment.



**775 Pemetrexed as a first treatment for non-small-cell lung cancer. Understanding NICE guidance (NICE, September 2009)**

This leaflet describes when pemetrexed should be used to treat people with non-small-cell lung cancer in the NHS in England and Wales. It does not describe non-small-cell lung cancer or the treatments in detail.

4pp. ISBN 978-1-84936-079-1. Information about NICE technology appraisal guidance 181. Free from NICE (quote reference N1992). Also available on the NICE website in English and Welsh.

Flesch readability score 53.2



**776 Pemetrexed as maintenance treatment for non-small-cell lung cancer. Understanding NICE guidance (NICE, May 2010)**

This leaflet is about when pemetrexed should be used to treat people with non-small-cell lung cancer in the NHS in England and Wales. It does not describe non-small-cell lung cancer or the treatments in detail.

4pp. ISBN 978-1-84936-256-6. Information about NICE technology appraisal guidance 190. Free from NICE (quote reference N2189). Also available on the NICE website in English and Welsh.

Flesch readability score 55.3



**777 Pemetrexed for the treatment of non-small-cell lung cancer. Understanding NICE guidance (NICE, August 2007)**

**NICE recommendation about the use of pemetrexed (Alimta) in the treatment of non-small-cell lung cancer.**

4pp. ISBN 1-84629-458-4. Information about NICE technology appraisal guidance 124. Free from NICE (quote reference N1308). Also available on the NICE website in English and Welsh.

Flesch readability score 55.8



**778 Topotecan for the treatment of relapsed small-cell lung cancer. Understanding NICE guidance (NICE, November 2009)**

This information describes when and how topotecan can be used in the NHS in England and Wales to treat people with relapsed small-cell lung cancer. It does not describe relapsed small-cell lung cancer or the treatments in detail.

4pp. ISBN 978-1-84936-108-8. Information about NICE technology appraisal guidance 184. Free from NICE (quote reference N2025). Also available on the NICE website in English and Welsh.

Flesch readability score 53.6

## Radiotherapy

The following factsheets are part of the Macmillan Cancer Support Cancer Factfile 2010. They are free to people affected by cancer. Health professionals should order the free CD-ROM.

Each factsheet describes how the treatment works, when it might be used, how it is given, and some of the possible side-effects.



### 779 CHART radiotherapy for non-small-cell lung cancer (NSCLC)

4pp. Flesch readability score 57.8

### 780 Prophylactic cranial radiotherapy (PCR)

4pp. Flesch readability score 58.1

## Surgery



### 781 Surgery for lung cancer. Answering your questions (Roy Castle Lung Cancer Foundation, 2009)

This booklet aims to help people affected by lung cancer understand what surgery involves. Using a question and answer format it discusses the types of surgery, what happens before, during and after surgery, and returning home.

28pp. Free to people affected by cancer. Others £0.50 plus p&p. From Roy Castle Lung Cancer Foundation. Also available on the Roy Castle Lung Cancer Foundation website.

Flesch readability score 68.4

DISCERN ★★★★★ Appraised and of good quality with some shortcomings. No reference to the risks or benefits of having no treatment.

## Other therapies



### 782 Treatment of lung cancer with percutaneous radiofrequency ablation. Understanding NICE guidance (NICE, July 2006)

This leaflet explains when and how percutaneous radiofrequency ablation can be used in people with primary or secondary lung cancers in the NHS in England and Wales. It does not describe lung cancer or the treatment options in detail.

4pp. ISBN 1-84629-259-9. Information about NICE interventional procedure guidance 185. Free from NICE (quote reference N1085). Also available on the NICE website.

Flesch readability score 68.0

# Living with lung cancer

## Practical issues



### 783 Going on holiday with a lung condition (British Lung Foundation, January 2008)

This booklet aims to help people with a lung disease plan a holiday in the UK and abroad. It includes tips on choosing accommodation, travelling (by coach, train or ferry), driving abroad, flying with a lung condition, and getting oxygen away from home.

16pp. Free from British Lung Foundation.

Flesch readability score 59.8

## The emotional journey



### 784 Dealing with anxiety (British Lung Foundation, March 2007)

This booklet has been written for people with a lung disease who may feel anxious. It explains what anxiety is, what causes it, how it affects people, and the symptoms. There is a section on panic attacks and how to control breathing to help protect against the worst symptoms of an attack. Techniques for dealing with anxiety are discussed and there are details of organisations that can help.

16pp. Free from British Lung Foundation.

Flesch readability score 74.6



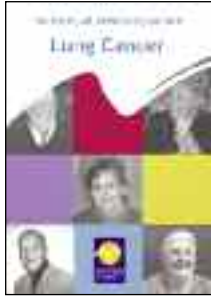
### 785 Dealing with depression (British Lung Foundation, January 2009)

This booklet has been written to help people living with a lung disease cope with depression. It explains what depression is and why people with a lung disease might be depressed, and describes the symptoms, the thoughts that trigger depression, and ways of coping.

20pp. Free from British Lung Foundation.

Flesch readability score 68.6





**786 You have just been told you have lung cancer (Roy Castle Lung Cancer Foundation, January 2006)**

This booklet has been written by people with lung cancer in partnership with healthcare professionals. It aims to address some of the initial thoughts and feelings often experienced following a diagnosis of lung cancer. Includes details of financial help and supportive organisations. Illustrated throughout with photographs and quotes from people with lung cancer.

3rd edition. 16pp. Free to people affected by cancer. Others £0.50 plus p&p. From Roy Castle Lung Cancer Foundation. Also available on the Roy Castle Lung Cancer Foundation website.

Flesch readability score 64.7

## Symptoms and side-effects



**787 Lung cancer. A practical guide to breathlessness (Roy Castle Lung Cancer Foundation, 2007)**

This illustrated booklet aims to promote maximum self-control of breathlessness and awareness of non-medical treatment options. It describes how the lungs work, why breathlessness occurs, and how to manage everyday activities to reduce the risk of breathlessness. It also describes techniques to use when breathlessness does occur, and the professional help that may be available. Includes details of supportive organisations and useful websites. A video (Take a breather – a patient's guide) is available to accompany this booklet. It demonstrates practical techniques to help cope with breathlessness.

4th edition. 24pp. Free to people affected by cancer. Others £0.50 plus p&p. From Roy Castle Lung Cancer Foundation. Also available on the Roy Castle Lung Cancer Foundation website.

Flesch readability score 65.4



**788 Sex and breathlessness (British Lung Foundation, October 2008)**

This illustrated leaflet has guidance for people with lung disease on how to enjoy a fulfilling sex life.

10pp. Free from British Lung Foundation.

Flesch readability score 68.7





Suppliers



# Suppliers

## A

**Action Cancer**, 1 Marlborough Park, Belfast BT9 6XS; tel 028 9080 3344; email [info@actioncancer.org](mailto:info@actioncancer.org); website [www.actioncancer.org](http://www.actioncancer.org)

**AMEND (Association for Multiple Endocrine Neoplasia Disorders)**, The Warehouse, 1 Draper Street, Southborough, Tunbridge Wells TN4 0PG; tel 01892 516076; email [info@amend.org.uk](mailto:info@amend.org.uk); website [www.amend.org.uk](http://www.amend.org.uk)

**Association for International Cancer Research**, Madras House, St Andrews, Fife KY16 9EH; tel 01334 477910; fax 01334 478667; email [enquiries@aicr.org.uk](mailto:enquiries@aicr.org.uk); website [www.aicr.org.uk](http://www.aicr.org.uk)

**The Association of the British Pharmaceutical Industry**, 12 Whitehall, London SW1A 2DY; tel 0870 890 4333; fax 020 7747 1414; email [abpi@edist.co.uk](mailto:abpi@edist.co.uk); website [www.abpi.org.uk](http://www.abpi.org.uk)

## B

**Beaconsfield Publishers**, 20 Chiltern Hills Road, Beaconsfield HP9 1PL; tel/fax 01494 672118; email [books@beaconsfield-publishers.co.uk](mailto:books@beaconsfield-publishers.co.uk); website [www.beaconsfield-publishers.co.uk](http://www.beaconsfield-publishers.co.uk)

**Beating Bowel Cancer**, Harlequin House, 7 High Street, Teddington TW11 8EE; tel 08450 719300; fax 020 8943 0629; email [info@beatingbowelcancer.org](mailto:info@beatingbowelcancer.org); website [www.beatingbowelcancer.org](http://www.beatingbowelcancer.org)

**Bowel Cancer UK**, 7 Rickett Street, London SW6 1RU; tel 020 7381 9711; fax 020 7381 5752; email [advisory@bowelcanceruk.org.uk](mailto:advisory@bowelcanceruk.org.uk); website [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

**Brain and Spinal Injury Centre (BASIC)**, 554 Eccles New Road, Salford M5 5AP; tel 0161 707 6441; fax 0161 206 4558; email [enquiries@basiccharity.org.uk](mailto:enquiries@basiccharity.org.uk); website [www.basiccharity.org.uk](http://www.basiccharity.org.uk)

**Brain and Spine Foundation**, 3.36 Canterbury Court, Kennington Park, 1-3 Brixton Road, London SW9 6DE; tel 020 7793 5900; fax 020 7793 5939; email [info@brainandspine.org.uk](mailto:info@brainandspine.org.uk); website [www.brainandspine.org.uk](http://www.brainandspine.org.uk)

**Brainstrust**, 4 Yvery Court, Castle Road, Cowes, Isle of Wight PO31 7QG; tel 01983 292405; email [hq@brainstrust.org.uk](mailto:hq@brainstrust.org.uk); website [www.brainstrust.org.uk](http://www.brainstrust.org.uk)

**Breakthrough Breast Cancer**, Weston House, 246 High Holborn, London WC1V 7EX; tel 020 7025 2400; fax 020 7025 2401; email [info@breakthrough.org.uk](mailto:info@breakthrough.org.uk); website [www.breakthrough.org.uk](http://www.breakthrough.org.uk)

**Breast Cancer Care**, 5-13 Great Suffolk Street, London SE1 0NS; tel 0845 092 0800; email [info@breastcancercare.org.uk](mailto:info@breastcancercare.org.uk); website [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**British Liver Trust**, 2 Southampton Road, Ringwood BH24 1HY; tel 01425 481320; fax 01425 481335; Email [publications@britishlivertrust.org.uk](mailto:publications@britishlivertrust.org.uk); website [www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

**British Lung Foundation**, 73-75 Goswell Road, London EC1V 7ER; tel 020 7688 5555; email [enquiries@blf-uk.org](mailto:enquiries@blf-uk.org); website [www.lunguk.org](http://www.lunguk.org)

**British Thyroid Foundation**, 2nd Floor, 3 Devonshire Place, Harrogate HG1 4AA; tel 01423 709707/709448; email [info@btf-thyroid.org](mailto:info@btf-thyroid.org); website [www.btf-thyroid.org](http://www.btf-thyroid.org)

## C

**Cancer Equality**, 27-29 Vauxhall Grove, Vauxhall, London SW8 1SY; tel 020 7735 7888; fax 020 7820 1115; email [info@cancerequality.org.uk](mailto:info@cancerequality.org.uk); website [www.cancerequality.org.uk](http://www.cancerequality.org.uk)

**Cancer Laryngectomee Trust**, PO Box 618, Halifax HX3 8WX; tel 01422 205522; email [info@cancerlt.org](mailto:info@cancerlt.org); website [www.cancerlt.org](http://www.cancerlt.org)

**Cancer Research UK**, PO Box 123, London WC2A 3PX; tel 020 7061 8333; email [publications@cancer.org.uk](mailto:publications@cancer.org.uk); websites [www.cancerresearchuk.org](http://www.cancerresearchuk.org), [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

**Cancerkin**, The Cancerkin Centre, Royal Free Hospital, Pond Street, London NW3 2QG. Tel 020 7830 2323; fax 020 7830 2324; email [info@cancerkin.org.uk](mailto:info@cancerkin.org.uk) website [www.cancerkin.org.uk](http://www.cancerkin.org.uk)

**Children's Cancer and Leukaemia Group**, University of Leicester, 3rd Floor, Hearts of Oak House, 9 Princess Road West, Leicester LE1 6TH; tel 0116 249 4460; fax 0116 249 4470; email [info@cclg.org.uk](mailto:info@cclg.org.uk); website [www.cclg.org.uk](http://www.cclg.org.uk)

**The Christie NHS Foundation Trust**, Patient Information Officer, Wilmslow Road, Withington, Manchester M20 4BX tel 0161 446 3576; fax 0161 446 3578; email [margaret.watson@christie.nhs.uk](mailto:margaret.watson@christie.nhs.uk); website [www.christie.nhs.uk](http://www.christie.nhs.uk)

**CLIC Sargent**, Griffin House, 161 Hammersmith Road, London W6 8SG; tel CLIC Sargent Child Cancer helpline 0800 197 0068; email [helpline@clicsargent.org.uk](mailto:helpline@clicsargent.org.uk); website [www.clicsargent.org.uk](http://www.clicsargent.org.uk)

**Coloplast**, Nene Hall, First Floor, Peterborough Business Park, Peterborough PE2 6FX; tel 01733 392000, fax 01733 392804; website [www.coloplast.co.uk](http://www.coloplast.co.uk)

**Colostomy Association**, 2 London Court, East Street, Reading RG1 4QL; tel 0118 939 1537; email [cass@colostomyassociation.org.uk](mailto:cass@colostomyassociation.org.uk); website [www.colostomyassociation.org.uk](http://www.colostomyassociation.org.uk)

**Core**, 3 St Andrews Place, London NW1 4LB; tel 020 7486 0341; email [info@corecharity.org.uk](mailto:info@corecharity.org.uk); website [www.corecharity.org.uk](http://www.corecharity.org.uk)

**Crohn's and Colitis UK**, 4 Beaumont House, Sutton Road, St Alban's AL1 5HH; tel 01727 830038; email [enquiries@crohnsandcolitis.org.uk](mailto:enquiries@crohnsandcolitis.org.uk); website [www.nacc.org.uk](http://www.nacc.org.uk)

## D

**Dansac Limited**, James Hall, St Ives Business Park, Parsons Green, St Ives PE27 4AA; tel 01480 484300; email [dansac.ltd@dansac.com](mailto:dansac.ltd@dansac.com); website [www.dansac.co.uk](http://www.dansac.co.uk)

**Department of Health**, PO Box 777, London SE1 6XH; tel 0300 123 1002; minicom 0300 123 1003; fax 01623 724524; email [dh@prolog.uk.com](mailto:dh@prolog.uk.com); website [www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk)

## F

**Family Advice and Information Resource (FAiR Multimedia)**, 95 Causewayside, Edinburgh EH9 1QG; tel 0131 662 1962; fax 0131 662 9486; email [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk); website [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

## G

**GIST Support UK**; 67 Between Streets, Cobham KT11 1AA; tel 0300 400 0000; email [admin@gistsupportuk.com](mailto:admin@gistsupportuk.com); website [www.gistsupportuk.com](http://www.gistsupportuk.com)

## H

**Help the Hospices**, Hospice House, 34-44 Britannia Street, London WC1X 9JG; tel 020 7520 8200; fax 020 7520 1021; email [info@helpthehospices.org.uk](mailto:info@helpthehospices.org.uk); website [www.helpthehospices.org.uk](http://www.helpthehospices.org.uk)

**Hospice Information**, Help the Hospices, Hospice House, 34-44 Britannia Street, London WC1X 9JG; tel 020 7520 8222; fax 020 7520 1021; email [directory@hospiceinformation.info](mailto:directory@hospiceinformation.info); website [www.hospiceinformation.info](http://www.hospiceinformation.info)

## J

**James Whale Fund for Kidney Cancer**, 46-48 King Street, Cambridge CB1 1LN; tel 01799 585033; fax 01223 507095; email [contact@jameswhalefund.org](mailto:contact@jameswhalefund.org); website [www.jameswhalefund.org](http://www.jameswhalefund.org)

**The June Hancock Mesothelioma Research Fund**, c/o Adrian Budgen, Irwin Mitchell Solicitors, Riverside East, Millsands, Sheffield S3 8DT; tel 0114 274 4420; website [www.junehancockfund.org](http://www.junehancockfund.org)

## K

### **Kent and Medway Cancer Partnership**

Kent and Medway Cancer Network, Preston Hall, London Road, Aylesford ME20 7NJ; tel 01622 711279; email [Carole-Ann.Frost@kentmedway.nhs.uk](mailto:Carole-Ann.Frost@kentmedway.nhs.uk) website [www.kentmedway.nhs.uk](http://www.kentmedway.nhs.uk)

**Kidney Cancer UK**, PO Box 2473, Uttoxeter ST14 8WZ; tel 01889 565801; email [admin@kcuk.org](mailto:admin@kcuk.org); website [www.kcuk.org](http://www.kcuk.org)

## L

**Lesbian and Gay Foundation**, 5 Richmond Street, Manchester M1 3HF; tel 0845 3 30 30 30; email [info@lgf.org.uk](mailto:info@lgf.org.uk); website [www.lgf.org.uk](http://www.lgf.org.uk)

**Leukaemia and Lymphoma Research**, 43 Great Ormond Street, London WC1N 3JJ; tel 020 7405 0101; fax 020 7405 3139; email [info@beatbloodcancers.org.uk](mailto:info@beatbloodcancers.org.uk); website [www.beatbloodcancers.org](http://www.beatbloodcancers.org)

**Leukaemia CARE**, 1 Birch Court, Blackpole East, Worcester WR3 8SG; tel 01905 755977; fax 01905 775166; email [care@leukaemiacare.org.uk](mailto:care@leukaemiacare.org.uk); website [www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)

**Look Good...Feel Better**, West Hill House, 32 West Hill, Epsom KT19 8JD; tel 01372 747500; fax 01372 747502; email [info@lgfb.co.uk](mailto:info@lgfb.co.uk); website [www.lgfb.co.uk](http://www.lgfb.co.uk)

**Lymphoedema Support Network**, St Luke's Crypt, Sydney Street, London SW3 6NH; tel 020 7351 0990; fax 020 7349 9809; email [admin@lmsn@lymphoedema.freemove.co.uk](mailto:admin@lmsn@lymphoedema.freemove.co.uk); website [www.lymphoedema.org](http://www.lymphoedema.org)

**Lymphoma Association**, PO Box 386, Aylesbury HP20 2GA; tel 01296 619400; email [information@lymphomas.org.uk](mailto:information@lymphomas.org.uk); website [www.lymphomas.org.uk](http://www.lymphomas.org.uk)

**Lynn's Bowel Cancer Campaign**, 39 Crown Road, St Margarets, Twickenham TW1 3EJ; tel 020 8892 2409; fax 020 8744 2266; email [info@bowelcancer.tv](mailto:info@bowelcancer.tv); website [www.bowelcancer.tv](http://www.bowelcancer.tv)



## M

**Macmillan Cancer Support**, Marketing Services, 89 Albert Embankment, London SE1 7UQ; tel 0800 500 800; website [www.be.macmillan.org.uk/orders](http://www.be.macmillan.org.uk/orders)

**Marie Curie Cancer Care**, Supporter Services, 89 Albert Embankment, London SE1 7TP; tel 020 7599 7777; email [supporterservices@mariecurie.org.uk](mailto:supporterservices@mariecurie.org.uk); website [www.mariecurie.org.uk](http://www.mariecurie.org.uk)

**Millgate House Publishers**, 30 Mill House Lane, Sandbach CW11 4PN

**Myeloma UK**, Broughton House, 31 Dunedin Street, Edinburgh EH7 4JG; tel 0131 557 3332; fax 0131 557 9785; email [myelomauk@myeloma.org.uk](mailto:myelomauk@myeloma.org.uk); website [www.myeloma.org.uk](http://www.myeloma.org.uk)

## N

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**The Royal Marsden NHS Foundation Trust**, The Royal Marsden Help Centre, Downs Road,  
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