

A directory of information materials for people affected by cancer

12th edition 2011/2012



**THE BEST CANCER
INFORMATION
ALL UNDER
ONE ROOF**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

A directory of information materials for people affected by cancer

12th edition 2011/2012

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 315. 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

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; website be.macmillan.org.uk

A directory of information materials for people affected by cancer 2011/2012: a selected guide to nationally published booklets and leaflets.

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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 each individual booklet within the directory, rather than the processes that were used to produce them. In this sense the directory 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. All of the items have been indexed to help you to find information materials. Ways in which you can use the indices include finding information in a particular language, in a specific format or for people with disabilities.

This edition includes 1,165 entries, 54 more entries than the previous edition. Over 160 entries are new to this edition; of these some 120 have not appeared in any previous edition. A further 697 items have been updated since the eleventh edition.

In addition to the booklets and non-print materials in this directory, we publish book reviews in the online version of the directory, at www.macmillan.org/cancerpublications. We are very grateful to the hundreds of people affected by cancer who review books for the online directory.

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 2011

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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 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, 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. 2010 or March 2011)
- 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 315. 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, 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 subdivided if necessary. For example, the 'Treatment' sections may have subheadings 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 to download 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 315)
- 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 070 (Cancer), 393, 397, 402, 406 (Breast cancer), and 770, 771 (Lung 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 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 a non-print format

Some booklets and leaflets are also available on audio CD, for example Macmillan Cancer Support booklets, and we indicate this in the entry. This index brings all these materials together.

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 235.

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 for 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 the treatment information in a publication. 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 briefly explained 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

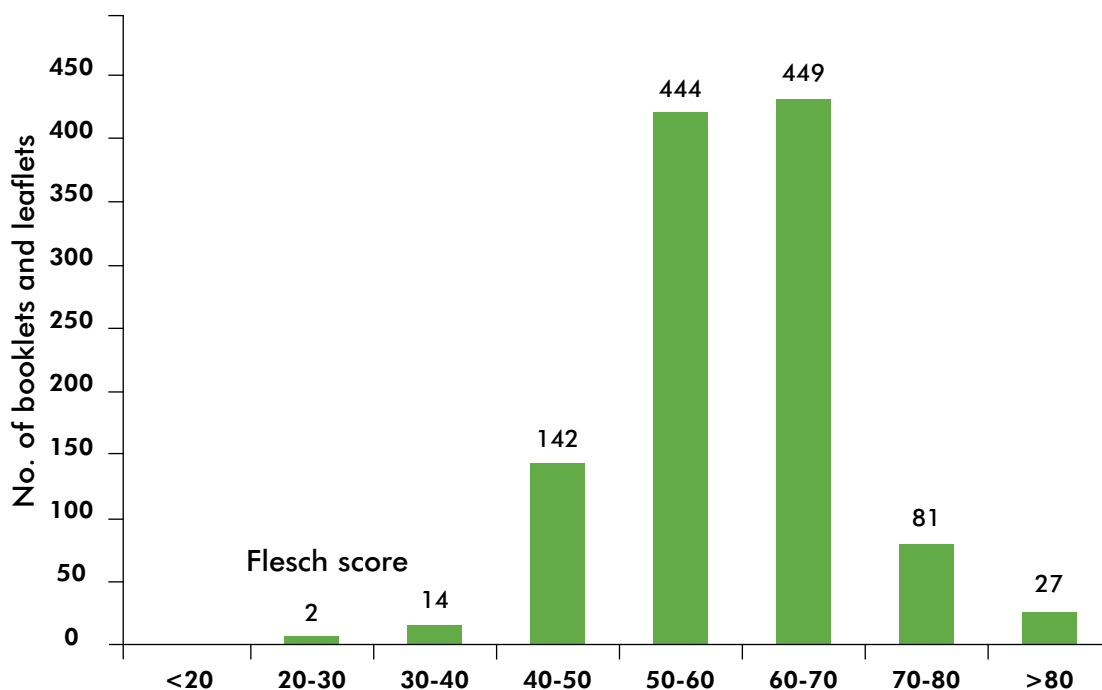
The Flesch readability score calculates readability based on the average numbers of syllables per sentence. Scores range from zero to 100.

- 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

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.

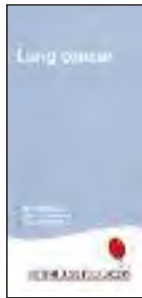
Flesch R. A new readability yardstick. *Journal of Applied Psychology*, 1948, 32(3): 221-232.

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

Booklets and leaflets



Lung cancer



742 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



743 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



744 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. A British Sign Language DVD is also available.

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.



745 Lung cancer. Answering your questions (Roy Castle Lung Cancer Foundation, 2010)

This booklet 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. Sections of this booklet are also available as separate factsheets that can be downloaded from the Roy Castle Lung Cancer Foundation website or ordered as follows: Chemotherapy for lung cancer; Clinical trials; Complementary therapies; Coping with a diagnosis of lung cancer; If your lung cancer can't be cured. Supportive and palliative care; Life after lung cancer; Lung cancer health professionals; Lung cancer staging; Lung cancer tests; Other treatments for lung cancer; Radiotherapy for lung cancer; Symptoms of lung cancer; Treatments for lung cancer; Types of lung cancer; Understanding lung cancer.

7th edition. 60pp. Free from Roy Castle Lung Cancer Foundation. Also available on the Roy Castle Lung Cancer Foundation website.

Flesch readability score 59.2

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



746 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.

13th edition. 112pp. Free from Macmillan Cancer Support (MAC11632; audio CD MAC12078_CD).

Flesch readability score 63.2

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

Secondary lung cancer



747 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.

Flesch readability score 64.1



748 Secondary cancer in the lung (Macmillan Cancer Support, 2011)

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

6pp. Free from Macmillan Cancer Support. Health professionals should order the free Cancer Factfile 2011 CD-ROM.

Flesch readability score 61.1

Risk factors



749 Be a non-smoker, cut your cancer risk (Cancer Research UK, January 2010)

Information on smoking, including what it does to the body, what cigarettes contain, and giving up for good.

8pp. Free from Cancer Research UK. Also available on the Cancer Research UK website.

Flesch readability score 68.8



750 Detecting lung cancer – spot the symptoms early (Cancer Research UK, June 2010)

This leaflet describes the symptoms to look out for and the factors that affect the risk of lung cancer.

8pp. Free From Cancer Research UK. Also available on the Cancer Research UK website.

Flesch readability score 76.1



751 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



752 Lung cancer prevention and risk factors (Roy Castle Lung Cancer Foundation, February 2011)

This factsheet explains briefly the risk factors for lung cancer.

2pp. Free from Roy Castle Lung Cancer Foundation. Also available on the Roy Castle Lung Cancer Foundation website.

Flesch readability score 63.4



753 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



754 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



755 Lung cancer staging (Macmillan Cancer Support, 2011)

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 2011 CD-ROM.

Flesch readability score 71.2



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

NICE guidance 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 (Ref. N2125). Also available on the NICE website in English and Welsh.

Flesch readability score 49.8



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

NICE guidance about 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 (Ref. N1472). Also available on the NICE website in English and Welsh.

Flesch readability score 53.5

Treatment



758 The diagnosis and treatment of lung cancer. Understanding NICE guidance (NICE, April 2011)

NICE guidance about the care and treatment of people with lung cancer. The booklet does not describe lung cancer or the tests or treatment in details.

16pp. ISBN 978-1-84257-546-8. Information about NICE clinical guideline 121. Free from NICE (Ref. N2503). Also available on the NICE website in English and Welsh.

Flesch readability score 60.1

Biological therapy



759 Erlotinib for maintenance treatment of non-small-cell lung cancer. Understanding NICE guidance (NICE, June 2011)

NICE guidance about when erlotinib should be used as maintenance treatment for people with non-small-cell lung cancer. It does not describe non-small-cell lung cancer or the treatment in detail.

4pp. ISBN 978-1-84936-637-3. Information about NICE technology appraisal guidance 227. Free from NICE (Ref. N2598). Also available on the NICE website.

Flesch readability score 49.2



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

NICE guidance about when erlotinib should be used to treat people with non-small-cell lung cancer (NSCLC). 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 (Ref. N1738). Also available on the NICE website in English and Welsh.

Flesch readability score 48.2



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

NICE guidance about when gefitinib should be used to treat people with locally advanced or metastatic non-small-cell lung cancer. 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 (Ref. N2240). Also available on the NICE website in English and Welsh.

Flesch readability score 59.5

Macmillan Cancer Support Cancer Factfile factsheets 2011. Free from Macmillan Cancer Support. Health professionals can order the complete set on a free CD-ROM.

Each factsheet describes 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.



762 Erlotinib (Tarceva®)
5pp. Flesch readability score 59.7

763 Gefitinib (Iressa®)
4pp. Flesch readability score 59.1

Chemotherapy



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

NICE guidance about when pemetrexed should be used to treat people with non-small-cell lung cancer. 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 (Ref. N1992). Also available on the NICE website in English and Welsh.

Flesch readability score 53.2



765 Pemetrexed as maintenance treatment for non-small-cell lung cancer. Understanding NICE guidance (NICE, June 2010)

NICE guidance about when pemetrexed should be used to treat people with non-small-cell lung cancer. 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 (Ref. N2189). Also available on the NICE website in English and Welsh.

Flesch readability score 55.3



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

NICE guidance about when pemetrexed should be used to treat people with non-small-cell lung cancer. It does not describe non-small-cell lung cancer or the treatments in detail.

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

Flesch readability score 55.8



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

NICE guidance about when and how topotecan can be used 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 (Ref. N2025). Also available on the NICE website in English and Welsh.

Flesch readability score 53.6

Macmillan Cancer Support Cancer Factfile factsheets 2011. Free from Macmillan Cancer Support. Health professionals can order the complete set on a free CD-ROM.

Each factsheet describes the drugs used, 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.



768 Carboplatin and etoposide chemotherapy

5pp. Flesch readability score 61.8

769 CAV chemotherapy

5pp. Flesch readability score 63.8

770 Docetaxel (Taxotere®) and carboplatin

5pp. Flesch readability score 62.5

771 Docetaxel (Taxotere®) and cisplatin chemotherapy

5pp. Flesch readability score 63.6

772 GemCarbo chemotherapy

5pp. Flesch readability score 60.9

773 MIC chemotherapy

5pp. Flesch readability score 64.3

- 774 MVP chemotherapy**
5pp. Flesch readability score 62.3
- 775 Pemetrexed (Alimta®)**
4pp. Flesch readability score 56.6
- 776 Vinorelbine and carboplatin chemotherapy**
5pp. Flesch readability score 60.9
- 777 Vinorelbine and cisplatin (VP) chemotherapy**
5pp. Flesch readability score 60.7

Radiotherapy

Macmillan Cancer Support Cancer Factfile factsheets 2011. Free from Macmillan Cancer Support. Health professionals can order the complete set on a 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.

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



- 778 CHART radiotherapy for non-small-cell lung cancer (NSCLC)**
4pp. Flesch readability score 57.8
- 779 Prophylactic cranial radiotherapy (PCR)**
4pp. Flesch readability score 58.1

Surgery



- 780 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. It discusses the different types of surgery, what happens before, during and after surgery and returning home. Sections of this booklet are also available as separate factsheets that can be downloaded from the Roy Castle Lung Cancer Foundation website or ordered as follows: Surgery for lung cancer. Preparing for your operation; Surgery for lung cancer. Types of surgery; Surgery for lung cancer. When you are in hospital; Surgery for lung cancer. When you get home.

28pp. Free 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



781 Treating lung cancer with radiofrequency energy probes passed through the skin into the tumour. Understanding NICE guidance (NICE, December 2010)

NICE guidance about when and how radiofrequency energy can be used to treat people with lung cancer. It does not describe lung cancer or the procedure in detail.

4pp. ISBN 978-1-84936-440-9. Information about NICE interventional procedure guidance 372. Free from NICE (Ref. N2389). Also available on the NICE website in English and Welsh.

Flesch readability score 49.7

Living with lung cancer

Practical issues



782 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



783 Travel insurance and lung cancer (Roy Castle Lung Cancer Foundation, April 2011)

Details of insurance companies that will consider providing insurance to people with cancer.

2pp. Free from Roy Castle Lung Cancer Foundation. Also available on the Roy Castle Lung Cancer Foundation website.

Flesch readability score 55.3

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

Symptoms and side effects



786 Lung cancer. A practical guide to breathlessness (Roy Castle Lung Cancer Foundation, November 2010)

This 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. Sections of this booklet are also available as separate factsheets that can be downloaded from the Roy Castle Lung Cancer Foundation website or ordered as follows: Coping with breathlessness; Managing everyday activities; Reasons for breathlessness.

5th edition. 24pp. Free from Roy Castle Lung Cancer Foundation. Also available on the Roy Castle Lung Cancer Foundation website.

Flesch readability score 65.6



787 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



"It was great to talk to other people who understood my feelings and worries."

Cancer can affect your life in many ways. When you're living with cancer you may feel isolated, low, anxious and tired.

Macmillan's Living with Cancer course is free for anyone who has been affected in this way. It is a six-week course of informal sessions, led by two tutors who have had cancer themselves. The weekly, two-and-a-half hour sessions will help you to share experiences, gain confidence and manage symptoms and stress.

Dealing with Cancer course will:

- meet and share your experiences with others who understand what you are feeling*
- build your confidence to talk to doctors and other health professionals*
- help you speak more openly about cancer and its effects with family and friends, and health professionals*
- learn techniques to help you better understand how eating, well can help you feel better*
- manage any weakness and other side-effects of treatment*
- discuss your personal goals and wishes for the future*

Suppliers

A

ACT, Brunswick Court, Brunswick Square, Bristol BS2 8PE; tel 0117 916 6422; fax 0117 916 6430; email info@act.org.uk; website www.act.org.uk

Action Cancer, 1 Marlborough Park, Belfast BT9 6XS; tel 028 9080 3344; email info@actioncancer.org; website www.actioncancer.org

AMEND (Association for Multiple Endocrine Neoplasia Disorders), The Warehouse, 1 Draper Street, Southborough, Tunbridge Wells, Kent TN4 0PG; tel 01892 516076; email info@amend.org.uk; website 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; website www.aicr.org.uk

B

Beaconsfield Publishers, 20 Chiltern Hills Road, Beaconsfield HP9 1PL; tel 01494 672118; fax 01494 672118; email books@beaconsfield-publishers.co.uk; website www.beaconsfield-publishers.co.uk

Beating Bowel Cancer, Harlequin House, 7 High Street, Teddington TW11 8EE; tel 08450 719300; Nurse Advisory Line 08450 719301; fax 020 8943 0629; email info@beatingbowelcancer.org; website www.beatingbowelcancer.org

Bereavement Advice Centre, Heron House, Timothy's Bridge Road, Stratford-upon-Avon CV37 9BX; tel 01798 265077 (admin), 0800 258 5556 (freephone helpline); website www.bereavementadvice.org

Bowel Cancer UK, 7 Rickett Street, London SW6 1RU; tel 020 7381 9711; fax 020 7381 5752; Bowel Cancer Advisory Service 0800 8 40 35 40; email advisory@bowelcanceruk.org.uk; website www.bowelcanceruk.org.uk

Brain and Spinal Injury Centre (BASIC), 554 Eccles New Road, Salford M5 5AP; tel 0161 707 6441; fax 0161 241 5334; email enquiries@basiccharity.org.uk; website 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; helpline 0808 808 1000; fax 020 7793 5939; email info@brainandspine.org.uk; website www.brainandspine.org.uk

Brain Tumour UK, Tower House, Latimer Park, Chesham HP5 1TU; tel 01494 549180; helpline 0845 4500 386; email enquiries@braintumouruk.org.uk; website www.braintumouruk.org.uk

Brainstrust, 4 Yvery Court, Castle Road, Cowes PO31 7QG; tel 01983 292405; email hq@brainstrust.org.uk; website www.brainstrust.org.uk

Breakthrough Breast Cancer, 3rd Floor, Weston House, 246 High Holborn, London WC1V 7EX; tel 020 7025 2400; 08080 100 200 (freephone information line); fax 020 7025 2401; email info@breakthrough.org.uk; website www.breakthrough.org.uk

Breast Cancer Care, 5-13 Great Suffolk Street, London SE1 0NS; tel 0845 092 0800; fax 0845 092 0820; helpline 0808 800 6000 (Text relay 18001); email info@breastcancercare.org.uk; website www.breastcancercare.org.uk

British Association of Plastic Reconstructive and Aesthetic Surgeons, The Royal College of Surgeons, 35-43 Lincoln's Fields, London WC2A 3PE; tel 020 7831 5161; fax 020 7831 4041; email secretariat@bapras.org.uk; website www.bapras.org.uk

British Liver Trust, 2 Southampton Road, Ringwood BH24 1HY; tel 01425 481320; helpline 0800 652 7330; fax 01425 481335; email publications@britishlivertrust.org.uk; website www.britishlivertrust.org.uk

British Lung Foundation, 73-75 Goswell Road, London EC1V 7ER; tel 020 7688 5555; helpline 08458 50 50 20; fax 020 7688 5556; email enquiries@blf-uk.org; website www.lunguk.org

British Thyroid Foundation, 2nd Floor, 3 Devonshire Place, Harrogate HG1 4AA; tel 01423 709707/709448; email info@btf-thyroid.org; website www.btf-thyroid.org

Bunshri Chandaria's website www.bunshri.com

C

Cancer Equality, 27-29 Vauxhall Grove, Vauxhall, London SW8 1SY; tel 020 7735 7888; fax 020 7820 1115; email info@cancerequality.org.uk; website www.cancerequality.org.uk

Cancer Laryngectomee Trust, PO Box 618, Halifax HX3 8WX; tel/fax 01422 205522; email info@cancerlt.org; website www.cancerlt.org

Cancer Research UK, PO Box 123, London WC2A 3PX; tel 020 7061 8333; nurse helpline 0808 800 4040; email publications@cancer.org.uk; websites www.cancerresearchuk.org, www.cancerhelp.org.uk

Cancerkin, The Cancerkin Centre, Royal Free Hospital, Pond Street, London NW3 2QG; tel 020 7830 2323/2310; fax 020 7830 2324; email info@cancerkin.org.uk; website www.cancerkin.org.uk

CHANGE, Unit 41, Shine, Harehills Road, Leeds LS8 5SH; tel 0113 388 0011; fax 0113 388 0012; minicom 0113 388 0013; email info@change-people.co.uk; website www.changepeople.co.uk
The CHANGE publications listed in this edition are available free from Macmillan Cancer Support.

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; website 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; website www.christie.nhs.uk

CLIC Sargent, Griffin House, 161 Hammersmith Road, London W6 8SG; tel 0300 330 0803; email info@clicsargent.org.uk; website www.clicsargent.org.uk

Coloplast, Nene Hall, First Floor, Peterborough Business Park, Peterborough PE2 6FX; tel 01733 392000; freephone 0800 220622; fax 01733 233348; website www.coloplast.co.uk

Colostomy Association, 2 London Court, East Street, Reading, Berkshire RG1 4QL; tel 0118 939 1537; helpline 0800 328 4257; email cass@colostomyassociation.org.uk; website www.colostomyassociation.org.uk

Core, 3 St Andrews Place, London NW1 4LB; tel 020 7486 0341; email info@corecharity.org.uk; website www.corecharity.org.uk

Crohn's and Colitis UK, 4 Beaumont House, Sutton Road, St Alban's, Hertfordshire AL1 5HH; tel 01727 830038; email enquiries@crohnsandcolitis.org.uk; website 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; website www.dansac.co.uk

Department of Health, PO Box 777, London SE1 6XH; tel 0300 123 1002; minicom 0300 123 1003; email dh@prolog.uk.com; website 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; website www.fairadvice.org.uk

G

GIST Support UK, 67 Between Streets, Cobham, Surrey KT11 1AA; tel 0300 400 0000; email admin@gistsupportuk.com; website www.gistsupportuk.com

H

Headsmart; tel 0845 130 9733; email info@headsmart.org.uk; website www.headsmart.org.uk

Help the Hospices, Hospice House, 34-44 Britannia Street, London WC1X 9JG; tel 020 7520 8200; fax 020 7278 1021; email info@helpthehospices.org.uk; website www.helpthehospices.org.uk

J

James Whale Fund for Kidney Cancer, 46-48 King Street, Cambridge CB1 1LN; tel 0844 474 5050; fax 01223 507095; email contact@jameswhalefund.org; website www.jameswhalefund.org

The June Hancock Mesothelioma Research Fund, c/o Adrian Budgen, Irwin Mitchell Solicitors, Riverside East, 2 Millsands, Sheffield S3 8DT; tel 0114 274 4420; email info@junehancockfund.org; website www.junehancockfund.org

K

Kent and Medway Cancer Partnership, 50 Pembroke Court, Chatham Maritime, Chatham ME4 4UF; tel 01634 335020; website www.kentmedwaycancerguide.nhs.uk

Kidney Cancer UK, Secure Hold Business Centre, Studley Road, Redditch B98 7LG; tel 0844 870 7054; email admin@kcuk.org; website 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; website www.lgf.org.uk

Leukaemia and Lymphoma Research, 39-40 Eagle Street, London WC1R 4TH; tel 020 7405 0101; fax 020 7405 3139; email info@beatbloodcancers.org.uk; website www.beatbloodcancers.org.uk

Leukaemia CARE, 1 Birch Court, Blackpole East, Worcester WR3 8SG; tel 01905 755977; Careline 08088 010 444; fax 01905 775166; email care@leukaemiacare.org.uk; website www.leukaemiacare.org.uk

Look Good...Feel Better, West Hill House, 32 West Hill, Epsom, Surrey KT19 8JD; tel 01372 747500; fax 01372 747502; email info@lgfb.co.uk; website www.lgfb.co.uk

Lymphoedema Support Network, St Luke's Crypt, Sydney Street, London SW3 6NH; tel 020 7351 4480 (information and support), 020 7351 0990 (administration); fax 020 7349 9809; email adminlsn@lymphoedema.freemove.co.uk; website www.lymphoedema.org

Lymphoma Association, PO Box 386, Aylesbury, Buckinghamshire HP20 2GA; tel 01296 619400; helpline 0808 808 5555; email information@lymphomas.org.uk; website www.lymphomas.org.uk

M

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Marie Curie Cancer Care, Supporter Services, 89 Albert Embankment, London SE1 7TP; tel 020 7599 7777; 0800 716 146; email supporterservices@mariecurie.org.uk; website www.mariecurie.org.uk

Medikidz, 6 Burnsall Street, London SW3 3ST; tel 020 7376 6630; email info@medikidz.com; website www.medikidz.com. The Medikidz booklets included in this edition are available free from **Macmillan Cancer Support**.

Millgate House Publishers, Unit 1, Zan Industrial Park, Crewe Road, Wheelock, Sandbach, Cheshire CW11 4QD; tel 01270 764314

Myeloma UK, Broughton House, 31 Dunedin Street, Edinburgh EH7 4JG; tel 0131 557 3332; fax 0131 557 9785; Myeloma infoline 0800 980 3332; email myelomauk@myeloma.org.uk; website www.myeloma.org.uk

N

National Association of Laryngectomee Clubs, Lower Ground Floor, 152 Buckingham Palace Road, London SW1W 9TR; tel 020 7730 8585; fax 020 7730 8584; website www.laryngectomy.org.uk

National Institute for Health and Clinical Excellence (NICE); MidCity Place, 71 High Holburn, London WC1V 6NA; tel 0845 003 7780; fax 0845 003 7784; email publications@nice.org.uk; website www.nice.org.uk. In a change announced after this directory went to press, NICE will no longer be supplying or mailing printed copies of guidance. All guidance can be accessed on the NICE website.

National Osteoporosis Society, Camerton, Bath BA2 0PJ; tel 01761 471771 / 0845 130 3076; helpline 0845 450 0230; email info@nos.org.uk; website www.nos.org.uk

NET Patient Foundation, Forward House, 17 High Street, Henley in Arden, Warwickshire B95 5AA; tel 0800 434 6476; email hello@netpatientfoundation.org; website www.netpatientfoundation.org

NHS Health Scotland, Woodburn House, Canaan Lane, Edinburgh EH10 4SG; tel 0131 536 5500; textphone 0131 536 5503; fax 0131 536 5501; email publications@health.scot.nhs.uk; website www.healthscotland.com

O

Oesophageal Patients Association, 22 Vulcan House, Vulcan Road, Solihull, West Midlands B91 2JY; tel 0121 704 9860; email enquiries@opa.org.uk; website www.opa.org.uk

Orchid – Fighting Male Cancer, St Bartholomew’s Hospital, London EC1A 7BE; tel 0203 465 5766; fax 0207 600 1155; email info@orchid-cancer.org.uk; website www.orchid-cancer.org.uk

Ovarian Cancer Action, 8-12 Camden High Street, London NW1 0JH; tel 0300 456 4700; fax 0300 456 4708; email info@ovarian.org.uk; website www.ovarian.org.uk

P

PCaSO Prostate Cancer Network, PO Box 66, Emsworth, Hampshire PO10 7ZP; tel 0845 650 2555; email info@pcaso.org.uk; website www.pcaso.org

Penny Brohn Cancer Care, Chapel Pill Lane, Pill, Bristol, BS20 0HH; tel 01275 370 100; helpline 0845 123 23 10; fax 01275 370 101; email info@pennybrohn.org; website www.pennybrohncancercare.org

Prostate Action, 6 Crescent Stables, 139 Upper Richmond Road, London SW15 2TN; tel 020 8788 7720; fax 020 8789 1331; email info@prostateaction.org.uk; website www.prostateaction.org.uk

The Prostate Cancer Charity, First Floor, Cambridge House, 100 Cambridge Grove, London W6 0LE; tel 020 8222 7622; helpline 0800 074 8383; email info@prostate-cancer.org.uk; website www.prostate-cancer.org.uk

Prostate Cancer Research Centre, 3rd Floor, 67 Riding House Street, London, W1W 7EJ; tel/fax 020 7679 9366; email info@prostate-cancer-research.org.uk; website www.prostate-cancer-research.org.uk

R

Rarer Cancers Foundation, The Great Barn, Godmersham Park, Canterbury, Kent CT4 7DT; tel 01227 738279; email info@rarercancers.org.uk; website www.rarercancers.org.uk

Roy Castle Lung Cancer Foundation, Lung Cancer Information and Support Services, Rothesay House, 134 Douglas Street, Glasgow G2 4HF; tel 0141 331 4530; helpline 0800 358 7200; fax 0141 331 0590; email info@roycastle.org; website www.roycastle.org

The Royal Marsden Help Centre, The Royal Marsden NHS Foundation Trust, Downs Road, Sutton, Surrey SM2 5PT; tel 020 8642 6011; website www.royalmarsden.nhs.uk/cancer-information

S

Scottish Intercollegiate Guidelines Network, Elliott House, 8-10 Hillside Crescent, Edinburgh EH7 5EA; tel 0131 623 4720; fax 0131 623 4503; website www.sign.ac.uk

The Sexual Advice Association, Suite 301, Emblem House, London Bridge Hospital, 27 Tooley Street, London SE1 2PR; tel 020 7486 7262; email info@sexualadviceassociation.co.uk; website www.sexualadviceassociation.co.uk

Special Stories Publishing, Unit 13, BASE Enterprise Centre, Ladyswell Road, Mulhuddart, Dublin 15, Ireland; website www.specialstories.net

T

Target Ovarian Cancer, 30 Angel Gate, London EC1V 2PT; tel 020 7923 5470; fax 020 7923 5471; email info@targetovarian.org.uk; website www.targetovariancancer.org.uk

U

Ulster Cancer Foundation, 40-44 Eglantine Avenue, Belfast BT9 6DX, Northern Ireland; tel 028 9066 3281; helpline 0800 783 3339; fax 028 9066 8715; email infocis@ulstercancer.org; website www.ulstercancer.org

Urostomy Association, 4 Demontfort Way, Uttoxeter, Staffordshire ST14 8XY; tel 01889 563191; helpline 08452 412159; email secretary.ua@classmail.co.uk; website www.urostomyassociation.org.uk

W

Wellbeing of Women, Supporter Services Team, 27 Sussex Place, Regent's Park, London NW1 4SP; tel 020 7772 6400; fax 020 7724 7725; email wellbeingofwomen@rcog.org.uk; website www.wellbeingofwomen.org.uk

Wessex Cancer Trust, Bellis House, 11 Westwood Road, Southampton SO17 1DL; tel 023 8067 2200; fax 023 8067 2266; email wct@wessexcancer.org; website www.wessexcancer.org

Winston's Wish, 4th Floor, St James's House, St James Square, Cheltenham GL50 3PR; tel 01242 515157; helpline 08452 03 04 05; fax 01242 546187; email info@winstonswish.org.uk; website www.winstonswish.org.uk

World Cancer Research Fund, 22 Bedford Square, London WC1B 3HH; tel 020 7343 4205; fax 020 7343 4201; email wcrf@wcrf.org; website www.wcrf-uk.org



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