



## Thyroid Cancer Resource List

This list was produced by Thry'vors to help thyroid cancer patients' locate information about the disease. Included is information on books, articles, online resources and organizations that you may find useful. The information contained on this list does not constitute medical advice. Users are encouraged to work closely with their doctors to make sure that their individual medical needs are met.

**Last updated: Sept 2008**

### Books

**After Cancer: A Guide to Your New Life**, Dr. Wendy Schlessel Harpham MD. (Harper Paperbacks. New York, 1995) ISBN 0060976780

**The Complete Thyroid Book**, Dr. Kenneth B. Ain MD and M. Sara Rosenthal, (Toronto: McGraw-Hill, 2005) ISBN 0071435263

**The Low Iodine Diet Cookbook**, Norene Gilletz, (Toronto: Trafford Publishing, 2005, [www.trafford.com](http://www.trafford.com)) ISBN 1-4210-6691-3

**The Thyroid Cancer Book**, M. Sara Rosenthal, 2nd Edition (Trafford Publishing, 2002 catalogue #02-0771 [www.trafford.com](http://www.trafford.com)); ISBN 1-55395-059-3

### **The Thyroid Solution**

Arem, Ridha, (New York: Ballantyne Books, 1999) ISBN 0-345-42919-2

### **The Thyroid Sourcebook or The Thyroid Sourcebook for Women**

Rosenthal, M. Sara, 2nd Edition (New York: NTC Contemporary, 2005) ISBN 0737304952

**Thyroid Cancer: A Comprehensive Guide to Clinical Management**, Leonard Wartofsky (Totowa, N.J. Humana Press, 1999) ISBN 0896034291

**Thyroid Cancer: A Guide for Patients**, Douglas Van Nostrand, Gary Bloom and Leonard Wartofsky, (Keystone Press, 2004) ISBN 0-9746239-0-3

### **Your Thyroid: A Home Reference**

Wood, Lawrence, David S. Cooper, and E. Chester Ridgway, 3rd Edition, (New York: Ballantyne Books, New York, 1995 ) ISBN 0-345-41006-8

## BOOKLETS

**A Patient's Guide to Thyroid Cancer: for those diagnosed with papillary, follicular or hürthle cell cancers (Canadian Thyroid Cancer Support Group (Thry'vors) Inc.)**

[http://www.thryvors.org/pdf/Thryvors\\_booklet.pdf](http://www.thryvors.org/pdf/Thryvors_booklet.pdf)  
<http://www.thryvors.org/Booklet/TableofContents.html>

To order a hardcopy of the booklet write to:  
Canadian Thyroid Cancer Support Group (Thry'vors) Inc.  
PO Box 23007, 550 Eglinton Ave. West  
Toronto, Ontario M5N 3A8  
Phone: 416-487-8267  
Fax: 416-487-0601  
E-mail: [thryvors@sympatico.ca](mailto:thryvors@sympatico.ca)

### **What you need to know about Differentiated Thyroid Cancer and its Treatment**

A booklet explaining the basics -- including the role of the thyroid gland, the fundamentals of thyroid cancer, the types of tests and treatments you may receive, and the importance of lifelong monitoring. This publication is available in English, French and Chinese languages. It was written by the manufacturers of Thyrogen® (Genzyme Canada Inc.)

To order a copy, write to:  
Genzyme Canada Inc.  
2700 Matheson Blvd. East  
West Tower, Suite 800,  
Mississauga, Ontario L4W 4V9  
Canada  
Tel: 905-625-0011  
Fax: 905-625-7811  
Toll Free: 877-220-8918  
Email: [Thyroid.canada@genzyme.com](mailto:Thyroid.canada@genzyme.com)

### **Understanding cancer of the thyroid**

(CancerBACKUP – the UK's leading cancer information service) at  
[www.cancerbackup.org.uk/info/thyroid.htm](http://www.cancerbackup.org.uk/info/thyroid.htm)

### **Canadian Association of Psychosocial Oncology**

The Emotional Facts of Life with Cancer - A Guide to Counselling and Support for Patients, Families and Friends  
<http://www.capo.ca/eng/docs/bookletREVISED.pdf>

## ONLINE RESOURCES

### ***General Information on Thyroid Cancer***

Introductory resources on thyroid cancer, especially useful for those who are newly diagnosed.

## ***Patient Organizations and Basic Information***

### **Canadian Thyroid Cancer Support Group (Thry'vors) Inc.**

Website of the *Canadian Thyroid Cancer Support Group (Thry'vors) Inc.* On the site you will find instructions for joining the online support group, the latest news about the organization and special events, as well as information about thyroid cancer treatment and monitoring.

[www.thryvors.org](http://www.thryvors.org)

### **My Thyroid**

A comprehensive website on thyroid disease maintained by Dr. Daniel Drucker of the University of Toronto.

<http://www.mythyroid.com>

### **The Light of Life Foundation**

Established in 1997 by Joan Shey, a patient herself, the Light of Life Foundation is committed to education and awareness for thyroid cancer patients, their families and the lay-public.

<http://www.lightoflifefoundation.org/>

### **The US Thyroid Cancer Survivors' Association**

Homepage of the Thyroid Cancer Survivors' Association. Excellent information and support resources.

<http://www.thyca.org>

## ***Professional Medical Associations and Sources of Technical Medical Information***

### **American Thyroid Association**

Homepage of the American Thyroid Association. Contains patient resources and list of physician members (including Canadian physicians).

<http://www.thyroid.org>

### **Dr. Kenneth B. Ain MD**

<http://www.thyroidcancerdoctor.com/help.html>

### **Endocrineweb**

Introductory information on thyroid cancer types and treatment.

<http://www.endocrineweb.com/thyroidca.html>

### **Johns Hopkins Thyroid Tumor Centre**

Introductory information on thyroid cancer. Contains overall treatment process and the answers to frequently asked questions by patients.

<http://www.thyroid-cancer.net>

### **NCI Thyroid Cancer Homepage**

The US-based National Cancer Institute thyroid cancer homepage

<http://www.cancer.gov/cancerinfo/types/thyroid>

### **Thyroid Cancer Center**

Columbia University Department of Surgery

<http://www.cumc.columbia.edu/dept/thyroid/risks.html>

### **Thyroid Manager**

A comprehensive on-line book of thyroid disease, including thyroid cancer. Published by the nonprofit organization, Endocrine Education Inc. (USA)

<http://www.thyroidmanager.org>

### **Thyroid Today**

An educational website that provides timely information to medical professionals on the causes, identification, latest findings and treatment of various forms of thyroid disease

<http://www.thyroidtoday.com/>

### ***Humour***

Laughter is often very good medicine.

**The Adventures of Follicular Cancer Lady (Steph)** – A hilarious blog on thyroid cancer treatment.

[http://www.gimenez.biz/legend/?page\\_id=Chapters](http://www.gimenez.biz/legend/?page_id=Chapters)

### **Thyroid Cancer Humour**

No matter what stage of the thyroid cancer adventure you're in - these will help you see the funny side.

<http://www.thyca.org/humor.htm>

### **Thyroid Cancer Songs & Stories**

Megan Stendenbach's website of thyca songs and stories. Hypo Barbie and 12 Days of Hypo Hell are just a few samples.

<http://www.thyroidcancersongs.com>

### ***Hypoparathyroidism***

Resources for those with hypoparathyroidism and hypocalcemia.

Background Information:

[Hypoparathyroidism - An Introduction](http://www.parathyroid.com/hypoparathyroidism.htm)

<http://www.parathyroid.com/hypoparathyroidism.htm>

[Hypoparathyroidism - Frequently Asked Questions](http://hpth.org/index.cfm?pv=AV&DType=HTML&AID=46)

<http://hpth.org/index.cfm?pv=AV&DType=HTML&AID=46>

[Surgical Hypoparathyroidism](http://parathyroid.com/low-calcium.htm)

<http://parathyroid.com/low-calcium.htm>

## **Hypoparathyroidism Associations and Support:**

Hypoparathyroidism Association - United Kingdom  
<http://www.hypoparathyroidism.org.uk>

Hypoparathyroidism Association- USA.  
<http://www.hypoparathyroidism.org>

International Hypoparathyroidism Listserv  
<http://health.groups.yahoo.com/group/HPTH/>

### ***Surgery***

Information on thyroid and neck surgery.

### **Selecting a Surgeon**

Information on how to select a surgeon from the New York Thyroid Centre.  
<http://cpmcnet.columbia.edu/dept/thyroid/surgselct.html>

### **Surgical Treatment of Thyroid Disease**

An article by Dr. Irving B. Rosen, Surgeon, Mount Sinai Hospital, Toronto  
<http://www.thyroid.ca/Guides/HG11.html>

### ***Thyroid Cancer Clinical Treatment Guidelines***

Medical, peer-reviewed guidelines for thyroid cancer treatment.

**American Association of Clinical Endocrinologists:** Guidelines for the Treatment of Thyroid Cancer (2001)

[http://www.aace.com/pub/pdf/guidelines/thyroid\\_carcinoma.pdf](http://www.aace.com/pub/pdf/guidelines/thyroid_carcinoma.pdf)

### **American Thyroid Association**

Management Guidelines for Patients with Thyroid Nodules and Differentiated Thyroid Cancer (2006)

<http://www.thyroid.org/professionals/publications/documents/Guidelinesthy2006.pdf>

**Consensus européen: cancer différencié de la thyroïde de souche folliculaire  
Texte scientifique provenant d'une rencontre des spécialistes (2006)**

<http://thyroide.free.fr/pdf/maquette-consensus-eta-2006.pdf>

**European consensus for the management of patients with differentiated thyroid carcinoma of the follicular epithelium**

[www.eje-online.org/cgi/reprint/154/6/787.pdf](http://www.eje-online.org/cgi/reprint/154/6/787.pdf)

**National Comprehensive Cancer Network Clinical Practice Guidelines in Oncology: Thyroid Carcinoma**

[http://www.nccn.org/professionals/physician\\_gls/PDF/thyroid.pdf](http://www.nccn.org/professionals/physician_gls/PDF/thyroid.pdf)

### **AACE Guidelines for the Treatment of Thyroid Cancer**

Peer reviewed treatment guidelines of the American Association of Clinical Endocrinologists

[http://www.aace.com/clin/guidelines/thyroid\\_carcinoma.pdf](http://www.aace.com/clin/guidelines/thyroid_carcinoma.pdf)

### **NCCN Thyroid Carcinoma Practice Guidelines**

NCCN guidelines by Dr. E. Mazzaferri, Oncology Vol 13 No. 11A (Nov 1999)

[http://www.nccn.org/physician\\_gls/f\\_guidelines.html](http://www.nccn.org/physician_gls/f_guidelines.html)

### **British Thyroid Association - Thyroid Cancer Treatment of Adults**

<http://www.british-thyroid-association.org/GL%20for%20the%20GP.pdf>

### ***Thyrogen (Recombinant TSH)***

Information on the use of Thyrogen in the management of thyroid cancer.

### **Genzyme**

Patient information provided by the manufacturer of Thyrogen - Genzyme.

<http://www.thyrogen.com/>

<http://www.thyroidupdate.ca/>

### **Thyrogen in Canada**

A description of Thyrogen in Canada - outlined as part of Dr. Drucker's [www.mythyroid.com](http://www.mythyroid.com) website.

<http://www.mythyroid.com/thyrogenincanada.html>

<http://www.mythyroid.com/tsh.html>

### **Preparation Prior To Radioiodine Ablation in Patients Who Have Undergone Thyroidectomy for Papillary or Follicular Thyroid Cancer (2007)**

J. Yoo, R. Cosby, and A. Driedger

Cancer Care Ontario Program in Evidence-based Care

<http://www.cancercare.on.ca/pdf/pebcsar5s.pdf>

## **SUPPORT**

### **Thry'vors Online Forum**

Thry'vors online forum is our main avenue for providing support for thyroid cancer survivors, their families and friends. The online forum is also a communication network to link members with patient education information on thyroid cancer diagnosis, treatment, ongoing monitoring and living well. To join Thry'vors Online Forum go to:

<http://health.groups.yahoo.com/group/thryvors/>

### **Thyroid Cancer Survivors' Association (Thyca)**

ThyCa is an American organization that provides information and support to individuals with thyroid cancer. They have a general email list, as well as several more specialized email support groups, including ones that address anaplastic and medullary thyroid cancer, as well as paediatric and advanced thyroid cancer.

<http://www.thyca.org/support.htm>

## **Canadian Cancer Society**

[www.cancer.ca](http://www.cancer.ca)

Canadian Cancer Society's Cancer Information Service is a national, bilingual service offering comprehensive information about cancer and community resources 1 888 939-3333 (toll-free), Monday to Friday, 9 a.m. to 6 p.m., anywhere in Canada or e-mail:

[info@cis.cancer.ca](mailto:info@cis.cancer.ca)

## **CancerConnection**

Canadian Cancer Society's CancerConnection is a support program where peers provide support to people diagnosed with cancer and their caregivers. This telephone peer support program is free, accessible, confidential and responsive. The Canadian Cancer Society's CancerConnection is available in Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Nova Scotia, Newfoundland and PEI by calling 1 800 263-6750. CancerConnection in British Columbia and Quebec can be accessed by calling 1 888 939-3333.

## **The Healing Journey Program**

[www.healingjourney.ca](http://www.healingjourney.ca)

From the website: "The Healing Journey is a program for people who want to learn how to help themselves when they have cancer, or other serious chronic diseases. It is a practical course, providing simple, psychological and spiritual tools which promote inner harmony, peace and healing, methods that can help any of us become a 'healed person'."

## **Support for Students with Thyroid Cancer**

<http://members.cox.net/gunzel/thycaschool.html>

Resources for students who have to juggle both school and thyroid cancer treatments. Written by Jill Gunzel of Arizona, this website outlines many suggestions on how students can work thru school and thyroid cancer treatments. Includes: variables to consider, scheduling, communicating with instructors, tips, athletics & exercise.

## **Wellspring**

<http://www.wellspring.ca>

Listing of Wellspring locations across Canada

<http://wellspring.ca/locationscontact-us.html>

## **Gilda's Club (2 locations)**

Gilda's Club Greater Toronto

<http://www.gildasclubtoronto.org/>

110 Lombard Street, Toronto

416-214-9898

## **Hope & Cope**

Thyroid Cancer Support Program - Room E-730.1

3755 Côte Ste. Catherine Road

Montreal, QC H3T 1E2

Tel: 514 340-8255 Email: [hgoodman@onco.igh.mcgill.ca](mailto:hgoodman@onco.igh.mcgill.ca)

Hope & Cope offers bilingual service. With the collaboration of the Department of Endocrinology and the Head and Neck Surgery and Oncology Program, of the Jewish General Hospital (Montreal) Hope & Cope volunteers provide a unique program of information and support for individuals diagnosed with thyroid cancer.

**Wellwood Resource Centre of Hamilton**

<http://www.wellwood.on.ca>

Hamilton Health Sciences Corp.

Henderson Hospital 711 Concession Street, Hamilton

905-389-5884

**Our Sister's Place**

<http://www.oursistersplace.ca>

40 Orchard View Boulevard, Suite 215 Toronto, Ontario M4R 1B9 (Northern Public Library building)

416-486-7432 1-866-363-MOOD (6663)

416-486-7433 Email: [info@oursistersplace.ca](mailto:info@oursistersplace.ca)

**Consumer Health Information Service**

[http://www.tpl.toronto.on.ca/uni\\_chi\\_index.jsp](http://www.tpl.toronto.on.ca/uni_chi_index.jsp)

located on the third floor of the Toronto Reference Library

789 Yonge Street Toronto, ON M4W 2G8

Local calling area (416) 393-7056 FAX (416) 393-7181

Ontario residents outside local calling area: 1-800-667-1999