



Where to start... Breast Reconstruction

A list of resources to help you find information about breast reconstruction

Which websites can I visit to learn about breast reconstruction?

1. **Canadian Cancer Society's website:** <https://www.cancer.ca/en/cancer-information/cancer-type/breast/reconstruction-and-prostheses/breast-reconstruction-surgery/?region=on>
2. **National Breast Cancer Foundation's website:** <http://www.nationalbreastcancer.org/breast-reconstruction>
3. **Breast Reconstruction webpage by the Canadian Society of Plastic Surgeons:** <https://plasticsurgery.ca/procedures/breast-reconstruction/>

How can I get information about breast reconstruction over the telephone?

Call the **Canadian Cancer Society** at **1-888-939-3333**.

What books can I read to learn about breast reconstruction?

1. **Title:** The Breast Reconstruction Guidebook, Second Edition
Author: Kathy Steligo
2. **Title:** Living in the Post mastectomy Body: Learning to live in & Love Your Body Again
Author: Rebecca Zuckweiler
3. **Title:** Woman Cancer Sex
Author: Anne Katz

4. **Title:** Intimacy after Breast Cancer: A Practical Guide to Dealing with Your Body, Relationships, and Sex
Author: Gina M. Maisano

What community organizations or events can help me learn about breast reconstruction?

1. **Rethink Breast Cancer**

For more information, visit [their website](http://www.rethinkbreastcancer.com): www.rethinkbreastcancer.com

2. **B.R.A. (Breast Reconstruction Awareness) Day**

This **free** event is held every October across Canada. If you are thinking about breast reconstruction, this event can help you:

- Learn about your breast reconstruction options
- Get answers to your reconstruction questions from professionals
- Connect with other women who have been through breast reconstruction

To find out when and where to attend this even, ask your healthcare team about it in early Fall.

Important Note:

Trillium Health Partners made this document to provide patients, families and caregivers with resources to help them learn about breast reconstruction. Trillium Health Partners does not endorse any community services or resources mentioned in this document. The information in this document does not replace medical advice. Every effort has been made to ensure information in this document is complete, correct and up-to-date but no guarantee is made to that effect. By using this document, you agree to use any of the resources mentioned at your own risk. If you have any questions or concerns about the information in this document, please talk to your healthcare team.

Created by: Trillium Health Partners Cancer Centres

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References:

Canadian Breast Cancer Network. *The Peter Gilgan Centre for Women's Cancers: BRA Day 2020*. Retrieved from <https://cbcn.ca/en/Peter-Gilgan-Center-BRA-Day-2020>