



# GETTING THE MOST FROM THE WEB: A GUIDE TO BREAST CANCER INFORMATION ON THE INTERNET

## FACT SHEET

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This fact sheet was produced by Breast Cancer Network Australia

BCNA recommends the following websites as reliable and safe places to find information about breast cancer. Some are Australian sites and others are international. Keep in mind that some information on international websites may not be relevant in Australia, for example information relating to health fund entitlements.

It is also important to remember that not all of the information will be relevant to you or your specific breast cancer diagnosis. If you have any questions about what you read, you can call BCNA's Helpline on 1800 500 258 or talk to a member of your treating team.

### Australian websites

Organisation	About
<b>Breast Cancer Network Australia (BCNA)</b>	<a href="http://bcna.org.au">bcna.org.au</a> The peak national consumer organisation for Australians personally affected by breast cancer.
<b>Cancer Australia</b>	<a href="http://canceraustralia.gov.au">canceraustralia.gov.au</a> Cancer Australia is Australia's national cancer control agency. It works to reduce the impact of cancer and improve the wellbeing of those diagnosed by ensuring that evidence informs cancer prevention, screening, diagnosis, treatment and supportive care.  <a href="http://breastcancerinmen.canceraustralia.gov.au">breastcancerinmen.canceraustralia.gov.au</a> Cancer Australia's website for men diagnosed with breast cancer.
<b>Cancer Council Australia</b>	<a href="http://cancer.org.au">cancer.org.au</a> Cancer Council Australia provides advice to the Australian Government about the prevention, detection and treatment of cancer. It also provides information for those affected by cancer.  <a href="http://iheard.com.au">iheard.com.au</a> The iheard website was developed to help combat myths and misinformation about cancer. If you have questions or have heard a rumour or claim about breast cancer, you can submit a question on the iheard website. Your question will be reviewed by staff and you will receive an answer based on the latest research. You can also view questions that have been submitted previously by others.
<b>State and territory Cancer Councils</b>	Australian Capital Territory — <a href="http://actcancer.org">actcancer.org</a> New South Wales — <a href="http://cancercouncil.com.au">cancercouncil.com.au</a> Northern Territory — <a href="http://nt.cancer.org.au">nt.cancer.org.au</a> Queensland — <a href="http://cancerqld.org.au">cancerqld.org.au</a> South Australia — <a href="http://cancersa.org.au">cancersa.org.au</a> Tasmania — <a href="http://cancertas.org.au">cancertas.org.au</a> Victoria — <a href="http://cancervic.org.au">cancervic.org.au</a> Western Australia — <a href="http://cancerwa.asn.au">cancerwa.asn.au</a>  State and territory Cancer Councils provide information on services available in your local local area.





<b>Westmead Breast Cancer Institute (BCI)</b>	<p><a href="http://bci.org.au">bci.org.au</a></p> <p>The Westmead Breast Cancer Institute, located at the Westmead Hospital (NSW), is a service that provides screening and treatment for women diagnosed with breast cancer. The organisation has a series of helpful fact sheets on breast cancer topics.</p>
<b>Breast Cancer Care WA</b>	<p><a href="http://breastcancer.org.au">breastcancer.org.au</a></p> <p>Breast Cancer Care WA is a not-for-profit organisation that provides support and information to people in Western Australia affected by breast cancer.</p>
<b>CanTeen</b>	<p><a href="http://canteen.org.au">canteen.org.au</a></p> <p>CanTeen supports young people aged 12–25 years who have either been diagnosed with cancer themselves or who have a parent, caregiver or sibling who has been diagnosed with cancer.</p>
<b>Australian Department of Human Services</b>	<p>The Department of Human Services website is the entry point for information about Medicare and Centrelink.</p> <p><a href="http://my.gov.au">my.gov.au</a></p> <p>You can access all Australian Government services, including the Department of Human Services, through the <a href="http://my.gov.au">my.gov.au</a> portal. Alternately, you can access services individually through the individual websites below.</p> <p><a href="http://humanservices.gov.au/centrelink">humanservices.gov.au/centrelink</a></p> <p><b>Centrelink</b> provides information about Federal Government payments and services that you and your family may be eligible for following a breast cancer diagnosis.</p> <p><a href="http://humanservices.gov.au/medicare">humanservices.gov.au/medicare</a></p> <p><b>Medicare</b> provides information about payments and services for health care and medicines that are available from the Federal Government.</p> <p><a href="http://humanservices.gov.au">humanservices.gov.au</a></p> <p>The <b>Department of Human Services</b> website has a 'Payment and Service Finder' that will help you find the payments you may be eligible for based on your situation. Search for 'payment finder' on the homepage.</p> <p><a href="http://moneysmart.gov.au">moneysmart.gov.au</a></p> <p>Centrelink recommends the <b>MoneySmart</b> website, which has a section on financial advice related to looking after yourself and your finances when dealing with various life events, including illness.</p>
<b>Flinders University Work after Cancer website</b>	<p><a href="http://workaftercancer.com.au">workaftercancer.com.au</a></p> <p>The Work after Cancer website provides advice to people diagnosed with cancer, their partners and family members, clinicians, and employers about their options, rights and responsibilities.</p>

### International

Organisation	About
<b>BreastCancer.org (USA)</b>	<p><a href="http://breastcancer.org">breastcancer.org</a></p> <p>BreastCancer.org is a not-for-profit organisation that provides information about breast cancer and the latest research.</p>
<b>Breast Cancer Care (UK)</b>	<p><a href="http://breastcancercare.org.uk">breastcancercare.org.uk</a></p> <p>Breast Cancer Care is a not-for-profit organisation that provides information and support to those affected by breast cancer.</p>
<b>Macmillan Cancer Support (UK)</b>	<p><a href="http://macmillan.org.uk">macmillan.org.uk</a></p> <p>Macmillan Cancer Support is a not-for-profit organisation dedicated to providing support to those affected by cancer.</p>



<b>Memorial Sloan Kettering Cancer Centre (USA)</b>	<a href="http://mskcc.org">mskcc.org</a> The Memorial Sloan Kettering Cancer Centre is one of the largest private cancer centres in the USA. For people interested in using <b>complementary medicines</b> , this website provides comprehensive information about the effects of particular herbs, botanicals, vitamins and supplements on breast cancer treatments. The website provides evidence-based information about possible side effects of these products and whether they reduce the effectiveness of breast cancer treatments. Links to scientific research are also provided. The Memorial Sloan Kettering Cancer Centre also provides this information on its free downloadable mobile app About Herbs.
<b>Young Survival Coalition (USA)</b>	<a href="http://youngsurvival.org">youngsurvival.org</a> The Young Survival Coalition provides information for young women who have been diagnosed with breast cancer.
<b>Facing Our Risk of Cancer Empowered (USA)</b>	<a href="http://facingourrisk.org">facingourrisk.org</a> Facing Our Risk of Cancer Empowered (FORCE) is an organisation that provides information and resources for people affected by familial breast and ovarian cancers.
<b>Malebreastcancer.ca (Canada)</b>	<a href="http://malebreastcancer.ca">malebreastcancer.ca</a> Malebreastcancer.ca is a Canadian website that provides information for men diagnosed with breast cancer.
<b>Susan G. Komen (USA)</b>	<a href="http://komen.org">komen.org</a> Susan G. Komen is a not-for-profit organisation that provides breast cancer resources and programs, funds research and undertakes advocacy.
<b>Dr Susan Love Research Foundation (USA)</b>	<a href="http://drsusanloveresearch.org">drsusanloveresearch.org</a> Dr Susan Love Research Foundation is a not-for-profit organisation that undertakes and funds breast cancer research and provides information about breast cancer.