

Online forums and chat rooms

Online forums and chat rooms are a great way to connect to other people affected by cancer. For many “chatting” online can be a new experience and it may be difficult to work out where to start.

Cancer Connections, managed nationally by Cancer Council staff is an online community that links people with cancer, their carers and families. On this site you can ask questions, discuss issues, or just be a visitor and learn from other people’s experiences. To use this site you must first register as a user; this will give wider access to more information. It’s free and open to anyone affected by cancer. See www.cancerconnections.com.au for more information.

Other places to get reliable information

You don’t have to rely solely on the internet for cancer information and support. Cancer Council WA produces a range of printed booklets, brochures and CDs. All of our publications are on our website and are available in downloadable formats or can be posted to you if you contact the Cancer Council Helpline 13 11 20.

You are also welcome to use Cancer Council WA libraries at Crawford Lodge, Nedlands and Milroy Lodge, Shenton Park where you can browse the shelves and borrow resources.

The Cancer Council Helpline can also help you link with health and support services, appropriate to your location and needs.

Cancer Council WA have answered some frequently asked questions on it’s website.



Cancer Information on the Internet

A guide to finding cancer information on the internet

For support and information on cancer and cancer related issues, call the Cancer Council Helpline. This is a confidential service. Available Statewide for the cost of a local call Monday to Friday 8 am – 6 pm



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Information and support

Cancer Council Helpline
13 11 20
www.cancerwa.asn.au

Cancer Information on the Internet

People who have been diagnosed with cancer often begin a search for information using the internet. This information can assist you to make decisions about your illness and treatment.

Is all Internet information credible, accurate or helpful?

As the internet is open to anyone who wishes to publish information there is no regulation of the information or its accuracy. It can be difficult to know if all the information that you find there is reliable. It is important to carefully consider where the information comes from and to talk openly with your doctor to make sure the information you find is accurate and relevant to your own particular situation.

How can the Cancer Council WA website help me?

The Cancer Council WA website provides a wide range of cancer-related information for people affected by cancer. It also provides links to cancer organisations around the world that publish accurate and up to date information about specific cancers and treatment, clinical trials, complementary and integrative medicine as well as helpful tips on coping with cancer. Cancer Council WA website also provides links to online forums and opportunities to safely meet and chat with others who have a cancer diagnosis.

For more information type the following address into your internet browser www.cancerwa.asn.au

Is there a way to search the Internet for cancer information safely and effectively?



Cancer Council WA has developed a simple online cancer search facility. Many people affected by cancer have told us they found this a very helpful guide and that it narrowed their search to useful information.

Our innovative Search Cancer on the Web tool allows you to search multiple cancer-related sites with one search. These sites have been reviewed by Cancer Council WA and are known to contain quality information. It does not mean we endorse all the information that they provide, but it does mean that we consider them to be a reliable source of information.

To access this resource type the following address into your internet browser www.cancerwa.asn.au/resources/multi-site-search/

Remember to discuss the information you find on the internet with your doctor.

For information and support contact the Cancer Council Helpline 13 11 20 or go to www.cancerwa.asn.au



Taking care of yourself in an online environment

It can be overwhelming to learn new information if you are not ready for it or if there is no-one around to discuss it with. Some of the ideas below may help to ensure that yours is a constructive experience.

- Remember that you are an individual and that your diagnosis is unique. This means that not all information you obtain will apply to your situation
- Make sure there are others you can talk to immediately if some of the information you find is upsetting
- Don't expect to find all the answers you need on the internet. Have a pen and paper ready to note any questions or concerns as you search
- Decide what sort of information you want before you start searching. For example, you may want to read about other people's experiences but not be faced with detailed statistics
- Talk to other people about internet sites they have found useful
- Discuss the information with your doctor or specialist.