

- **www. Carevive.com** - A Cantonese and Mandarin cancer support service.
- **www.carersnsw.asn.au** - A carers support website, not specific to cancer.**http:// commcarelink.health.nsw.gov.au** - Information for carers on support services.



### **DISCLAIMER**

The information contained in these web sites does not necessarily reflect the opinion of the **UPPER GASTROINTESTINAL SURGICAL UNIT**. The Unit can not accept liability in relation to accuracy of information or security at these web sites or their links. The information found at these resources may change regularly.

## **UPPER GASTROINTESTINAL SURGICAL UNIT ROYAL NORTH SHORE HOSPITAL NORTH SHORE PRIVATE**

### ***GUIDE TO THE INTERNET***



**We encourage you to obtain information about your condition from your own doctors.**

**Internet resources should not be used as professional medical advice.**

**There is a large amount of information on the internet. When searching the internet you have to be aware that data is unregulated**

## WHAT IS THE INTERNET?

The internet is a worldwide network of computers. These computers exchange information through telephone lines. Email is the use of this system to correspond with people.

There is a large amount of useful information on the web. However, when conducting your research, you should be aware that this information is unregulated.

The internet is operational 24 hours a day, from many sites in various places across the globe.

### TIPS FOR SURFING THE INTERNET

- Lots of information on the web about treatment, trials, research, statistics and services may not be relevant or available in Australia.
- Not all information you find will be useful, as every patient is unique. There are different types of oesophageal and gastric cancers and stages within the disease.
- Discuss the information you find with your doctors and health professionals to check if it is relevant to your condition.
- Check if the information you find relates to your specific tumour, when it was published, if the website is regularly updated by reputable people, where the data comes from, who published it and if it relates to Australia.



## INTERNET WEBSITES

- **[www.cancercare.org.au](http://www.cancercare.org.au)** - Resource for cancer information and treatment facilities in Northern Sydney and Central Coast.
- **[www.cancercouncil.com.au](http://www.cancercouncil.com.au)** - NSW based website with general information on cancer. Also includes information in other languages.
- **[www.cancervic.org.au](http://www.cancervic.org.au)** - Victorian based website with specific information about oesophageal and gastric cancer.
- **[www. Cancerinstitute.org.au](http://www.Cancerinstitute.org.au)** - Resource for cancer information including specific cancers statistics and complementary therapies.
- **[www.cancerbacup.org.uk](http://www.cancerbacup.org.uk)** - A UK based website with a variety of information on oesophageal and gastric cancers.
- **[www.cancer.gov](http://www.cancer.gov)** - An American based website with a variety of information on esophageal (USA spelling) and gastric cancers.
- **[www.michaelmilton.com](http://www.michaelmilton.com)** - A **personal** experience of an Australian patient with oesophageal cancer.
- **[www.opa.org.uk](http://www.opa.org.uk)** - A UK based website and charitable organisation for people with oesophageal cancer.
- **[www.hosg.org.uk](http://www.hosg.org.uk)** - A UK based website which supports people with oesophageal cancer.
- **[www.ochrecharity.co.uk](http://www.ochrecharity.co.uk)** - A UK based website which is a cancer charity for people affected by oesophageal cancer.
- **[www.canteen.org.au](http://www.canteen.org.au)** - Useful website for children who have a parent with cancer.