



CANCER INFORMATION:

Where to find help

CANCER SURVIVOR SERIES



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Learning More about Cancer

Many people are uncomfortable thinking and talking about cancer. That attitude is understandable, but outdated. Today, being willing to talk about cancer and get the facts on prevention, early detection and treatment are among the most important commitments you can make for better health.

The medical and research communities now know a great deal about cancer, and much of that knowledge can benefit you directly. You can learn how to reduce your risk of cancer and how to detect it early enough to improve your chances of a successful recovery. If you have cancer, you can learn more about your treatment options and how to live well as a cancer patient and survivor.

As with all health-related issues, an important resource in learning more about cancer is your personal physician. If you feel you need additional help, this booklet contains listings of organizations that provide authoritative, reliable information on preventing, treating and living with cancer.

Note: The first listings of organizations in this booklet include full contact information (address, phone numbers, email address if available and Internet website address). Repeated listings include only the phone numbers and websites.

Information from Cancer Organizations

A large number of national and local organizations offer cancer-related information, support or direct services. Among these, three organizations stand out as comprehensive, reliable sources. Each one can provide a wealth of help, such as free educational materials, information and referrals to other resources.

■ American Institute for Cancer Research

1759 R Street, NW

Washington, DC 20009

1-800-843-8114 or locally 202-328-7744

email: aicrweb@aicr.org

www.aicr.org

The American Institute for Cancer Research (AICR) is the only major national cancer organization with a primary focus on the relationship between diet and cancer. AICR provides a wide variety of health education programs on the subject of diet, physical activity, weight and cancer prevention and survivorship for consumers and health professionals. It is also a leading funding source for research into cancer prevention and treatment at universities, hospitals and research facilities around the world.

Educational booklets, health aids, a Nutrition Hotline and information on cancer research programs are available at little or no cost. AICR also publishes *CancerResource™: Living with Cancer*. This publication offers cancer patients information on treatment options, as well as additional listings of information and resources.

Contact AICR for information, publications or help.

■ **National Cancer Institute**

National Institutes of Health
NCI Public Inquiries Office
9609 Medical Center Drive
GB 9609 MSC 9760
Bethesda, Maryland 20892
1-800-4-CANCER (1-800-422-6237)
email: cancergovstaff@mail.nih.gov
www.cancer.gov

NCI is part of the federal government's National Institutes of Health, an agency of the U.S. Department of Health and Human Services. NCI coordinates the federal government's national research program on cancer and makes this information available to the public, physicians and health professionals.

NCI Cancer Information Service

1-800-4-CANCER (1-800-422-6237)
TTY 1-800-332-8615
www.cancer.gov

CIS is staffed by information specialists who provide accurate answers to questions about cancer prevention, detection, diagnosis and treatment. Resource materials used to respond to callers' questions are updated regularly by NCI. A computerized database called Physician Data Query (PDQ) provides information on state-of-the-art cancer treatments, clinical trials of current treatments, early detection and supportive care information. The CIS staff also will send you free educational pamphlets geared to your specific needs.

Dialing the CIS number automatically connects you with the regional office serving your area, so you can find information on resources available in your community. CIS operates from 8:00 a.m. – 8:00 p.m. ET, Monday–Friday. Spanish-speaking staff members are available. Please note that sometimes the CIS number can be busy. Do not be discouraged if you can't get through to an

information specialist right away — the information you receive will be well worth the wait. In addition, callers have the option of hearing recorded information about cancer 24 hours a day, 7 days a week.

The cancer information available through CIS also is accessible on the NCI website. Here you will find a wide range of information about specific types of cancer taken from the PDQ, NCI cancer fact sheets and other publications. All information has been reviewed by oncology experts and is based on the results of current research.

■ **American Cancer Society**

250 Williams Street, NW

Atlanta, Georgia 30303

1-800-227-2345 (TTY: 866-228-4327)

or locally 404-320-3333

www.cancer.org

ACS is a nationwide voluntary organization dedicated to eliminating cancer by sponsoring research, public education and patient care programs. Call the toll-free number 24 hours a day, 7 days a week or visit the website for information and publications on cancer detection and research and for the location of your local chapter. More than 5,100 local ACS chapters assist cancer patients through a variety of patient and family education, service and rehabilitation programs.



Preventing Cancer

Scientists now know that many factors contribute to an individual's risk of cancer. Many of these factors are within your control. Although no one can predict exactly who will develop the disease, taking specific, simple steps may lower your risk. The organizations listed in this section can help you learn about cancer prevention and early detection.

DIET, PHYSICAL ACTIVITY AND WEIGHT

Most cancer researchers now believe that diet plays a significant role in the development of many kinds of cancer. Changing your diet, adding more physical activity to your day and managing your weight may lower your cancer risk.

Your primary resource for comprehensive information on the link among diet, physical activity, weight and cancer is:

■ **American Institute for Cancer Research**
1-800-843-8114 or locally 202-328-7744
www.aicr.org

10 Ways to Reduce Your Cancer Risk

AICR has developed ten recommendations to help people follow a diet for lower cancer risk. The recommendations are based on the Institute's landmark report, *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective* – and its continuous updates. Call AICR to receive a free copy of the booklet, *10 Ways to Reduce Your Cancer Risk*. It explains how to make them a part of your everyday life.

AICR Newsletter

AICR's free quarterly newsletter provides practical information for helping you follow a lifestyle to lower cancer risk. You will learn how to make wise food choices, be physically active and reach a healthy weight and receive current information on important cancer research. A separate monthly publication, AICR eNews, is available at www.aicr.org.

AICR Publications

AICR publishes more than 50 educational booklets, books and health aids to help you understand the link between diet and cancer and to show you practical ways to follow a lifestyle for lower cancer risk. Single copies of brochures and health aids are available free of charge. Call for a publications catalog or for information on ordering bulk quantities. You can also download most AICR brochures — including *Nutrition during Cancer Treatment* — from www.aicr.org.

Nutrition Hotline

1-800-843-8114 or online at www.aicr.org
9:00 a.m.–5:00 p.m. ET, Monday–Friday.
Visit AICR's hotline online or call the toll-free number and ask for the Nutrition Hotline. Your questions on diet, nutrition and cancer will be referred to a registered dietitian. Dietitians cannot give medical advice.

SMOKING CESSATION

Smoking has been linked to many types of cancer — not just lung cancer. If you smoke, quitting is one of the most important steps you can take to improve your health. Contact the following organizations for information on how to stop smoking:

■ American Lung Association

1301 Pennsylvania Ave., NW, Suite 800
Washington, DC 20004
Lung Helpline: 1-800-548-8252

1-800-LUNG USA (1-800-586-4872)
or locally 202-785-3355
email: info@lungusa.org
www.lung.org

Local ALA chapters offer information on smoking and health as well as smoking cessation classes, self-help support groups and video stop smoking programs free on loan. Call or visit their website to find the chapter nearest you.

■ **American Heart Association**

7272 Greenville Avenue
Dallas, Texas 75231-4596
1-800-242-8721 or locally 214-706-1179
www.heart.org

Local AHA chapters may sponsor smoking cessation programs. Call the toll-free number or visit the website for information on your local chapter.

■ **Tobacco Information and Prevention Service**

Office on Smoking and Health
National Center for Chronic Disease Prevention
and Health Promotion
Centers for Disease Control and Prevention
4770 Buford Highway
MS F-79
Atlanta, Georgia 30341-3717
1-800-QUIT-NOW
TTY: 1-888-232-6348
Quit Smoking: 1-800-784-8669
email: tobaccoinfo@cdc.gov
www.cdc.gov/tobacco

The Office on Smoking and Health publishes a free fact book on smoking and health; pamphlets on smoking cessation, passive smoking, smokeless tobacco and smoking during pregnancy; fact sheets and pamphlets for young people and older smokers; and the Surgeon General's periodic reports on smoking and health. Contact them for a list of publications.

■ **American Cancer Society**

1-800-227-2345 or locally 404-320-3333

www.cancer.org

Local ACS chapters may sponsor adult and/or youth smoking cessation programs.

■ **National Cancer Institute**

1-800-4-CANCER (1-800-422-6237)

www.cancer.gov

NCI is part of the federal government's National Institutes of Health, an agency of the U.S. Department of Health and Human Services. NCI coordinates the federal government's national research program on cancer and makes this information available to the public, physicians and health professionals.

EARLY DETECTION

Hand-in-hand with cancer prevention is early detection, which can help catch the disease before it has a chance to spread. This may greatly increase your chances for successful treatment. Discuss early detection of cancer with your physician, who can teach you ways to examine yourself. In addition, he or she can perform simple tests and exams to help detect other forms of cancer. The following organizations are also good sources of information:

■ **American Institute for Cancer Research**

1-800-843-8114 or locally 202-328-7744

www.aicr.org

AICR offers several aids for early detection:

Breast Self-Examination Shower Card

AICR offers an information card to hang on a shower nozzle illustrating the correct way to perform a breast self-examination. Call for a free copy or for information on ordering bulk quantities.

AICR Publications

Several AICR booklets and pamphlets discuss prevention and early detection of common forms

of cancer, such as breast cancer, colon cancer and prostate cancer. Call for free single copies or for information on ordering bulk quantities. You can also download brochures from www.aicr.org.

■ **NCI Cancer Information Service**

1-800-4-CANCER (1-800-422-6237)

www.cancer.gov

CIS staff or the website can provide pamphlets on early detection of breast, prostate and other types of cancer. They also can help you find a mammography facility in your area that has been certified by the U.S. Food and Drug Administration.

■ **Memorial Sloan-Kettering Cancer Center**

1275 York Avenue

New York, New York 10065

1-800-525-2225 or locally 212-639-2000

publicaffairs@mskcc.org

www.mskcc.org

Memorial Sloan-Kettering Cancer Center provides free printed materials, updates on cancer information by email, videos and referral information.

■ **Hereditary Cancer Center**

Creighton University Medical School

2500 California Plaza

Omaha, Nebraska 68178-0403

1-800-648-8133 for clinical trial information

or locally 402-280-2700

<http://medschool.creighton.edu/medicine/centers/hcc/index.php>

The center studies the genetics of cancers that occur in families, gathers information and attempts to determine patterns that may help assess cancer risk within a family. People who might be interested in obtaining their questionnaire are those whose families have signs of familial cancer, such as cancer incidence at an early age, cancer in more than one close relative, more than one cancer in a close

relative and/or more than one generation affected. Write or call to obtain educational materials on hereditary cancers and a questionnaire to gather information. If appropriate, the center will follow up the questionnaire by talking to your physician.

■ **American Cancer Society**

1-800-227-2345 or locally 404-320-3333

www.cancer.org

ACS provides guidelines on periodic cancer-related checkups and early detection tests. They can also send you educational materials on the seven warning signs of cancer.

■ **Agency for Healthcare Research and Quality (AHRQ)**

Office of Communications and Knowledge Transfer
540 Gaither Road, Suite 2000

Rockville, Maryland 20850

Publications Clearinghouse:

P.O. Box 8547

Silver Spring, MD 20907-8547

1-800-358-9295 or locally 301-427-1104

TDD 1-888-586-6340

email: info@ahrq.gov

<http://www.ahrq.gov>

AHRQ supports research designed to improve the quality of health care, reduce its cost and broaden access to essential services. The organization produces a range of publications and electronic information products about cancer. Request a copy of the latest publications catalog and publications on early detection by calling the publications clearinghouse.

Treating Cancer

When people receive a diagnosis of cancer their first reactions are often shock, numbness and denial; that is perfectly normal. But as soon as the shock wears off the question most people ask is, “What can be done to help me?” Information is one of the most potent weapons against cancer.

Many people with cancer want to be very involved in making decisions about their treatment. They want to do all they can to find resources that will help them learn about the disease. If you are diagnosed with cancer, your first resource is your doctor, who can evaluate all the factors affecting your individual health status. Your individual circumstances will influence the decisions you make about treatment. The resources in this section and Section 6 can help you find out more about cancer in general and treatments for particular types of cancer.

CONVENTIONAL TREATMENT

Conventional treatments for cancer include surgery, radiation therapy, chemotherapy and hormonal therapy. The following organizations can help you find out about the treatment for your type and stage of cancer. They can also point you to doctors, hospitals and other health care resources.

■ **American Institute for Cancer Research**
1-800-843-8114 or locally 202-328-7744
www.aicr.org

AICR offers several aids to help you find out about treatment, including:

AICR CancerResource™ Program

AICR has developed the *CancerResource™* program to help cancer patients and their families gain an understanding of the disease, the treatment options and the various resources available. The materials in the *CancerResource™* package provide information to help someone be an involved, active participant in fighting cancer. Packets are available for colon, prostate, breast and lung cancers online or in print. AICR also offers single copies of the free brochures, *Nutrition during Cancer Treatment* and *Nutrition and the Cancer Survivor* (also available in Spanish).

■ Cancer Information Service

1-800-4-CANCER (1-800-422-6237)

www.cancer.gov

Call CIS or look at the website for information about treating specific types of cancer as well as information about cancer treatment facilities.

■ American College of Surgeons

Cancer Department

633 North Saint Clair Street

Chicago, Illinois 60611-3211

1-800-621-4111 or locally 312-202-5000

email: postmaster@facs.org

www.facs.org

The American College of Surgeons is an organization that approves and accredits cancer treatment programs. Ask for their free directory or check with them about a specific institution's cancer program accreditation.

■ American Society of Clinical Oncology

People Living with Cancer

2318 Mill Road, Suite 800

Alexandria, Virginia 22314

1-888-282-2552 or locally 571-483-1300

email: membermail@asco.org
www.cancer.net

ASCO provides online information on the diagnosis and treatment of cancer. It is written in easy-to-understand language and allows you to search for oncologists by name or geographical area. ASCO's toll-free patient helpline operates 8:00 a.m.–4:00 p.m. ET, Monday–Friday.

INVESTIGATIONAL TREATMENT

Investigational treatment takes place as part of a research study. In an investigational treatment, all patients receive the standard therapy for their type and stage of cancer. Some or all patients receive additional treatments that scientists are testing on people after they have successfully tested them in the laboratory. Investigational treatments — also called “clinical trials” — are conducted according to strict scientific guidelines, called a protocol. Participants must be fully informed by the researchers about the investigational treatment before they agree to enroll in the study. Much or all of the treatment is provided at no charge. In some cases, the investigational therapy is of no help; in others, it can lead to significant improvements. If the results are generally positive, the treatment may be approved by the U.S. Food and Drug Administration for use by the general public.

More participants are needed for clinical trials at medical research institutions nationwide so that better cancer treatments can be developed. Note that “investigational treatments” are different from “unproven treatments.” Unproven treatments are claimed as cancer therapies, but have no reputable scientific data to back up the claim. Laetrile is one example of an unproven treatment. All reputable investigational therapies must have approval from the U.S. Food and Drug Administration. Listed below are resources that can guide you to investigational therapies for your type and stage of cancer.

■ **Cancer Information Service**

1-800-4-CANCER (1-800-422-6237)

www.cancer.gov/clinicaltrials

In addition to research programs at Comprehensive Cancer Centers, the National Cancer Institute sponsors clinical and laboratory cancer programs and clinical cooperative groups to investigate promising new methods of treating specific types of cancer. CIS staff can give you information about programs that are investigating your type of cancer.

■ **NIH Clinical Center**

National Institutes of Health

10 Cloister Court

Building 61

Bethesda, Maryland 20892-7511

1-800-411-1222 or locally 301-496-2563

email: prpl@mail.cc.nih.gov

www.cc.nih.gov

This center is the biomedical research hospital of the National Institutes of Health. It was specially designed to bring patient-care facilities close to research labs so that findings of basic research scientists could be moved quickly from labs to the treatment of patients. Since it is a research facility, only patients with the precise kind or stage of cancer under investigation are admitted for treatment, and your doctor must refer you.

Call the hospital or visit the website for information on current clinical research studies.

■ **Cancer Liaison Program Food and Drug Administration**

10903 New Hampshire Avenue

Building 32, Room 5367

Silver Spring, Maryland 20993

1-888-463-6332

or locally 301-796-8460

email: oshi@fda.hhs.gov

www.fda.gov/forpatients/illness/cancer.default.htm

This program works directly with cancer patients to provide information and education on the FDA drug approval process, cancer clinical trials and access to investigational therapies.

COMPREHENSIVE CANCER CENTERS

The National Cancer Institute currently recognizes a number of Comprehensive Cancer Centers as leaders in the country for research on the diagnosis, treatment and prevention of cancer. To receive information on the center nearest you, contact the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237), <http://cancercenters.cancer.gov>.

COMPLEMENTARY AND ALTERNATIVE TREATMENTS

Complementary and alternative medicine (CAM) are healing practices that are usually not taught in Western countries' medical schools or available in most hospitals. They also may include products that are not used by conventional physicians. Although scientific evidence exists for some CAM therapies, conventional medical research studies have not yet determined the safety or efficacy of most CAM treatments.

Surveys show that many people diagnosed with cancer use some type of CAM treatment during the course of their illness. CAM therapies may appeal to cancer patients who have not been satisfied with their treatment or who may have been told that no options remain for them or they have no chance of recovery. Others may try CAM therapies to avoid or find relief from pain or side effects of conventional treatments like chemotherapy and radiation.

Dietary regimens and vitamin and other supplements are among the CAM therapies cancer patients choose most often. However, researchers have found that many alternative treatments, especially nutritional supplements, interact

negatively with chemotherapy and radiation. On the other hand, stress reduction therapies such as meditation, gentle yoga and support groups are generally found to be safe and beneficial for cancer patients. It is extremely important to become informed by a variety of reliable sources before using any CAM therapies.

■ **National Center for Complementary and Alternative Medicine**

National Institutes of Health

NCCAM Clearinghouse

P.O. Box 7923

Gaithersburg, Maryland 20898-7923

1-888-644-6226

TTY: 1-866-464-3615 (for hearing impaired)

email: info@nccam.nih.gov

www.nccam.nih.gov

NCCAM is the federal government's lead agency for scientific research on CAM. NCCAM's mission is to explore CAM healing practices in the context of rigorous science, to train CAM researchers and to inform the public and health professionals about the results of CAM research studies. The NCCAM Clearinghouse provides information on types of treatments, current and completed research studies and guidelines for choosing a practitioner (although it does not provide medical advice or referrals to practitioners).

■ **Office of Cancer Complementary and Alternative Medicine**

National Institutes of Health

9609 Medical Center Drive

Room 5-W-136

MSC 9743

Bethesda, Maryland 20892-9702

1-800-422-6237

TTY: 1-800-332-8615 (for hearing impaired)

email: ncioccam1-r@mail.nih.gov

cam.cancer.gov

OCCAM is one of many offices within the National Cancer Institute (NCI). NCI is one of twenty-seven Institutes and Centers, which make up NIH; NCCAM is another. OCCAM is focused exclusively on CAM as it relates to the diagnosis, prevention and treatment of cancer; NCCAM's mission is to stimulate, develop and support research on CAM across all diseases and conditions for the benefit of the public. OCCAM is focused exclusively on CAM as it relates to the diagnosis, prevention and treatment of cancer.

■ **Association for Applied Psychophysiology and Biofeedback**

10200 West 44th Avenue, Suite 304
Wheat Ridge, Colorado 80033-2840
1-800-477-8892
or locally 303-422-8436
email: info@aapb.org
www.aapb.org

Biofeedback is a training technique by which patients learn to monitor their body's responses to reduce stress and achieve relaxation. Some cancer patients have found biofeedback helpful as an addition to other pain control techniques or medications. The association provides educational materials for consumers on biofeedback, publishes a membership directory and provides referrals to trained practitioners.



Living Well with Cancer

Cancer can bring many changes in lifestyle as a result of the illness and its treatment. Organizations are available to help cancer patients cope with these changes.

EMOTIONAL SUPPORT

If you have cancer, being in touch with others who have had the disease can be a wonderful source of strength, hope and practical ideas for everyday life. The following resources can help connect you with other cancer patients and provide you with additional forms of emotional support.

■ **CancerCare, Inc.**

275 Seventh Avenue, Floor 22
New York, New York 10001
1-800-813-HOPE (1-800-813-4673)
or locally 212-712-8400
email: info@cancercare.org
www.cancercare.org

CancerCare, Inc., is a nonprofit agency that helps patients with the emotional, psychological and financial consequences of cancer. Call the counseling line to get help with medical information, referrals to services in your area, free educational materials and information about teleconference educational programs and telephone support groups.

■ **National Coalition for Cancer Survivorship**

1010 Wayne Avenue, Suite 315
Silver Spring, Maryland 20910
1-877-NCCS-YES (633-7937)
or locally 301-565-9670
email: info@canceradvocacy.org
www.canceradvocacy.org

NCCS is a network of individuals and organizations concerned with cancer survivorship and the support of cancer patients and their families. Some of its affiliates run self-help groups in local communities. The national office can provide free publications on life after a cancer diagnosis, as well as a free quarterly newsletter. Legal advice on insurance or employment discrimination is also available.

■ **National Hospice and Palliative Care Organization**

1731 King Street, Suite 100
Alexandria, Virginia 22314
Helpline: 1-800-658-8898
or locally 703-837-1500
email: nhpco_info@nhpco.org
www.nhpco.org

Hospice provides support and assistance for patients in the final stages of cancer and for their families. Consumer brochures and other educational materials about end-of-life care are available. Contact the Helpline for information and for referrals to hospice services in your area.

■ **American Cancer Society**

1-800-227-2345 or locally 404-320-3333
Cancer survivor network 1-877-333-HOPE
(1-877-333-4673)
www.cancer.org

Local ACS chapters may sponsor some or all of the following support programs:

CanSurmount Program

A trained volunteer who is also a cancer survivor meets with the patient and family in the hospital or home.

I Can Cope

A series of classes for patients and families that provides information about cancer diagnosis and treatment, as well as assistance in coping with the physical and emotional challenges of a cancer diagnosis.

Look Good, Feel Better

A program designed to teach women cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.

Cancer Survivor (The Patient's Bill of Rights)

A statement that describes the cancer patient's right to be treated in a humane and non-discriminatory manner by health professionals, employers and others. Call the ACS national office to receive a copy.

We Can Weekends

Retreat programs for families to learn more about cancer and how to cope with its effects on family life. They are open to friends and extended family as well. Special groups for children, teens and adults.

Cancer Support Community

1050 17th Street, NW, Suite 500

Washington, DC 20036

1-888-793-WELL (1-888-793-9355)

or locally 202-659-9709

email: help@cancersupportcommunity.org

www.cancersupportcommunity.org

Cancer Support Community provides a full range of free support services to cancer patients and their families in a home-like setting at 20 facilities nationwide. Services include support groups, educational workshops, expert lectures and social gatherings.

■ The Mautner Project of Whitman-Walker Health

The National Lesbian Health Organization

1300 19th Street, NW, Suite 700

Washington, DC 20036

1-866-628-8637 or locally 202-332-5536

email: info@whitmanwalker.org

www.whitman-walker.org/mautnerproject

This national organization offers support groups, direct services and education to lesbians with cancer, their partners and caregivers.

FINANCIAL AID

For many people, one of the most stressful aspects of living with cancer is coping with the financial impact. Financial aid from organizations is usually very limited because of the great number of people needing help. When available, it may include equipment loans, home care at low or no cost or assistance with the cost of specific treatments or medications.

Aside from financial assistance, another important source of support is financial counseling — helping you figure out how to pay your medical bills and sometimes intervening on your behalf with doctors and hospitals to make financial arrangements you can afford. Having cancer also may affect your ability to work. Sometimes people have to change jobs or limit their hours of work during cancer treatment. Most employers are eager to retain good workers and will work with you to find a suitable schedule. If you feel you are being treated unfairly on the job solely because you have cancer, you may be able to get help in dealing with your employer.

Talking to your hospital, doctor or employer early in your care is important. The resources that follow are available to help you cope with the financial aspects of living with cancer.

■ **Social Services Department of Your Local Hospitals**

Social workers at your hospital can provide financial counseling and direct you to sources of financial and other assistance in your community.

They may also help you arrange payment plans with the hospital and with your doctors.

■ **CancerCare, Inc.**

1-800-813-HOPE (1-800-813-4673)

or locally 212-712-8400

email: info@cancercares.org

www.cancercares.org

CancerCare, Inc., helps patients with the emotional, psychological and financial consequences of cancer. Call the counseling line to get help with medical information, referrals to services in your area, free educational materials and information about teleconference educational programs and telephone support groups.

■ **Hill-Burton Uncompensated Services**

Department of Health and Human Services

Hill-Burton Program

5600 Fishers Lane, Room 10-105

Rockville, Maryland 20857

1-800-638-0742 or 1-800-492-0359 in Maryland

ask@hrsa.gov

www.hrsa.gov/gethealthcare/affordable/hillburton

Through this federal program, some medical facilities and hospitals provide free or reduced cost care to patients who are uninsured. Call for information about eligibility and a list of Hill-Burton hospitals in your area.

■ **The Leukemia & Lymphoma Society**

1311 Mamaroneck Avenue, Suite 310

White Plains, New York 10605

1-800-955-4572 or locally 914-949-5213

email: infocenter@lls.org

www.lls.org

This organization provides supplemental financial assistance for people with leukemia, lymphoma, multiple myeloma and Hodgkin's disease. Covered expenses include drugs, transfusions, transportation and radiation treatment. In addition, patients can get referrals to other sources of help in their communities and for financial assistance.

■ **Patient Advocate Foundation**

421 Butler Farm Road

Hampton, Virginia 23666

1-800-532-5274

email: help@patientadvocate.org

www.patientadvocate.org

PAF helps cancer patients deal with insurance companies and managed-care treatment payments. It provides legal intervention, insurance negotiation and answers to frequently asked questions on managed care.

■ **Veterans Health Administration Specialty Care Services**

810 Vermont Avenue, NW
Washington, DC 20420
1-800-827-1000
www.medicalsurgical.va.gov

This program facilitates care and financial assistance for eligible veterans and their dependents at numerous VA medical centers and outpatient clinics throughout the country.

TRANSPORTATION

Even if you are receiving treatment at a hospital or treatment center near your home, transportation can be a major headache and expense. For help with local transportation, check with your hospital's social services department or your local chapter of the American Cancer Society. To speak with your local ACS chapter, call 1-800-ACS-2345 (1-800-227-2345) or look in your telephone directory under "associations."

■ **Corporate Angel Network, Inc.**

Westchester County Airport
One Loop Road
White Plains, New York 10604-1215
1-866-328-1313 or locally 914-328-1313
email: info@corpangelnetwork.org
www.corpangelnetwork.org

This organization provides free air transportation for cancer patients and bone marrow donors to and from recognized cancer treatment centers by using empty seats aboard aircraft business flights. Financial need is not a requirement, but patients must be able to walk onto the aircraft unassisted.

They must also not require life support systems or other special services.

■ **Angel Flight South Central**

2550 Midway Road, Suite 220

Carrollton, Texas 75006

1-888-500-0433

email: info@angelflightsc.org

www.angelflightsc.org

A nonprofit organization serving Texas, Colorado, Oklahoma, Louisiana, Arkansas and New Mexico of private pilots who fly ambulatory patients who cannot afford the cost of travel to medical facilities for diagnosis and treatment. Services are free of charge for patients who qualify.

■ **Air Charity Network**

4620 Haygood Road, Suite 1

Virginia Beach, Virginia 23455

1-800-549-9980 or locally 757-318-9174

www.aircharitynetwork.org

Formerly the National Patient Air Transport Helpline, this service provides referrals and transportation assistance to patients with financial difficulties who need to travel to a distant medical facility for evaluation, diagnosis or treatment.

NUTRITION DURING TREATMENT

Cancer patients often have special nutritional needs, particularly during radiation or chemotherapy. With better nutrition, patients are more likely to tolerate treatment. Good nutrition also can reduce the unpleasant side effects of some treatments. It is especially important not to get caught up in nutritional fads or unproven nutritional treatments for cancer. Here are some resources that will give you reliable advice about your nutritional needs during and after cancer treatment.

■ American Institute for Cancer Research

1-800-843-8114 or locally 202-328-7744

www.aicr.org

Nutrition during Cancer Treatment

This free booklet provides information to help cancer patients cope with special nutritional needs and problems. Available in Spanish.

A Dietitian's Cancer Story: Information & Inspiration for Recovery & Healing from a Three-Time Cancer Survivor

This book, written by cancer survivor Diana Dyer, MS, RD, features information on nutrition and cancer fatigue in addition to physical and emotional tools for coping with cancer. The book (112 pages, \$12.25) is also available in Spanish.

Nutrition Hotline

1-800-843-8114 or online at www.aicr.org

9:00 a.m.–5:00 p.m. ET, Monday–Friday

Call AICR's toll-free number and ask for the Nutrition Hotline. Your questions on diet, nutrition and cancer will be referred to a registered dietitian. Dietitians cannot give medical advice.

Food for the Fight DVD

AICR's two-part DVD for cancer survivors — during and after treatment — features experts and practical strategies to help patients through diagnosis, treatment and onward. (\$7.00)

Part 1: During Treatment (Running Time: 32:14)

Part 2: After Treatment (Running Time: 24:55)

■ Cancer Information Service

1-800-4-CANCER (1-800-422-6237)

www.cancer.gov

CIS staff can send you a booklet on nutrition during cancer treatment. Useful information on nutrition can also be found in two other booklets available from the Cancer Information Service — *Chemotherapy and You* and *Radiation Therapy and You*, guides to self-help during treatment.

PAIN MANAGEMENT

Many cancer patients find their lives greatly affected by the discomfort that may accompany or follow cancer treatment. Do not assume that this has to be so. Talk to your health care provider. There are many techniques now used to help people deal with chronic pain (also see Complementary and Alternative Treatments, page 17). The following resources can also be of help:

■ Cancer Information Service

1-800-4-CANCER (1-800-422-6237)

www.cancer.gov

CIS pamphlets include *Pain Control: Support for People with Pain* and *Controlling Cancer Pain: A Video for Patients and Families*. These resources help patients learn about options for seeking pain relief during or after cancer treatment.



■ **American Chronic Pain Association**

P.O. Box 850

Rocklin, California 95677

1-800-533-3231 or locally 916-632-3208

email: acpa@pacbell.net

www.theacpa.org

With more than 400 chapters in the U.S. and abroad, ACPA provides help and support groups for those suffering from chronic pain that lasts longer than six months. Pain is managed through methods such as relaxation techniques, exercise, nutrition and family involvement.

■ **American Pain Society**

8735 West Higgins Road, Suite 300

Chicago, Illinois 60631

1-847-375-4715

email: info@ampainsoc.org

www.americanpainsociety.org

A nonprofit organization, the society provides a database on more than 500 pain treatment centers nationwide.



Resources for Specific Cancers

In addition to the resources already listed, a variety of organizations provide help and support for people with specific types of cancer.

BONE MARROW TRANSPLANTS

■ **Blood & Marrow Transplant Information Network**

2310 Skokie Valley Road, Suite 104
Highland Park, Illinois 60035
1-888-597-7674 or locally 847-433-3313
email: help@bmtinfonet.org
www.bmtinfonet.org

BMT InfoNet provides publications and support to bone marrow, peripheral blood stem cell and cord blood transplant patients and survivors, including a resource directory and “patient-to-survivor” telephone service.

■ **National Marrow Donor Program**

3001 Broadway Street NE, Suite 100
Minneapolis, Minnesota 55413
1-800-MARROW-2 (1-800-627-7692)
or locally 612-627-5800
email: patientinfo@nmdp.org
www.bethematch.org

NMDP maintains a registry of bone marrow donors, provides information on how to become a donor and organizes donor recruitment drives.

■ **National Marrow Transplant Link**

20411 West 12 Mile Road, Suite 108
Southfield, Michigan 48076
1-800-LINK-BMT (1-800-546-5268)
or locally 248-358-1886
email: info@nbmtlink.org
www.nbmtlink.org

This information clearinghouse provides patient advocacy, telephone support groups, referrals, a resource guide and other publications.

BRAIN MALIGNANCIES

■ American Brain Tumor Association

8550 West Bryn Mawr Avenue, Suite 550

Chicago, Illinois 60631

Patient line: 1-800-886-2282

or locally 773-577-8750

email: info@abta.org

www.abta.org

ABTA publishes free pamphlets and fact sheets on the research and treatment of brain tumors, free newsletters and a list of support groups in various states.

■ National Brain Tumor Society

Boston Office (main office)

55 Chapel Street, Suite 200

Newton, Massachusetts 02458

617-924-9997

Philadelphia Office

The Curtis Center

601 Walnut Street, Suite 955W

Philadelphia, PA 19106

San Francisco Office

100 Pine Street, Suite 1250

San Francisco, California 94111

415-834-9970

www.braintumor.org

The Brain Tumor Society exists to find a cure for brain tumors and to improve the quality of life of brain tumor patients and their families. It disseminates educational information and provides access to psychosocial support. The organization also raises funds to advance scientific research projects, improve clinical care and find a cure.

BREAST CANCER

■ American Institute for Cancer Research

1-800-843-8114 or locally 202-328-7744

www.aicr.org

AICR offers several resources for people with breast cancer, including:

AICR CancerResource™ Program

AICR has developed the *CancerResource™* program to help cancer patients and their families and friends gain an understanding of the disease, the treatment options and the various resources available. The materials in the *CancerResource™* package provide information to help someone be an involved, active participant in fighting cancer. Packets are also available for colon, prostate and lung cancers. Also available online at www.aicr.org.

Nutrition Hotline

1-800-834-8114 or online at www.aicr.org

9:00 a.m.–5:00 p.m. ET, Monday–Friday

Call AICR's toll-free number and ask for the Nutrition Hotline. Your questions on diet, nutrition and cancer will be referred to a registered dietitian. Dietitians cannot give medical advice.

Nutrition during Cancer Treatment

A booklet that provides information to help cancer patients cope with special nutritional needs and problems.

■ **FORCE: Facing Our Risk of Cancer Empowered**

16057 Tampa Palms Blvd. W., PMB #373

Tampa, Florida 33647

Helpline: 1-866-288-RISK (1-866-288-7475)

email: info@facingourrisk.org

www.facingourrisk.org

FORCE is a nonprofit organization for women who are at high risk of getting hereditary breast and ovarian cancers and for members of families in which a BRCA mutation may be present. The

website addresses the issues and concerns of those at risk. The toll-free helpline guides callers in weighing the pros and cons of getting a genetic test and helps them cope with their reaction to test results. It also provides references to genetic specialists.

■ **Reach to Recovery**
American Cancer Society

1-800-227-2345 or locally 404-320-3333
www.cancer.org

A visitation program to help women cope with breast cancer. Trained volunteers who have experienced breast cancer provide information and support.

■ **Susan G. Komen for the Cure**

5005 LBJ Freeway, Suite 250
Dallas, Texas 75244
1-877-GO KOMEN (1-877-465-6636)
or locally 972-855-1600
email: helpline@komen.org
ww5.komen.org

The Komen Foundation's hotline answers questions about breast cancer diagnosis and treatment, as well as other breast conditions, Monday-Thursday 9 a.m.–7 p.m. ET and Friday 9 a.m.–5 p.m. ET. The hotline is staffed by trained volunteers who have personal experience with breast cancer. They make referrals to accredited mammography and treatment centers nationwide and will provide free educational materials. Affiliates in major cities sponsor support groups and organize an annual "Race for the Cure."

CHILDHOOD CANCERS

■ American Childhood Cancer Organization

P.O. Box 498
Kensington, Maryland 20895-0498
1-855-858-2226 or locally 301-962-3520
email: staff@acco.org
www.acco.org

This organization is an international network of support groups for parents of children with cancer. It provides newsletters, emotional support and information for parents. ACCO also has newsletters and educational materials for young patients and their siblings. Chapters exist in many areas and several offer summer camps, transportation and emergency funds. Contact the national office for the one nearest you. Services are free.

■ Children's Brain Tumor Foundation

274 Madison Avenue, Suite 1004
New York, New York 10016
1-866-CBT-HOPE (1-866-228-4673)
or locally 212-448-9494
email: info@cbtf.org
www.cbtf.org

CBTF offers support for parents who have a child with a brain or spinal cord tumor. A resource guide to expert care, a newsletter and educational teleconferences are available.

■ Ronald McDonald House Charities

One Kroc Drive
Oak Brook, Illinois 60523
630-623-7048
www.rmhc.org
email: info@rmhc.org

More than 100 Ronald McDonald Houses nationwide provide a "home away from home" for families when children are being treated for a serious illness such as cancer. Each Ronald McDonald House is owned and operated by a local not-for-profit organization. Contact the national

coordinator to find a Ronald McDonald House nearest your child's treatment center.

■ **National Children's Cancer Society**

500 North Broadway, Suite 800
St. Louis, Missouri 63102
1-800-882-6227 or 1-800-532-6459 or
locally 314-241-1600
www.thenccs.org

This organization aims to improve the quality of life for children with cancer and to reduce the risk of cancer by promoting children's health through financial and in-kind assistance, advocacy, support services, education and prevention programs.

■ **Summer Camps for Children with Cancer**

American Cancer Society
1-800-227-2345 or locally 404-320-3333
www.cancer.org

The American Cancer Society provides referrals to summer camps for children with cancer in many communities around the country. To locate the program nearest you, contact ACS.

COLON AND RECTAL CANCERS

■ **American Institute for Cancer Research**

1-800-843-8114 or locally 202-328-7744
www.aicr.org

AICR offers several resources for people with colon cancer, including:

AICR CancerResource™ Program

AICR has developed the *CancerResource™* program to help cancer patients and their families and friends gain an understanding of the disease, treatment options and various resources available. The materials in the *CancerResource™* package provide information to help someone be an involved, active participant in fighting cancer. Packets are also available for prostate, breast and lung cancers. Also available online at www.aicr.org.

Nutrition Hotline

1-800-843-8114 or online at www.aicr.org
9:00 a.m.–5:00 p.m. ET, Monday–Friday

Call AICR’s toll-free number and ask for the Nutrition Hotline. Your questions on diet, nutrition and cancer will be referred to a registered dietitian. Dietitians cannot give medical advice.

Nutrition during Cancer Treatment

A booklet that provides information to help cancer patients cope with special nutritional needs and problems.

■ Colon Cancer Alliance

1025 Vermont Avenue, NW, Suite 1066
Washington, DC 20005
1-877-422-2030 or locally 202-628-0123
www.ccalliance.org

The Colon Cancer Alliance sponsors the Buddy Program for patients, their families and friends. The program provides information and support services, including personal stories, a buddies network and chat sessions.

■ Inherited Colorectal Cancer Registries

Cleveland Clinic Foundation
9500 Euclid Avenue
Cleveland, Ohio 44195
1-800-223-2273, ext. 47000
www.clevelandclinic.org/registries

This foundation gathers registry information for research on families with familial polyposis and hereditary colon cancer and distributes patient information.

■ Ostomy Support Program of the American Cancer Society

1-800-227-2345 or locally 404-320-3333
www.cancer.org

Many local ACS chapters sponsor an Ostomy Support Program for people who have had ostomy

surgery as a result of colon or rectal cancer. In some communities, this program may be offered cooperatively by ACS and the United Ostomy Associations of America.

■ **United Ostomy Associations of America, Inc.**

2489 Rice Street, Suite 275
Roseville, Minnesota 55113
1-800-826-0826
email: info@uoaa.org
www.uoaa.org

UOAA is a national network that offers ostomy patients mutual aid, emotional support and information about the care of colostomies, provides information to patients and the public and sends volunteers to visit new ostomy patients.

GYNECOLOGICAL CANCERS

■ **Foundation for Women's Cancer**

230 W. Monroe, Suite 2528
Chicago, Illinois 60606
1-800-444-4441
email: info@foundationforwomenscancer.org
www.foundationforwomenscancer.org

This nonprofit organization supports research, education and public awareness of all gynecologic cancers in the areas of prevention, early diagnosis and optimal treatment.

■ **National Cervical Cancer Coalition**

PO Box 13827
Research Triangle Park, NC 27709
1-800-685-5531 or locally 919-361-8425
email: nccc@ashastd.org
www.nccc-online.org

NCCC is a grassroots, nonprofit organization dedicated to serving women with, or at risk for, cervical cancer and Human Papillomavirus disease.

■ **National Ovarian Cancer Coalition**

2501 Oak Lawn Avenue, Suite 435

Dallas, Texas 75219

1-888-OVARIAN (1-888-682-7426)

or locally 214-273-4200

email: nocc@ovarian.org

www.ovarian.org

NOCC is a nonprofit organization that provides public information and education through a toll-free ovarian cancer information line, comprehensive website and a network of many state divisions across the U.S. NOCC's medical advisory board is comprised of physicians and researchers active in the discovery of new treatments and early detection.

KIDNEY CANCER

■ **American Kidney Fund**

11921 Rockville Pike, Suite 300

Rockville, Maryland 20852

Main: 1-800-638-8299

Helpline: 1-866-300-2900

email: helpline@kidneyfund.org

www.kidneyfund.org

The American Kidney Fund provides direct financial assistance based on need for patients with kidney disease, including kidney cancer. Covered expenses include medications, transportation costs, special dietary needs, home dialysis supplies, insurance and Medicare premiums and emergency needs. Call to receive an application and eligibility criteria and for educational pamphlets on dialysis and kidney disease.

■ **Kidney Cancer Association**

P.O. Box 803338 #38269

Chicago, IL 60680-3338

1-800-850-9132 or locally 847-332-1051

email: office@kidneycancer.org

www.nkca.org

The Kidney Cancer Association is a membership organization made up of patients, family members,

physicians, researchers and other health professionals. The association offers a broad range of services including distributing free educational publications about kidney cancer, holding patient meetings and hosting an informative website. The association also acts as a patient advocate with the federal government, insurance companies and employers.

LEUKEMIA, LYMPHOMA, HODGKIN'S DISEASE

■ The Leukemia & Lymphoma Society

1-800-955-4572 or locally 914-949-5213

www.leukemia-lymphoma.org

The Leukemia and Lymphoma Society has 58 chapters that provide information, support and financial assistance for people with leukemia, lymphoma, multiple myeloma and Hodgkin's disease. In addition, patients can get referrals to local sources of help.

■ Lymphoma Research Foundation

115 Broadway, Suite 1301

New York, New York 10006

1-800-500-9976

or locally 212-349-2910

email: helpline@lymphoma.org

www.lymphoma.org

This organization provides funds for lymphoma research and educational information for lymphoma patients, as well as local support groups, patient services, educational programs and small grants for basic treatment-related needs, such as travel and child-care expenses.

LIVER CANCER

■ American Liver Foundation

39 Broadway, Suite 2700
New York, New York 10006
1-800-GO-LIVER (1-800-465-4837)
or locally 212-668-1000
email: info@liverfoundation.org
www.liverfoundation.org

ALF is a national nonprofit health organization that provides educational information and support groups for people with liver diseases, including cancer.

LUNG CANCER

■ American Institute for Cancer Research

1-800-843-8114 or locally 202-328-7744
www.aicr.org

AICR offers several resources for people with lung cancer, including:

AICR CancerResource™ Program

This program helps cancer patients and their families and friends gain an understanding of the disease, the treatment options and the various resources available. The materials in the *CancerResource™* package provide information to help someone be an involved, active participant in fighting cancer. Packets are also available for breast, colon and prostate cancers. Also available online at www.aicr.org.

Nutrition Hotline

1-800-843-8114 or online at www.aicr.org
9:00 a.m.–5:00 p.m. ET, Monday–Friday

Call AICR's toll-free number and ask for the Nutrition Hotline. Your questions on diet, nutrition and cancer will be referred to a registered dietitian. Dietitians cannot give medical advice.

Nutrition during Cancer Treatment

A booklet that provides information to help cancer patients cope with special nutritional needs and problems.

■ **Lung Cancer Alliance**

888 16th St., NW, Suite 150

Washington, DC 20006

1-800-298-2436 or locally 202-463-2080

email: info@lungcanceralliance.org

www.alcase.org

Sponsors Lung Cancer Awareness Month in November and provides publications and support groups to help improve quality of life for people living with lung cancer.

■ **American Lung Association**

1-800-LUNG USA (1-800-586-4872)

or locally 202-785-3355

Lung Helpline: 1-800-548-8252

www.lungusa.org

Call to receive free educational pamphlets on lung cancer. Local chapters have support groups for patients with lung disease, although these are not specifically geared to cancer patients.

MYELOMA

■ **International Myeloma Foundation**

12650 Riverside Drive, Suite 206

North Hollywood, California 91607-3421

1-800-452-CURE (1-800-452-2873)

or locally 818-487-7455

email: TheIMF@myeloma.org

www.myeloma.org

The IMF offers a free information packet that includes an online patient handbook, a summary of the disease and treatment options, patient-to-patient networking, a newsletter and information on patient seminars, clinical conferences and myeloma specialist workshops.

PANCREATIC CANCER

■ Pancreatic Cancer Action Network

1500 Rosencrans Avenue, Suite 200
Manhattan Beach, California 90266
1-877-2-PANCAN (1-877-272-6226)
or locally 310-725-0025
email: info@pancan.org
www.pancan.org

Provides public and professional education on research, effective treatments, prevention programs and early detection methods.

PROSTATE CANCER

■ American Institute for Cancer Research

1-800-843-8114 or locally 202-328-7744
www.aicr.org

AICR offers several resources for people with prostate cancer, including:

AICR CancerResource™ Program

AICR has developed the *CancerResource™* program to help cancer patients and their families and friends gain an understanding of the disease, the treatment options and the various resources available. The materials in the *CancerResource™* package provide information to help someone be an involved, active participant in fighting cancer. Packets are also available for breast, colon and lung cancers. Also available online at www.aicr.org.

Nutrition Hotline

1-800-843-8114 or online at www.aicr.org
9:00 a.m.–5:00 p.m. ET, Monday–Friday

Call AICR's toll-free number and ask for the Nutrition Hotline. Your questions on diet, nutrition and cancer will be referred to a registered dietitian. Dietitians cannot give medical advice.

Nutrition during Cancer Treatment

A booklet that provides information to help cancer patients cope with special nutritional needs and problems.

■ **American Cancer Society**

1-800-227-2345 or locally 404-320-3333
www.cancer.org (Click on “Support for Survivors and Patients”)

A group program that provides information about prostate cancer and related issues to men and their partners and families. Some areas offer a visitation with a trained prostate cancer survivor.

■ **American Urological Association**

1000 Corporate Boulevard
Linthicum, Maryland 21090
1-866-746-4282 or locally 410-689-3700
email: aua@auanet.org
www.auanet.org

Provides educational information for the public, patients and health care professionals on prostate cancer. The foundation also offers a prostate cancer survivors network.

■ **Us TOO International, Inc.**

Prostate Cancer Education and Support Network
2720 South River Road, Suite 112
Des Plaines, Illinois 60018
1-800-80-US TOO (1-800-808-7866)
or locally 630-795-1002
email: ustoo@ustoo.org
www.ustoo.org

Us TOO is a network of support groups for men with prostate cancer and their families. Us TOO groups offer fellowship, peer counseling, education about treatment options and discussion of medical alternatives.

■ **Zero—The Project to End Prostate Cancer**

515 King Street, Suite 420

Alexandria, Virginia 22314

1-888-245-9455 or locally 202-463-9455

email: info@zerocancer.org

www.zerocancer.org

This organization helps to rapidly reduce the burden of prostate cancer on American men and their families through awareness, outreach and advocacy.

SKIN CANCER

■ **Skin Cancer Foundation**

149 Madison Avenue, Suite 901

New York, New York 10016

1-800-SKIN-490 (1-800-754-6490)

or locally 212-725-5176

email: info@skincancer.org

www.skincancer.org

This nonprofit organization provides information on prevention and treatment of melanoma and other skin cancers. Their newsletter, *Sun and Skin News*, and a variety of educational pamphlets are free to individuals. Books and audiovisual materials for consumers and health professionals are available for a fee. Call or write to receive a publications list.

THROAT OR LARYNX CANCER

■ **International Association of Laryngectomees**

925B Peachtree Street, NW, Suite 316

Atlanta, Georgia 30309

1-866-425-3678

email: ialhq@larynxlink.com

www.theial.com

Provides information about programs for people who have lost their voices as a result of cancer.

■ Support for People with Oral and Head and Neck Cancer

P.O. Box 53

Locust Valley, New York 11560-0053

1-800-377-0928

email: info@spohnc.org

www.spohnc.org

SPOHNC is a patient-directed, self-help organization dedicated to meeting the needs of oral and head and neck cancer patients. It addresses their emotional, physical and humanistic needs through a telephone support hotline, a newsletter, a survivor network and other services. SPOHNC lists support groups nationwide on its website.



Finding Help Locally

For direct services and personal contact with caring, supportive people, your local community is an obvious place to seek help. Many communities have a wealth of resources to help you learn about and deal with cancer. For help in finding local resources, contact:

■ Your Personal Physician

Your physician can help you find cancer treatment resources in your community. He or she may also be able to direct you to support groups and information about local agencies providing direct services to cancer patients.

■ Local Hospitals

Your local hospital is more than just a place to receive treatment, it is also the center of health care activities in your community. If your hospital has a cancer program approved by the American College of Surgeons, it usually offers extensive support programs for cancer patients as well as excellent care.

Contact your hospital's health education or health promotion department for information about cancer support groups. The social services department may have information on financial counseling, transportation assistance, home health care, counseling services, patient rights and ethical care. If you don't know which local hospital to contact, you can start with:

■ American Hospital Association

155 North Wacker Drive

Chicago, Illinois 60606

1-800-424-4301

or locally 312-422-3000

email: help@hospitalconnect.com

www.aha.org

■ **Local Chapters of National Organizations**

Many of the organizations listed in this booklet have local chapters. Look in your telephone directory under “associations” or call the national office of the association for information about the chapter nearest you.

■ **State and Local Health Departments**

These agencies can provide information about treatment and home health services, particularly if you cannot pay for the care you need. They are listed in your telephone directory in the government listing sections for your state, county or city.

■ **State and Local Mental Health Departments**

To help you cope with the emotional aspects of cancer, these agencies can provide information about community mental health services available. They are listed in your telephone directory in the government listing sections for your state, county or city.

■ **Referral Services**

Referral services such as the Cancer Information Service and others listed in this pamphlet can help you locate local support groups, the nearest Comprehensive Cancer Center or other treatment resources.

■ **Religious Institutions**

In addition to providing emotional and spiritual support for cancer patients and their families, some religious facilities may donate blood, provide some financial assistance or volunteer time to help cancer patients with meals, chores or local transportation to and from treatment.

■ **Local Chapters of Charitable and Fraternal Organizations**

Many organizations offer help to cancer patients and their families. Talk to the leaders of local groups to which you belong. Here are some examples:

- American Red Cross
- Salvation Army
- Rotary, Kiwanis, Knights of Columbus or other such organizations
- Labor unions to which you or a family member belong

■ **Family and Friends**

Your own network of family and friends can be a tremendous source of emotional support both during and after cancer treatment. They can also provide assistance with daily living needs such as shopping, transportation to and from treatment, housekeeping and other personal needs.



Additional Internet Resources

Commercial online computer services are avenues of communication for cancer patients and caregivers. These electronic services provide basic explanations of disease and therapies, allow explorations of the medical literature and have email and discussion groups for personal exchanges of questions and information regarding cancer. Using a computer to access the Internet, you can print out copies of brochures, communicate with online support groups, locate clinical trials and obtain up-to-date information on cancer. If you do not have a computer, contact your hospital or public library to find out if they offer computer access to patients or the public.

It is important to be cautious about cancer information on the Internet. The names of many cancer organizations are very similar, and what may sound like a familiar organization may not be. Most reputable cancer organizations will send you free information about what they do and about additional resources. The best way to get a realistic picture about cancer treatment options and approaches to recovery is to compare information from a variety of organizations before you make any decisions. Ask yourself if the information is presented in an unbiased manner, if it is sponsored by

industry or a company, if the web page title is misleading about the information, if the quality of writing and the references are good and if it includes information about unheard-of therapies or information sources that may be risky. Information from chat groups, news groups and similar forums may be from anonymous sources or those that cannot be evaluated for quality or validity. Always get input about your Internet search findings from health professionals and other cancer patients. Internet sites listed below provide links to many other cancer organizations.

Note that the Internet and commercial information services are in a continuous state of change. New information is added daily.

■ **American Institute for Cancer Research**

www.aicr.org

AICR maintains a website that offers information and educational materials on the relationship between diet and cancer.

■ **American Medical Association**

www.ama-assn.org

The American Medical Association maintains a consumer-oriented website that provides information to promote health, prevent disease and enhance decision-making. Useful features include “DoctorFinder.”

■ **Diana Dyer, MS, RD Cancer and Nutrition Specialist**

www.dianadyer.com

Diana Dyer is a three-time cancer survivor and registered dietitian. Her site provides nutritional and general information of importance to cancer

survivors, including a list of information sources about alternative and complementary treatments.

■ **Healthfinder™**

www.healthfinder.gov

Healthfinder™ is a federal government consumer health and human services information website. It can lead you to selected online publications, clearinghouses, databases, websites, support and self-help groups, as well as government agencies and nonprofit organizations that produce reliable information to help the public make better choices about health needs.

■ **MEDLINEplus**

www.nlm.nih.gov/medlineplus

MEDLINEplus is a consumer-oriented gateway site maintained by the federal government's National Library of Medicine. It provides access to extensive information about specific diseases and conditions, drug information, dictionaries of medical terms and directories of health organizations, health professionals and health libraries. The site also provides free access to PubMed, the National Library of Medicine's database of references of more than 11 million articles published in 4,300 biomedical journals.

■ **National Students of AMF Support Network**

www.studentsofamf.org

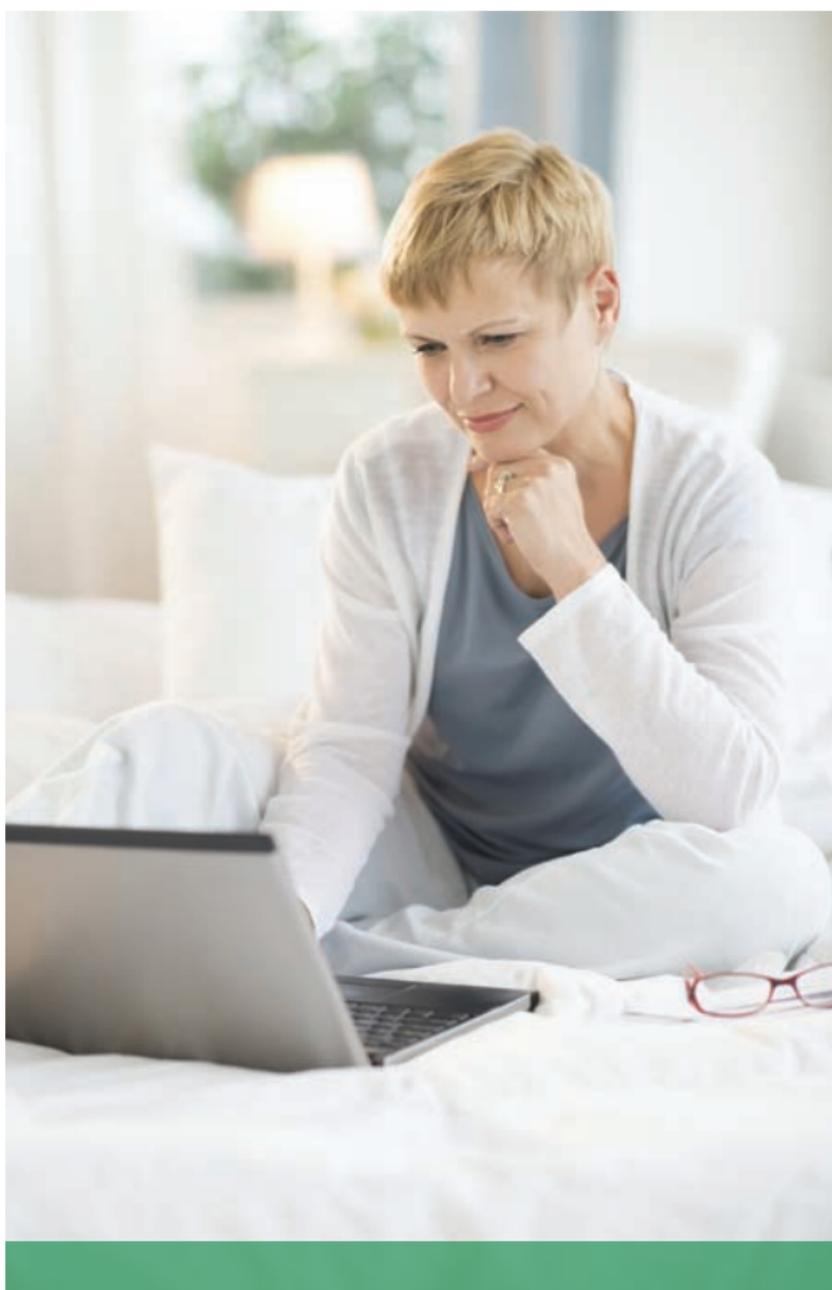
National Students of AMF (deceased or "Ailing Mothers, Fathers," or loved ones) Support Network is the only organization dedicated to supporting college students coping with the illness or death of a loved one and empowering all college students to fight back against terminal illness. NSAMF helps students to start chapters of the organization on college campuses; provides information and support at www.studentsofamf.org; raises awareness by hosting the National Conference on College Student Grief; promotes National College

Student Grief Awareness Week; and raises funds by hosting the annual Boot Camp 2 Beat Cancer & Family Fun Walk and AMF Banquet.

■ **OncoLink**

www.oncolink.org

Supported by the Hospital of the University of Pennsylvania, OncoLink seeks to educate cancer patients and their families. It offers information on psychosocial support and personal experiences; cancer causes, screening and prevention; and clinical trials and financial issues.



The American Institute for Cancer Research is a 501(c)(3) tax-exempt organization, providing public education in the area of diet, nutrition, physical activity, weight management and cancer. For free publications, to reach the Institute's Nutrition Hotline or to make a memorial donation, call toll-free or write:

American Institute for Cancer Research
1759 R Street, NW, P.O. Box 97167
Washington, DC 20090-7167
1-800-843-8114
or visit www.aicr.org

AICR Recommendations for Cancer Prevention

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day. Limit sedentary habits, like watching television.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to two for men and one for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.

Special Population Recommendations

9. It is best for mothers to breastfeed exclusively for up to six months and then add other liquids and foods.
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.

And always remember – do not smoke or chew tobacco.

ABOUT AICR

OUR VISION: We want to live in a world where no one develops a preventable cancer.

OUR MISSION: AICR champions the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity, so that we can help people make informed lifestyle choices to reduce their cancer risk.

We have contributed over \$105 million for innovative research conducted at universities, hospitals and research centers across the country. Find evidence-based tools and information for lowering cancer risk, including AICR's Recommendations for Cancer Prevention, at www.aicr.org.

ABOUT THE CONTINUOUS UPDATE PROJECT

As the U.S. charity in the World Cancer Fund International network, we contribute to the Continuous Update Project (CUP), an ongoing analysis of global scientific research into the links between diet, physical activity, weight and cancer. The CUP produces periodic reports on the state of the evidence linking various lifestyle factors to risk of specific cancers. These reports will inform a major update of our Recommendations for Cancer Prevention scheduled for 2017.



How You Can Support Cancer Research and Education through Your Will

You can help provide for future cancer research and education through a simple bequest in your will. Consult with your attorney when first writing your will or to add a simple paragraph to your existing will. Your bequest to help in the war against cancer can be a cash amount, or can be a gift of the remainder of your estate, or a portion of the remainder, after obligations to your family and loved ones are met.

Your attorney can easily help you make a bequest to the American Institute for Cancer Research (AICR).

To do so, your attorney will need to know:

AICR's official name:

American Institute for Cancer Research

AICR's mailing address:

1759 R Street NW, Washington, DC 20009

AICR's telephone number:

202-328-7744

AICR's identification:

A not-for-profit organization under Section 501(c)(3) of the Internal Revenue Code

AICR's tax-exempt IRS number:

52-1238026

For further information, contact AICR's Gift Planning Department at the number above.



www.aicr.org

