National Cancer Resources & Support for Patients & Caregivers During & After Treatment

(updated March 2019)
UNC Lineberger Comprehensive Cancer Center and the N.C. Cancer Hospital offer a variety of services and programs and resources to meet the needs of patients, families and caregivers as you navigate cancer treatment. Make sure you check out unclineberger.org/ccsp and visit the Patient and Family Resource Center on the ground floor of the Cancer Hospital.

In addition to what’s provided at UNC, there are many resources for people going through cancer, however the amount of information and websites can be overwhelming. Many people need help getting to doctor visits, paying bills and caring for their family. Others want to know about joining an online support group, eating healthy and staying active. In addition to the services at UNC Cancer Care, the Comprehensive Cancer Support Center, including the Patient Family Resource Center (please visit http://unclineberger.org/patientcare/support) here is a list of support resources for cancer patients and their caregivers: during and after treatment.

This guide combines the knowledge of medical experts with the personal experience of cancer survivors right here in North Carolina. We created this tool with advice from survivors, advocates, physicians, pharmacists, nurses, social workers and health educators. Most of the resources are provided free of charge. We hope that this will be useful to you and your loved ones every step of the way.

Sincerely,

Your UNC Cancer Team

This list is meant to be used as a guide and is not comprehensive. The information provided was the most current information available at the time of the publication. Some material may change or become dated. The sponsors and individuals listed assume no responsibility for time sensitive information. It is the responsibility of the individual user to verify the accuracy of pertinent content. Material provided does not constitute an endorsement or specific recommendation by UNC Cancer Care, UNC Lineberger Comprehensive Cancer Center or any of its affiliations. Acknowledgements and thanks to the UNC Cancer Network www.unccn.org for sharing their resources.
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GENERAL CANCER INFORMATION

These groups offer a wide range of information about cancer. This includes education, support, coping with treatment and more.

American Cancer Society (ACS)  
1-800-227-2345  
A nationwide, community-based health organization dedicated to preventing cancer, saving lives and diminishing the suffering from cancer.  
http://www.cancer.org

CancerCare  
1-800-813-4673  
Provides free professional support services to people whose lives are affected by cancer. They offer individual and group counseling, online and telephone support groups, financial assistance and teleconferences.  
http://www.cancercare.org

Cancer.Net (American Society for Clinical Oncology)  
1-888-651-3038  
Provides information about cancer treatment, clinical trials, coping, and side effects as well as a “find an oncologist” database and online message boards.  
www.cancer.net

Cancer Support Community  
1-888-793-9355  
Information on living with cancer, whether you are newly diagnosed, a survivor, or a family member or friend of someone who is living with cancer.  
www.cancersupportcommunity.org

Centers for Disease Control and Prevention (CDC)  
1-800-232-4636  
Cancer prevention and control information, statistics and what CDC is doing about this.  
https://www.cdc.gov/

Chemocare.com  
1-844-268-3901  
Drug information, side effect management, practical tools.  
http://chemocare.com

National Cancer Institute (NCI)  
1-800-422-6237  
The nation’s trusted source for cancer information. Provides information about cancer and how to find quality care. Offers education material online or mailed to your home at no charge.  
http://www.cancer.gov/cancertopics/types/commoncancers

National Comprehensive Cancer Network (NCCN)  
Guidelines for Patients  
215-690-0300  
Easy to understand resources to help you better communicate with your physician and health care team.  
https://www.nccn.org/patients/guidelines/cancers.aspx

North Carolina Health Info – Cancer  
Website managed by the Health Sciences Library at the University of North Carolina at Chapel Hill. Special feature where consumers may ask a librarian a health related question.  
www.nchealthinfo.org/health-topics/cancer

OncoLink  
215-349-8895  
Through OncoLink you can get comprehensive information about specific types of cancer, updates on cancer treatments and news about research advances. The information is updated everyday and provides information at various levels, from introductory to in-depth. For more information, please visit the website  
* OncoLink has all of its website in English and Spanish.  
https://www.oncolink.org/
CANCER SPECIFIC INFORMATION

The groups below focus on certain types of cancer. It usually depends on where your cancer begins. They may offer information about special treatments, research and programs in your community.

Brain

**American Brain Tumor Association (ABTA)**
1-800-886-2282
Offers brain tumor information and support.
http://www.abta.org

**National Brain Tumor Society**
617-237-1731
Information, support and counseling for brain tumor patients and their families.
http://www.braintumor.org/

Breast

**Breastcancer.org**
610-642-6550
Nonprofit organization dedicated to providing the most reliable, complete, and up-to-date information about breast cancer.
www.breastcancer.org

**FORCE (Facing Our Risk of Cancer Empowered)**
866-288-7475
FORCE is dedicated to improving the lives of individuals and families affected by hereditary breast and ovarian cancer.
www.facingourrisk.org

**Living Beyond Breast Cancer**
855-807-6386
Dedicated to empowering all affected by this disease. Includes a newsletter, transcripts and an email list.
www.lbbc.org/node/1578

**National Breast Cancer Coalition**
800-622-2838
Advocacy and educational coalition for breast cancer.
www.breastcancerdeadline2020.org

**National Breast Cancer Foundation**
News, links, education and help for the underserved.
http://www.nationalbreastcancer.org

**North Carolina Breast and Cervical Cancer Program**
919-707-5300
Provides free or low-cost breast and cervical cancer screenings and follow-up to eligible women in North Carolina.
http://bccp.ncdhhs.gov

**Pretty in Pink Foundation**
919-532-0532
Provides financial assistance and support to underinsured and uninsured North Carolinians with breast cancer.
http://www.prettyinpinkfoundation.org

**SHARE**
844-275-7427
Education and support for women facing breast and ovarian cancer.
https://www.sharecancersupport.org/

**Sisters Network, INC.**
866-781-1808
Committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community.
http://www.sistersnetworkinc.org

**Sisters Network Triangle NC**
919-490-1571
Supporting underserved African American communities. Monthly support group meetings.
www.sisterstriangle.org/

**Susan G. Komen for the Cure®**
1-877-465-6636
Offers a toll free helpline and online breast cancer information.
http://ww5.komen.org
Triple Negative Breast Cancer Foundation  
877-880-8622  
Dedicated to supporting research and providing information for patients living with triple negative breast cancer.  
https://tnbcfoundation.org/

YSC (Young Survival Coalition)  
877-972-1011  
Support for young women (18-40) with breast cancer, including downloadable forms.  
https://www.youngsurvival.org

Metastatic Breast  

Metastatic means your cancer has spread to other parts of your body.

Advanced Breast Cancer Community  
Support for patients and caregivers as well as tools to assist in understanding advanced breast cancer.  
www.advancedbreastcancercommunity.org

BCMets.org  
World’s largest online support group for metastatic breast cancer.  
www bcmets.org

Brain Mets Breast Cancer  
Website offers patients with metastatic breast cancer and their families a place to learn about brain metastases from a patient perspective.  
www.brmetsbc.org

Living Beyond Breast Cancer  
855-807-6386  
Dedicated to empowering all affected by this disease. Includes a newsletter, transcripts and an email list.  
http://www.lbbc.org/node/1578

MBC Info Center  
For patients with metastatic breast cancer and their caregivers  
www.mbcinfocenter.com

Metavivor  
818-860-1226  
Dedicated to the specific fight of women and men living with stage 4 metastatic breast cancer.  
www.metavivor.org

Story Half Told  
An initiative to spotlight the misperceptions that surround metastatic breast cancer and focus on supporting women living with this disease.  
www.storyhalftold.com

Susan G. Komen  
1-877-465-6636  
Susan G. Komen has added a section to their website on Metastatic Breast Cancer. Click on understanding breast cancer>metastatic breast cancer.  
http://www5.komen.org

Gastrointestinal (GI, Colon, Colorectal, Pancreatic)  

Colon Cancer Alliance  
1-877-422-2030  
Provides information, and a network for patients with a genetic predisposition to the disease, and other individuals touched by colorectal cancer.  
http://www.ccalliance.org

Colonoscopy Assist  
847-986-8999  
The Colonoscopy Assist program promotes colon cancer screening among the uninsured community. Tests are provided at discounted rates. Financial assistance is provided to patients unable to afford the tests. The program focuses on removing financial barriers to CRC screening.  
www.cheapcolonoscopy.com

Fight Colorectal Cancer  
877-427-2111  
Fight Colorectal Cancer (Fight CRC) brings together and empowers a community of patients, survivors, caregivers, and
professionals to push for better policies and support research, education, and awareness for all those touched by colon and rectal (colorectal) cancers.

http://www.fightcolorectalcancer.org

No Stomach for Cancer
608-692-5141
A worldwide leader in raising awareness, advancing stomach cancer education and supporting individuals and families affected by all forms of stomach cancer.

www.nostomachforcancer.org

Pancreatic Cancer Action Network
1-877-272-6226
Provides information and support for patients and caregivers.

http://www.pancan.org

Stop Colon Cancer Now
877-706-726
Free screening colonoscopies.

http://stopcoloncancernow.com

United Ostomy Associations of America (UOAA)
1-800-826-0826
National Network of ostomy support groups. They offer listings of local support groups, online discussion, chat rooms and a magazine.

http://www.ostomy.org

Genitourinary Cancer (Bladder, Kidney, Prostate, Testicular)

American Bladder Cancer Society
413-684-4240
This service provides online chat support and information for bladder cancer patients and their families. The website also includes links to blogs of patients and families with bladder cancer.

www.bladdercancersupport.org

Bladder Cancer Advocacy Network (BCAN)
1-888-901-2226
Provides Bladder cancer information, clinical trial listings, a quarterly online newsletter, and a weekly online chat room where survivors share their experiences.

www.bcan.org

Kidney Cancer Association
1-800-850-9132
International charity dedicated specifically to ending death and suffering from renal cancers.

http://www.kidneycancer.org

North Carolina Region National Kidney Foundation
704-519-0020
Information and education about awareness, prevention and treatment of kidney disease.

http://www.kidneync.org

Prostate Cancer Coalition of North Carolina
919-703-5345
Education for citizens of North Carolina.

http://www.pccnc.org

TC-Cancer.com
Offers testicular cancer online information and a support forum.

www.tc-cancer.com

Testicular Cancer Foundation
1-855-390-8231
Provides education and support to young adult males to raise awareness about testicular cancer.

http://testicularcancer.org

Testicular Cancer Resource Center
Provides information about all aspects of testicular cancer, including treatment, side effects, fertility and survivorship. This site also hosts an email support group.

http://thetcrc.org/
Triangle Bladder Cancer Support Group
919-493-0551 or 919-832-8455
Monthly support group that provides support, education and outreach for those touched by bladder cancer: survivors, caregivers and friends. Serves the Triangle area of North Carolina.
http://www.trianglebcs.org

United Ostomy Associations of America (UOAA)
1-800-826-0826
National Network of ostomy support groups.
http://www.ostomy.org

Urology Care Foundation
1800-828-7866
Provides educational materials and programs.
http://www.urologyhealth.org

Us TOO International
Prostate Cancer Education and Support Network
1-800-808-7866
Peer to peer support and educational materials to help mend and their caregivers make informed decisions about prostate cancer.
http://www.ustoo.org

Gynecological (Cervical, Ovarian, Uterine, Vulvar)

FORCE (Facing Our Risk of Cancer Empowered)
866-288-7475
FORCE is dedicated to improving the lives of individuals and families affected by hereditary breast and ovarian cancer.
http://facingourrisk.org

Foundation for Women’s Cancer (formerly Gynecologic Cancer Foundation)
312-578-1439
Foundation dedicated to increasing public awareness of gynecologic cancer risk awareness, prevention, early detection and optimal treatment.
http://www.foundationforwomenscancer.org

National Cervical Cancer Coalition
800-685-5531
Dedicated to providing education for women who are at risk for HPV and cervical cancer.
http://www.nccc-online.org/hpvcervical-cancer/cervical-cancer-overview/

National Ovarian Cancer Coalition (NONN)
888-682-7426
Support for women with ovarian cancer or metastatic ovarian cancer
http://www.ovarian.org

North Carolina Breast and Cervical Cancer Program
919-707-5300
Provides free or low-cost breast and cervical cancer screenings and follow-up to eligible women in North Carolina.
http://bccp.ncdhhs.gov

Ovarian Cancer National Alliance
866-399-6262
Advocacy organization for women with ovarian cancer in the US.
ovariancancer.org

SHARE (Self-Help for Women with Breast or Ovarian Cancer)
844-275-7427
Peer/telephone support for women with breast or ovarian cancer. Provides telephone support, support groups, educational programs and advocacy activities
www.sharecancersupport.org

Head and Neck : Oral, Thyroid

Head and Neck Cancer Alliance
(formerly Yul Brynner Head and Neck Cancer Foundation)
866-916-5107
Provides information for patients and caregivers. Also provides gas card program, ambassador program and patient helpline.
http://www.headandneck.org
International Association of Laryngectomees (IAL)  
1-866-425-3678
Support for patients and families. Provides a resources, newsletter and fundraising opportunities.  
http://www.theial.com

Oral Cancer Foundation  
949-723-4400
Provides education, resources and screening events.  
www.oralcancerfoundation.org

S P O H N C – Support for People with Oral and Head and Neck Cancer  
1-800-377-0928
Provides education and resources for patients.  
http://www.spohnc.org

ThyCa: Thyroid Cancer Survivors’ Association  
877-588-7904
Provides education, newsletter and events.  
www.thyca.org

Leukemia, Lymphoma, and Multiple Myeloma (Blood and Marrow-related)

Apastic Anemia and MDS International Foundation  
800-747-2820
This organization provides information and online peer support to those with myelodysplastic syndromes (MDS) and bone marrow disease.  
www.aamds.org

Be the Match – National Marrow Donor Program  
800-627-7692
Education, resources and support.  
bethematch.org

Blood & Marrow Transplant Information Network  
888-597-7674
Education, resources and event information.  
bmtinfonet.org

Cutaneous Lymphoma Foundation  
248-644-9014
Promotes awareness, education, patient care, and research. It also provides educational forum, online support groups and a listserv.  
www.clfoundation.org

International Myeloma Foundation  
Hotline: 1-800-452-2873
IMF provides treatment information through a toll-free hotline, packets, seminars, conferences and a newsletter.  
http://myeloma.org/

International Waldenstrom’s Macroglobulinemia Foundation  
941-927-4963
Provides information, resources, a communication network, encouragement, and experience on how to live for those affected by this disease.  
www.iwmf.com

Leukemia and Lymphoma Society (LLS)  
1-800-955-4572
Helping patients though support groups, education, a tool-free phone service and financial assistance.  
http://www.lls.org

Multiple Myeloma Research Foundation  
203-229-0464
Education, research and resources for patients.  
www.themmrf.org

Melanoma (Skin)

Melanoma International Foundation  
866-463-6663
This foundation works to create effective melanoma prevention and treatment programs. They offer information about melanoma and a toll free patient hotline.  
www.melanomaintl.org
Melanoma Research Foundation
800-673-1290
Education about the latest research for melanoma.
www.melanoma.org

Lung and Chest (Thoracic)

1-888-651-3038
https://www.cancer.net/cancer-types/lung-cancer-non-small-cell

1-888-651-3038
https://www.cancer.net/cancer-types/lung-cancer-small-cell

Lung Cancer Research Foundation
844-835-4325
Has a free Lung Cancer Support Line. Also focuses on funding research, creating awareness and patient education materials.

Lung Cancer Alliance
800-298-2436
Provides education, resources and Help line.
http://www.lungcanceralliance.org

Lung Cancer Initiative of North Carolina
919-784-0410
Provides education, resources and Patient Access to Care Gas Card program.
www.lungcancerinitiativenc.org

CHILDREN, ADOLESCENT, and YOUNG ADULTS

Children, teens and young adults need different types of support depending on their age and life stage. These groups can help you cope and connect to help.

Children’s Brain Tumor Foundation (CBTF)
1-866-228-4673
Funds basic research on pediatric brain tumors. They offer additional support including a parent-to-parent support network and telephone support group.
http://www.cbtf.org

Cure Search for Children’s Cancer
1-800-458-6223
Resources and education so no child faces a cancer diagnosis without a fully equipped support team.
http://www.curesearch.org

Fertility Preservation
Information about the freezing of human reproductive tissues.
http://www.fertilitypreservation.com

Genevieve’s Helping Hands
516-500-3702
Support for young women with breast cancer; personalized help to find needed financial resources, connections to other groups, family and caregiver support groups, other cancer patients, nutritional support and more.
http://genshelpinghands.org

Hope for Young Adults with Cancer
Provide direct financial support to young adults, ages 18-40 through our “Giving Hope Fund”
www.hope4yawc.org

I’m Too Young for This! Stupid Cancer Foundation
877-735-4673
Largest young adult cancer charity.
http://www.stupidcancer.org

Cancer.Net (American Society of Clinical Oncology): Life After Treatment – Cancer in Young Adults & Teens
888-6513038
https://www.cancer.net/navigating-cancer-care/teens/life-after-treatment
LIVESTRONG: A Podcast Series for Young Adults with Cancer
855-220-7777
https://www.livestrong.org/we-can-help/young-adults

NCCN Guidelines “Caring for Adolescent and Young Adult Patients”
Online electronic version of guidelines.
https://www.nccn.org/patients/guidelines/ayaa/index.html

Young Survival Coalition
877-972-1011
Post-Treatment Breast Cancer in Young Women
http://www.youngsurvival.org

The SAMFUND
617-938-3484
Financial support for young adult cancer survivors.
http://www.thesamfund.org

Ulman Cancer Fund for Young Adults
410-964-0202
Support for young adult facing cancer.
http://ulmanfund.org

Young Survival Coalition
877-972-1011
Young women facing breast cancer together (18-40)
https://www.youngsurvival.org

SuperSibs!
Based on research, as well as input and encouragement from parents, siblings and professionals in the oncology world, SuperSibs! was created in October 2002. All agreed that there was a desperate need for services to support and honor the brothers and sisters of children diagnosed with cancer. Since then, thousands and thousands of children and teens have been supported by our program!

CLINICAL TRIALS

Clinical Trials are studies that involve people. You can learn about research and testing of new cancer treatments.

Association of Cancer Online Resources
The Association of Cancer Online Resources (ACOR) has been discontinued as a non-profit organization, but a number of the ACOR affiliated cancer mailing lists continue to remain active.
www.acor.org

BreastCancerTrials.org
415-476-5777
Specifically designed for breast cancer patients, this site offers information about clinical trials and a clinical trials matching service.
www.breastcancertrials.org

Cancer.net (American Society of Clinical Oncology): Clinical Trials
1-888-651-3038
Site offers oncologist-approved information on many types of cancer and treatment, side effects, coping, clinical trials and more.
https://www.cancer.net/research-and-advocacy/clinical-trials

For Children Who Have a Family Member with Cancer

KidsCan! at Rex
KidsCan! provides educational and emotional support for the basic needs of children ages 6 to 12, whose parent has been diagnosed with cancer. The program offers a safe, nurturing place for children and their families to help them understand the many aspects of cancer, discuss concerns and develop healthy coping strategies through planned activities each month.
Many people affected by cancer worry about paying for care and other living costs. These programs can answer questions and link you to financial support. Support may depend on your type of cancer or personal needs.

Insurance has gone through a number of changes over the past few years. Understanding these changes can be overwhelming. If you do not have insurance and are not eligible for Medicare or Medicaid, contact the NC Navigator Consortium at 855.733.7311 www.NCNavigator.net to get help enrolling in the Affordable Care Act Marketplace health insurance. Open enrollment times vary, but you may be eligible to enroll during other times of the year if you have experienced a “qualifying life event,” such as losing coverage, getting married, turning 26, or moving. You can also try healthcare.gov.

**Medicare is a health insurance program for:**
- People 65 years old or older
- People under 65 years old with certain disabilities
- People on kidney dialysis, regardless of age

There are several parts to Medicare. Call 1-800-MEDICARE or visit www.medicare.gov for information and questions.

**If you’re a senior,** The Seniors’ Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. **855-408-1212**
http://www.ncdoi.com/SHIIP/

**Medicaid** is health insurance program for low-income people and their families. Each state has different rules about who is eligible for
services and what services are covered. In general, you must:

• Be a U.S. citizen or a non-citizen in certain recognized categories
• Meet certain resource and income limits, which vary by eligibility group

To apply, contact your county Dept. of Social Services. Or contact the Medicaid Counselors at UNC Hospitals: 984-974-0950

Social Security Disability: 1-800-772-1213
The website has detailed information about how to apply and the appeals process if you are denied. www.socialsecurity.gov

Ambry Genetics Financial Assistance Program 984-900-5794
Financial assistance program for the uninsured and under-insured, to promote equal access to genetic testing. Patients who participate in Medicare or Medicaid are excluded. www.ambyrigen.com/financial-assistance-program

American Cancer Society: Health Insurance and Financial Assistance for the Cancer Patients
Get information on issues surrounding private and government insurance plans, as well as other possible sources of financial help. www.cancer.org/treatment/finding-and-paying-for-treatment.understanding-health-insurance.html

Cancer.Net (American Society for Clinical Oncology): Financial Considerations 888-6513038
Education and resources related to understanding the cost of cancer care. www.cancer.net/navigating-cancer-care/financial-considerations

Assurance Wireless Cell Phone Assistance Program 888-321-5880
Provides discounted phone service to low-income households that qualify based on federal or state-specific eligibility criteria http://www.assurancewireless.com

Blue Hope Financial Assistance 877-422-2030
For qualifying individuals, Blue Hope Financial Assistance will cover the cost of a screening test or a $300 one-time financial stipend to help cover screening-related expenses, or a one-time $200 stipend to cover treatment-related expenses for those currently in treatment for colon or rectal cancer. https://www.ccalliance.org/patient-family-support/financial-assistance-programs

Breast Cancer Charities of America Help Now Fund 936-231-8460
Provides emergency financial assistance including rent and utilities, for patients in active treatment. www.thebreastcancercharities.org/help-now-fun/

Call 211 211
Many communities have a 211 information and referral service funded by the United Way. For help with food, housing, employment, health care, counseling and more. Available in English and Spanish. www.211.org

CancerCare 800-813-4673
Funding is available for transportation, home care and child care. Counseling support is available. State specific resource guide for people living with cancer. www.cancercare.org
LEGAL RESOURCES

Cancer Legal Resource Center
The Cancer Legal Resource Handbook
866-843-2572
This is another staff favorite and is available in both English and Spanish. It covers work, medical leave of absence, health insurance, appealing denials, paying bills, and end of life decision making.

Cancer Support Community: “Frankly Speaking About Cancer: Coping with the Cost of Care”
1-888-793-9355
A free booklet that discusses how to navigate health insurance; employment, disability, income and debt issues; paying for medication; and includes a comprehensive list of national resources and support organizations for cancer patients.
www.cancersupportcommunity.org

Catholic Charities
703-549-1390
Provides help with advocacy.
https://www.catholiccharitiesusa.org/

Cornucopia House
919-401-9333
Counseling, gas cards, meals & more. Located in Durham, North Carolina.
www.cancersupport4u.org

HealthWell Foundation
800-675-8416
Can provide financial assistance to help with prescription copays, health insurance premiums, deductibles and coinsurance and travel costs.
http://healthwellfoundation.org

Helene Foundation
919-280-7800
Financial assistance for mothers, with children living in the home & undergoing ACTIVE cancer treatments and reside in North Carolina.
http://helenefoundation.org/

Job Accommodation Network
800-526-7234
Provides information on confidential guidance on workplace accommodations and disability employment issues.
http://askjan.org

Legal Aid of NC
1-866-219-LANC (5262)
Legal Aid of North Carolina is a statewide, nonprofit law firm that provides free legal free legal help to low-income North Carolinians in civil cases involving basic human needs like safety, shelter, income and more.
www.legalaidnc.org

National State Health Insurance Assistance Programs (SHIP) Resource Center
800-253-7154 option 2
https://www.shiptacenter.org

Navigate Cancer Foundation
919-267-3657
Cancer care consultants, providing support, guidance and resources for cancer patients to understand their treatment.
http://www.navigatecancerfoundation.org

Patient Advocate Foundation
800-532-5274
Co-pay relief; access to care, maintenance of employment and preservation of financial stability as it relates to a chronic, life-threatening or debilitating disease.
www.patientadvocate.org/gethelp
**Patient Access Network Foundation**
866-316-7263
Provides co-pay, deductible and medication financial assistance.
www.panfoundation.org

**Patient Services, Inc**
800-366-7741
Provide education, advocacy and financial support and guidance for qualified patients with specific, rare chronic diseases.
www.patientservicesinc.org

**Salvation Army**
*M* May provide assistance with utility bills.
https://www.salvationarmyusa.org/usn/

**Social Security Disability Option**
800-772-1213
Information disability benefits and how to apply.
www.ssa.gov

**Stomp the Monster**
One time financial assistance for financially eligible patients in active treatment. Transportation, lodging, utilities and food.
http://stompthemonster.org/

**American Cancer Society: Understanding Legal Matters**
800.227.2345
Contains information on legal rights that may come up during treatment including Advance Directives, Informed Consent, the Patient’s Bill of Rights, the Family and Medical Leave Act, working during and after treatment, and the Americans with Disabilities Act.

**INSPIRATIONS**
Talking to someone, or even just seeing them, can be inspiration in and of itself. Please contact the Patient Family Resource Center and ask them about other cancer survivors they can connect you with. Below are some other resources that may be helpful.

**NC Cancer Stories**
At UNC Lineberger Comprehensive the patients are at the center of everything. Visit our page to read stories and see videos about UNC Lineberger cancer survivors. Their stories are shared to offer comfort and hope to those who are facing cancer.
https://unclineberger.org/category/patient-stories/

**Oncolink Creative Inspiration**
215-349-8895
Inspiration and encouragement from other survivors through their art, writing, poetry and tips.
https://www.oncolink.org/support/survivorship/creative-inspiration

**OncoLink Poetry**
Collection of poetry submitted by survivors and caregivers to provide hope and inspiration.
https://www.oncolink.org/support/survivorship/creative-inspiration/oncolink-reading-room/poetry

**Survivor’s Stories, Artwork And Poetry For Hope And Inspiration**
http://www.lillyoncology.com/support-resources/lilly-oncology-on-canvas.html

**Cancer.Net**
http://www.cancer.net/survivorship/survivor-artwork

**CURE**
https://www.curetoday.com/gallery
INTEGRATIVE MEDICINE

Integrative Medicine incorporates multiple approaches to healing and is intended to complement traditional cancer care, not serve as an alternative or substitute. Our Integrative Medicine program, which currently includes Acupuncture, Integrative Medicine Consults, Massage, Wellness Programs and Yoga can help lead you to improved well-being during cancer treatment and after its completion.  
https://unclineberger.org/ccsp/integrative-medicine/

National Cancer Institute: Office of Cancer Complementary and Alternative Medicine (OCCAM)  
240-276-6595  
Provides patients with information on specific cancer complementary and alternative therapies (CAM), tips for talking to health care providers, and frequently asked CAM questions  
https://cam.cancer.gov

National Cancer Institute: Thinking About Complementary and Alternative Medicine: A Guide for People with Cancer  
A free NCI booklet for patients and caregivers that provides guidance on how to choose CAM therapies and practitioners, questions to ask your doctor, and additional CAM resources.  
To order a copy, visit:  
https://www.cancer.gov/publications/patient-education/thinking-about-cam or call 1-800-4-CANCER (1-800-422-6237) and mention the book title or inventory number (PO42).

NIH Office of Dietary Supplements Database  
301-435-2920  
http://dietary-supplements.info.nih.gov/

MD Anderson Cancer Center Integrative Medicine Resource Page  
713-791-4700  
Provides educational resources to health care professionals and patients regarding the current understanding of complementary medicine and, where appropriate, to assist in the integration of these medicines and therapies with conventional treatments. Their intention is to provide evidence-based information to improve the lives of patients who choose to use these therapies under the direction of informed physicians.  
https://www.mdanderson.org/research/departments-labs-institutes/programs-centers/integrative-medicine-program.html

Memorial Sloan Kettering: About Herbs, Botanicals & Other Products  
Provides evidence-based information about herbs, botanicals, and supplements, and answers frequently asked questions which botanical products may pose a health risk; which supplements might cause dangerous interactions; and more.  

National Institutes of Health: National Center for Complementary and Alternative Medicine (NCCAM)  
888-644-6226  
NCCAM is the Federal Government’s lead agency for scientific research on complementary and alternative medicine. This center explores complementary and alternative healing practices in the context of rigorous science, trains complementary and alternative medicine researchers, and provides CAM information to the public as well as professionals.  
https://nccih.nih.gov/

Natural Standard  
Founded by clinicians and researchers to provide high quality, evidence-based information about complementary and alternative therapies. This international multidisciplinary collaboration now includes contributors from more than 100 eminent academic institutions.  
https://naturalmedicines.therapeuticresearch.com/
NIH Office of Dietary Supplements Database
301-435-2920
The goal of the Office of Dietary Supplements is to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, stimulating and supporting research, disseminating research results, and educating the public to foster an enhanced quality of life and health for the U.S. population.
https://dietary-supplements.info.nih.gov/

Society for Integrative Oncology
518-694-5543
The mission of the SIO is to educate oncology professionals, patients, caregivers and relevant others about state-of-the-art integrative therapies, including their scientific validity, clinical benefits, toxicities, and limitations. SIO provides a forum for presentation, balanced discussion and peer review of evidence-based research in the discipline. The Journal of the Society for Integrative Oncology (JSIO) provides oncology professionals with need-to-know information about the data-based utility of complementary therapies.
https://integrativeonc.org/

LYMPHEDEMA

Lymphnotes
Lymphnotes is a locally based online information resource and support group for those with lymphedema and for the family, friends, and therapists who care for them.
http://www.lymphnotes.com/

National Lymphedema Network
800-541-3259
The National Lymphedema Network (NLN) is a non-profit organization, founded in 1988 to provide education and guidance to people with lymphedema, health care professionals and the general public by disseminating information on the prevention and management of primary and secondary lymphedema through publications, conferences and its web site. It seeks to standardize quality treatment for people with lymphedema across the United States, and provides advice to patients and health providers who seek to overturn a health insurer's decision to deny coverage for lymphedema treatments.
https://lymphnet.org/

MEDICATION ASSISTANCE

Make sure to ask your hospital if they have a Pharmacy Assistance Program: Pharmacy financial assistance usually requires a separate application. You can also ask your financial assistance counselor, social worker, or look online for other resources that can help you such as:

Amgen First Step Program
888-657-8371
Financial support program to help commercially insured eligible patients with co-pay and other treatment costs.
www.amgenfirststep.com

CancerCare Co-Payment Assistance Foundation
866-552-6729
Dedicated to helping afford the co-payments for chemotherapy and targeted treatment drugs.
http://www.cancercarecopay.org

Cancer Financial Assistance Coalition
Provides a database of resources available to patients based upon the diagnosis and zip code.
www.cancerfac.org
Cure: Drug Assistance Program
Listing of various pharmaceutical companies, non-profit organizations and institutions that provide drug assistance programs for cancer patients.
www.curetoday.com/articles/Drug-Assistance-Programs

Gleevec Patient Support
866-453-3832
Educational resources, patient counselors and financial assistance information.
https://www.us.gleevec.com/patient-support/financial-resources/

Good Days
877-968-7233
Provides financial support by covering co-pays for those with life-altering conditions.
https://www.mygooddays.org/

NeedyMeds.com
800-503-6897
Dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.
www.needymeds.org

Lilly Cares Foundation Assistance Program
800-545-6962
A program to assist qualifying patients in obtaining certain Lilly medications at no cost.
http://www.lillycares.com/assistanceprogram.aspx

Partnership for Prescription Assistance
Helps qualifying patients who lack prescription drug coverage obtain the medications they need.
https://www.pparx.org/

Patient Advocate Foundation Co-Pay Relief
866-512-3861
Provides financial support for patients.
www.copays.org

Patient Assistance NOW
800-245-5356
Patient assistance programs that may help pay for Novartis medications.
www.patientassistancenow.com

Patient Services, Inc.
800-366-7741
Provides assistance with insurance premiums and co-payments for people with chronic diseases.
https://www.patientservicesinc.org/

Pfizer Rx Pathways
844-989-7284
Connects eligible patients to a range of assistance programs that offer insurance support, co-pay assistance and medications at a reduced cost.
www.pfizerrxpathways.com

Rx Assist
Current and comprehensive directory of patient assistance programs.
www.rxassist.org

Rx Hope
A resource to help patients in need of obtaining critical medications they would normally have trouble affording.
www.rxhope.com

Sanofi Patient Connection
888-847-4877
A program to help you connect to your medications at no cost.
www.sanofipatientconnection.com

The Assist Fund
855-845-3663
Provides financial support to chronically ill patients with high-cost medications.
https://tafcares.org/

The Patient Access Network Foundation
866-316-7263
Assists patients with out-of-pocket costs associated with their treatment.
Good nutrition is important for cancer patients. Eating the right foods can help you feel better, stay stronger and heal. Cancer and treatment may make it hard to eat well but there is help available.

Academy of Nutrition and Dietetics
800-877-0877
Committed to improving health and advancing the profession of dietetics through research, education and advocacy.
http://www.eatright.org

National Cancer Institute: Eating Hints for Cancer Patients Before, During & After Treatment
800-422-6237

American Institute for Cancer Research: Nutrition After Cancer Treatment
800-843-8114
www.aicr.org

American Cancer Society: Nutrition for People With Cancer
800-227-2345

Cancer Support Community: Diet & Nutrition
202-659-9709
https://www.cancersupportcommunity.org/diet-nutritionsurvivors

PARENTING WITH CANCER

Parents and children touched by cancer can connect to these special programs for support.

Camp Kesem
253-736-3821
Provides children who have a parent with cancer a supportive, lifelong camp community that recognizes and understand their unique needs. Chapters at local universities in Raleigh, Durham and Chapel Hill.
www.campkesem.org

Marjorie E. Korff Pact Program: Parenting At A Challenging Time PACT
https://www.mghpact.org/

Single Father's Due to Cancer
A program dedicated to fathers who lose their spouse to cancer and must adjust to being the sole parent.
www.singlefathersduetocancer.org

PATIENT DECISION GUIDES & RESOURCES

People with cancer and their loved ones make many decisions about care. These programs provide tools and coping resources.
Advanced Directives
Advance directives are legal documents that allow you to spell out your decisions about end-of-life care ahead of time.

CaringInfo
800-658-8898
Provides free advance directives and instructions for each state that can be opened as a PDF (Portable Document Format) file.
www.caringinfo.org

American Cancer Society: Look Good Feel Better
Program is open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment.
http://www.lookgoodfeelbetter.org

American Cancer Society Treatment Decision Tools
800-227-2345
Learn about cancer treatment options and get help making treatment decision with videos, tools and worksheets.

American College of Physicians: Home Care Guide for Advanced Cancer
800-227-1915
Education on end of life issues.
https://www.acponline.org/practice-resources/patient-education/online-resources/end-of-life

Cancer & Careers
646-929-8031
Information and resources for people with cancer to thrive in their workplace.
www.cancerandcareers.org/en

Cancer.Net (American Society for Clinical Oncology)
888-651-3038
Information for cancer patients, caregivers and family from the American Society of Clinical Oncology.

CaringBridge
651-789-2300
Online space where you can connect, share and receive support during any type of health event or crisis.
http://www.caringbridge.org

National Society of Genetic Counselor
312-321-6834
Find a Genetic Counselor, US & Canada. Directory to locate genetic counselors in their area.
www.nsgc.org/p/cm/ld/fid=164

Imerman Angels
877-274-5529
A free service that matches patients with a survivor.
www.imermanangels.org

National Association for Home Care and Hospice
202-547-7424
A Provider directory and information about choosing home care and hospice services.
www.nahc.org

National Hospice and Palliative Care Organization
703-837-1500
Information line and Caring Connections website provide information about all aspects of hospice and end of life care, including finding providers, advanced directives, caregiving and coping with grief.
https://www.nhpco.org/

Patient Advocate Foundation
800-532-5274
Co-pay relief (assistance); access to care, maintenance of employment and preservation of financial stability as it relates to a chronic, life-threatening or debilitating disease.
http://www.patientadvocate.org
Patient Resource Cancer Guide
800-497-7330
Listing of patient resources including cancer treatment facilities and cancer-specific patient support groups with their contact information.
http://www.patientresource.com

The Conversation Project
617-575-7795
Online and hardcopy tool kit to help people talk about their wishes for end of life care.
http://theconversationproject.org/

SEXUAL AND REPRODUCTIVE HEALTH

It is common for people to have body changes and problems with sex due to cancer and treatment. There is also help available for people who want to have children after cancer treatment.

Fertile Action
Charity work to ensure fertile women touched by cancer can become mothers.
http://fertileaction.org/

LIVESTRONG
855-220-7777
Female Sexual Health After Cancer
Male Sexual Health After Cancer
https://www.livestrong.org/we-can-help/livestrong-fertility

STRESS MANAGEMENT

We all know that "cancer" is one word that can change your life forever. Your diagnosis, the treatment of your cancer, and the time after treatment can be stressful. Some tools to reduce stress can take time to learn, but there are things you can do right now.

The ASCO Post
Resources for Combatting Sexual Dysfunction after Cancer

Save My Fertility
866-708-3378
An online fertility preservation toolkit for patients and their providers
www.savemyfertility.org

American Cancer Society: Sexuality for the Woman with Cancer
800-227-2345

American Cancer Society: Sexuality for the Man with Cancer
800-227-2345
National Cancer Institute: Learning to Relax
800-422-6237
https://www.cancer.gov/about-cancer/coping/feelings/relaxation

888-651-3038

Health Journeys: Guided Meditations
800-800-8661
Health Journeys is a leading producer and distributor of guided meditation
http://www.healthjourneys.com/

SUPPORT: PATIENTS & CAREGIVERS

Caregivers may be friends, partners or family members who help out their loved ones. The programs below offer support for your emotional and physical needs.

American Association for Marriage and Family Therapy
703-838-9808
Referrals provided to local marriage and family therapists. The site also contains educational materials on helping couples live with illness, as well as other issues related to families and health.
www.aamft.org

American Psychosocial Oncology Society (APOS)
615-432-0090
Toll-free helpline that connects cancer patients and their caregivers to counseling services, psychiatrists, nurses and social workers skilled in managing cancer-related distress.
www.apos-society.org

American Cancer Society: Support Line
800-227-2345
www.cancer.org

Cancer Care Support Line
800-813-4673
www.cancercare.org/services

Cancer Hope Network
1-877-467-3638
Volunteers provide free and confidential one-on-one telephone support for people with cancer and family members.
www.cancerhopenetwork.org

Cancer Care
1-800-813-4673
Free professional support, such as phone counseling, online support groups and educational materials, for people with cancer, their loved ones and caregivers.
www.cancercare.org

Cancer Care Connection
1-866-266-7008
Free Cancer Resource Coaches who will provide assistance with navigation.
http://www.cancercareconnection.org

Cancer Care for Kids
A program for kids with a parent, sibling, or other family member who has cancer. It offers practical support, education and counseling for parents and children.
https://www.cancercare.org/tagged/children

Cancer Support Community Support Line
888-793-9355
https://www.cancersupportcommunity.org/find-support

Caring Bridge
651-789-2300
Free, personalized websites that keep family and friends connected during a serious health event.
www.caringbridge.org
Cleaning for a Reason
877-337-3348
Partner with local house cleaning services to offer one free house cleaning per month, for up to 4 months for women undergoing cancer treatment.
http://www.cleaningforareason.org

Cornucopia Cancer Support Center
919-401-9333
Cancer support resources for patients and their caregivers living in the Durham, Chapel Hill and Raleigh vicinity.
http://www.cancersupport4u.org/

Family Caregiver Alliance (FCA)/ National Center on Caregiving
1-800-445-8106
Provides national, state and local information and resources on long-term caregiving (Spanish available)
www.caregiver.org

Lotsa Helping Hands
Volunteer coordination service for friends, family, colleagues and neighbors to help loved ones in need. You can set up a free online program that allows volunteers to sign up to help with meals, rides and other tasks on an easy-to-use, private group calendar.
www.lotsahelpinghands.org

M. D. Anderson Cancer Center: myCancer Connection
800-345-6324
Program offers free one-on-one support.
https://www.mdanderson.org/patients-family/diagnosis-treatment/patient-support/mycancerconnection.html

National Alliance for Caregiving (NAC)
301-718-8444
A national coalition of organizations focused on caregiving issues.
www.caregiving.org

Caregiver Action Network
202-454-3970
The nation’s leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.
www.caregiveraction.org

National Respite Locator Service
Helps caregivers and professionals find respite services in their state and local areas.
www.respitelocator.org

North Carolina Health Info: Cancer Caregiving
https://www.nchealthinfo.org/health-topics/cancer-caregiving/

UNC Cancer Caregivers Website Resource Center: 984-974-8100
A website created for caregivers that includes information and resources.
http://caregivers.web.unc.edu

Well Spouse Association (WSA)
732-577-8899
A national, non-profit membership organization (dues are charged) which provides emotional support to spouses and partners of chronically ill and/or disabled people. They also offer Regional Respite Week-ends for spousal caregivers
www.wellspouse.org
SYMPTOM MANAGEMENT

Connect to the latest and most accurate information on state-of-the-art management of cancer pain for patients, caregivers and healthcare professionals.

Oncolink
215-349-8895
Here you will find a wealth of knowledge to help patients deal with the side effects of cancer treatment such as nausea, vomiting, fatigue, infection, and pain.
https://www.oncolink.org/

SURVIVORSHIP INFORMATION

When cancer treatment ends, many people have questions about their health and wellbeing. There are resources to help guide you through this stage.
*Information and resources on late effects of cancer treatment

CancerCare: After Treatment Ends: Tools for the Adult Survivor
800-813-4673
https://www.cancercare.org/publications/25-after_treatment_ends_tools_for_the_adult_cancer_survivor#

American Cancer Society: Nutrition and Physical Activity Guidelines for Cancer Survivors
800-227-2345

American Cancer Society
Americans With Disabilities Act: Information for People Facing Cancer
800-813-4673

Cancer.Net (American Society for Clinical Oncology)
888-651-3038
Cancer.net brings the expertise and resources of ASCO to people living with cancer and those who care for and about them to help patients and families make informed health care decisions.
https://www.cancer.net/survivorship

Cancer Support Community
202-659-9709
Information beyond treatment
https://www.cancersupportcommunity.org/beyond-treatment

Cancer Survivor Toolbox
877-622-7937
Free audio program to help people develop skills to better understand cancer.
http://www.canceradvocacy.org/toolbox

Cancer Transitions
984-974-8100
Free program that runs between 4-6 weeks for 2.5 hours includes information on nutrition, exercise, coping with stress and managing medical care.
http://unclineberger.org/patientcare/support/ccsp/cancer-transitions

Careers and Cancer
646-929-8031
Empowers and educates people with cancer to thrive in their workplace.
If you are caring for your spouse, you will want to be aware of how the Family Medical Leave Act applies to spouses and children of cancer patients. Policies on patient rights to privacy and returning to work are also provided
Cancer Support Community: Emotional Distress
202-659-9709
https://www.cancersupportcommunity.org/emotional-distress

LIVESTRONG SurvivorCare
855-220-7777
Offers help with financial, employment, and insurance issues.
https://www.livestrong.org/we-can-help

LIVESTRONG at the YMCA
855-220-7777
12 week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. Contact your local YMCA to learn more about this program and if it's available in your area.
https://www.livestrong.org/what-we-do/program/livestrong-at-the-ymca

National Cancer Institute: Facing Forward:
Life After Cancer Treatment
1-800-422-6237

National Cancer Institute: Follow-up Care After Treatment
800-422-6237
https://cancercontrol.cancer.gov/ocs/resources/follow-up-care.html

Journey Forward
1-707-636-5900
Survivorship Care Planning Tools
www.journeyforward.org

MD Anderson Cancer Center: Follow-up Care
Survivorship information that includes survivorship care plans and cancer screening information.

The National Cancer Institute: Office of Cancer Survivorship

800-422-6237
https://cancercontrol.cancer.gov/ocs/

National Coalition for Cancer Survivorship
Provides education, advocacy and resources for patients and families.
http://www.canceradvocacy.org

National Coalition for Cancer Survivorship: Pocket Cancer Care Guide App
App from the National Coalition for Cancer Survivorship that provides a list of questions to use when talking with health care team, record and playback option, glossary and questions by categories by each stage of cancer diagnosis.
http://www.canceradvocacy.org/resources/pocket-care-guide

North Carolina Health Info: Cancer Survivorship
http://nchealthinfo.org/health-topics/cancer-survivorship

Vital Options
Toll-free hotline at 800-477-7666
Vital Options International is a not-for-profit cancer communications, support, and advocacy organization with a mission, to facilitate a global cancer dialogue. The Group Room cancer talk radio show is a call-in radio show where listeners can tune in live on select stations across the United States, XM Satellite Radio, podcast.
https://www.vitaloptions.org/

TRANSPORTATION & ACCOMMODATION

These programs offer help with getting to doctor visits and housing for those affected by cancer.
American Cancer Society: Road to Recovery Program  
800-227-2345  
Provides limited transportation to and from hospitals, doctors’ offices and cancer treatment facilities.  
http://www.cancer.org/treatment/supportprograms/road-to-recovery

Air Charity Network  
1-877-621-7177  
Volunteer pilots provide free air transportation to specialized health care facilities for people in need or who are otherwise unable to travel on public transportation.  
www.aircharitynetwork.org

CancerCare  
800-813-4673  
Funding is available for transportation, home care and child care. Counseling support is available. State specific resource guide for people living with cancer.  
www.cancercare.org

Corporate Angel Network  
914-328-1313  
Free flights on corporate jets for all cancer patients, bone marrow donors and bone marrow recipients who are able to walk up and down the steps to a private plane without assistance and do not require oxygen, IV or any other form of life support. Eligibility is not based upon need.  
http://www.corpangelnetwork.org/#/home

Joe’s House  
877-563-7468  
Housing resource for cancer patients who must travel for medical treatment. Provides a list of cancer treatment centers and nearby lodging facilities.  
www.joeshouse.org

National Patient Travel Center  
1-800-296-1217  
Provides information about all forms of charitable, long-distance medical transportation and helps with referrals.  
www.patienttravel.org

Ronald McDonald House  
Provides free or low-cost housing for families of seriously ill children receiving treatment at nearby hospitals.  
http://www.rmhc.org/

SECU Family House  
919-932-8000  
Safe, affordable housing for out of town patients and their caregivers during treatment at UNC Hospitals.  
http://www.secufamilyhouse.org

WELLNESS & PHYSICAL ACTIVITY/EXERCISE

These programs offer different ways to stay active. They serve people with cancer and their loved ones.

Adventure Programs

First Descents  
303-945-2490  
Free outdoor adventure experience designed to empower physical activity.  
www.firstdescents.org

Epic Experience  
855-650-9907  
Adventure camps for adult cancer thrivers to ski, paddle and ride past those three words, “I HAVE CANCER”  
www.epicexperience.org
A variety of outdoor programs for teens and young adults, caregivers, and oncology care providers facing cancer.

True North Treks
208-627-8628
A variety of outdoor programs for teens and young adults, caregivers, and oncology care providers facing cancer.
www.truenorthtreks.org

American Cancer Society: Eat Healthy and Get Active
800-227-2345

UNC Get Real and Heel
919-962-1222
Low intensity exercises that require physician permission to participate
http://getrealandheel.unc.edu

LIVESTRONG at the YMCA
855-220-7777
12 week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. Contact your local YMCA to learn more about this program and if it's available in your area.
https://www.livestrong.org/what-we-do/program/livestrong-at-the-ymca

CancerNet (American Society for Clinical Oncology): Suggestions and Tips
888-651-3038
https://www.cancer.net/survivorship/healthy-living/physical-activity-tips-survivors

American Institute for Cancer Research:
Physical Activity and Weight Management Guidelines for Cancer Survivors
800-843-8114
www.aicr.org

Smoking Cessation
Smoking and the use of smokeless tobacco are responsible for the majority of all cancers of the lung, trachea, bronchus, larynx, pharynx, oral cavity, and esophagus. In addition, smoking is the leading cause of preventable death in the United States.

Quitting smoking is one of the most important things you can do for yourself.

American Cancer Society: Quit For Life
1-800-227-2345
Smoking Cessation Program

American Lung Association
1-866-784-8937
Information on tobacco cessation and prevention
https://www.lung.org/our-initiatives/tobacco/cessation-and-prevention/

Ex–Plan (re-learn life without cigarettes)
Free quit smoking program
http://www.becomeanex.org

SmokingCessation.org
Learn how to break down your smoking triggers and overcome your nicotine addiction. You'll educate yourself about the health risks of smoking and learn how to escape the cycle of quitting and then slipping up and smoking again. You'll find helpful tips, new smoking cessation methods, and the latest information that will help you quit smoking for good.
http://www.smoking-cessation.org/

NC Tobacco Use Quitline
1-800-QUIT-NOW.
Quitline provides free one-on-one support that can help you quit smoking for good. Quitline pairs you with a Quit Coach, someone who knows what works and what doesn't work when it comes to quitting. Quitline NC is free, confidential, and available 8am to 3am seven days a week.
http://www.quitlinenc.com/
WEIGHT MANAGEMENT

Maintaining a healthy weight can be important in reducing the risk of cancer recurrence. These resources will help you learn how to control your weight through both diet and physical activity. They include suggestions for how to count and limit calories as well as fun ideas for exercise.


American Cancer Society: Take Control of Your Weight 800-227-2345 https://www.cancer.org/healthy/eat-healthy-get-active/take-control-your-weight.html

Harvard School of Public Health: Healthy Weight Control Guidelines https://www.hsph.harvard.edu/nutritionsource/healthy-weight/

WORK

Many cancer patients have questions about working and their health. This list has tools and tips to help you manage.

Cancer & Careers 646-929-8031

Empowers and educates people with cancer to thrive in their workplace.
If you are caring for your spouse, you will want to be aware of how the Family Medical Leave Act applies to spouses and children of cancer patients. Policies on patient rights to privacy and returning to work are also provided www.cancerandcareers.org

CANCERCare: Cancer, Workplace Issues/CancerCare 800-813-4673 Experts answer questions about workplace issues and other cancer related questions. www.cancercare.org/questions/tagged/workplace_issues


U.S. Department of Labor: The Family and Medical Leave Act (FMLA) 866-487-9243 It’s important to know your rights as a caregiver. The Family and Medical Leave Act allows patients and caregivers to take time off from their jobs for medical reasons and not lose their group health insurance coverage. https://www.dol.gov/whd/fmla/

Job Accommodation Network 800-526-7234 Provides confidential guidance on workplace accommodations and disability employment issues http://askjan.org