



UNC
HEALTH CARE

UNC CANCER CARE

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.

Contents

- GENERAL CANCER INFORMATION 4**
- CANCER SPECIFIC INFORMATION 5**
 - Brain.....5*
 - Breast.....5*
 - Metastatic Breast.....6*
 - Gastrointestinal (GI, Colon, Colorectal, Pancreatic).....6*
 - Gynecological (Cervical, Ovarian, Uterine, Vulvar)8*
 - Head and Neck : Oral, Thyroid8*
 - Leukemia, Lymphoma, and Multiple Myeloma (Blood and Marrow-related).....9*
 - Lung and Chest (Thoracic)..... 10*
- CHILDREN, ADOLESCENT, and YOUNG ADULTS 10**
- For Children Who Have a Family Member with Cancer 11**
- CLINICAL TRIALS 11**
- FINANCIAL RESOURCES & HEALTH INSURANCE 12**
- LEGAL RESOURCES 14**
- INSPIRATIONS 15**
- INTEGRATIVE MEDICINE 16**
- LYMPHEDEMA 17**
- MEDICATION ASSISTANCE 17**
- PARENTING WITH CANCER..... 19**
- PATIENT DECISION GUIDES & RESOURCES..... 19**
- SEXUAL AND REPRODUCTIVE HEALTH 21**
- STRESS MANAGEMENT 21**
- SUPPORT: PATIENTS & CAREGIVERS..... 22**
- SYMPTOM MANAGEMENT 24**
- SURVIVORSHIP INFORMATION 24**
- TRANSPORTATION & ACCOMMODATION 25**

WELLNESS & PHYSICAL ACTIVITY/EXERCISE..... 26
Smoking Cessation 27

WEIGHT MANAGEMENT 28

WORK 28

Other Resources/Notes 0

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://bcccp.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://www5.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.brainmetsbc.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 with a focus on supporting women living with this disease.

www.storyhalfold.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://stopcoloncancer.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 men 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://bcccp.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 through support groups, education, a toll-free phone service and financial assistance.

<http://www.lls.org>

Multiple Myeloma Research Foundation

203-229-0464

Education, research and resources for patients.

www.themmr.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)

**Cancer.Net (American Society for Clinical Oncology): Lung Cancer: Non-Small Cell
1-888-651-3038**

<https://www.cancer.net/cancer-types/lung-cancer-non-small-cell>

**Cancer.Net (American Society for Clinical Oncology): Lung Cancer: 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/aya/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>

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.

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>

Cancer Research Institute
800-992-2623

Funds cancer and immunology research, and provides information on clinical trials.

www.cancerresearch.org

Centerwatch
866-219-3440

Clinical Trials Listing Service

Comprehensive resources on clinical trials.

Lists available clinical trials and has an e-mail notification service that can inform you of a new clinical trial for your disease.

www.centerwatch.com

Clinical Trials from the National Institute of Health

This government site is a registry of federally and privately supported clinical trials conducted in the United States and around the world, and also contains information about understanding clinical trials.

www.clinicaltrials.gov

EmergingMed
877-601-8601

Provides a free, confidential, clinical trials matching and referral service for cancer patients.

<https://app.emergingmed.com/cca/home>

National Cancer Institute
800-422-6237

NCI supported clinical trials and cancer related information.

<https://www.cancer.gov/research/areas/clinical-trials>

UNC Lineberger Comprehensive Cancer Center

919-966-4432 or 877-668-0683

UNC Lineberger offers many clinical trials, which can be searched by disease type, physician or course of treatment.

<http://unclineberger.org/patientcare/clinical-trials>

FINANCIAL RESOURCES & HEALTH INSURANCE



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.ambrygen.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.

<https://thedrlc.org/cancer/publications-webinars/patient-legal-handbook/>

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 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

*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.

<https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters.html>

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 (P042).

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.

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs>

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/t>

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.s.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.

<https://panfoundation.org/index.php/en/>

NUTRITION



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

<https://www.cancer.gov/publications/patient-education/eating-hints>

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

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition.html>

Cancer Support Community: Diet & Nutrition 202-659-9709

<https://www.cancersupportcommunity.org/diet-nutrition-survivors>

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.

<https://www.cancer.org/treatment/finding-and-paying-for-treatment/treatment-decision-tools-and-worksheets.html>

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.

<http://www.cancer.net/portal/site/patient>

Caring Bridge

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>

LIVESTRONG Fertility

<https://www.livestrong.org/what-we-do/program/fertility>

Oncolink

**Men's Guide to Sexuality During and After Cancer Treatment
Women's Guide to Sexuality During and After Cancer Treatment
215-349-8895**

<https://www.oncolink.org/support/sexuality-fertility/fertility>

**The ASCO Post
Resources for Combatting Sexual Dysfunction after Cancer**

<http://www.ascopost.com/issues/april-15-2013/resources-for-combating-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**

<https://www.cancer.org/treatment/treatment-s-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer.html>

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

<https://www.cancer.org/treatment/treatment-s-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer.html>

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

National Cancer Institute: Learning to Relax
800-422-6237
<https://www.cancer.gov/about-cancer/coping/feelings/relaxation>

Cancer.Net (American Society for Clinical Oncology): Managing Stress
888-651-3038
<http://www.cancer.net/coping-with-cancer/managing-emotions/managing-stress>

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
<https://www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention.html>

American Cancer Society
Americans With Disabilities Act: Information for People Facing Cancer
800-813-4673
<http://www.cancer.org/treatment/findingandpayingfortreatment/understandingfinancialandlegalmatters/americans-with-disabilities-act>

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

<https://www.cancerandcareers.org/en>

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

<https://www.cancer.gov/publications/patient-education/facing-forward>

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.

<https://www.mdanderson.org/patients-family/life-after-cancer/followup-care.html>

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 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>

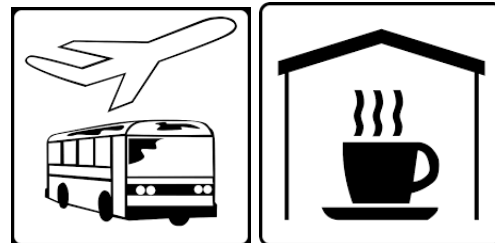
Vital Options

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/services/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

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

<https://www.cancer.org/healthy/eat-healthy-get-active.html>

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>

Cancer.Net (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

<https://www.cancer.org/healthy/stay-away-from-tobacco/smoke-free-communities/create-smoke-free-workplace/quit-for-life.html>

American Lung Association

1-866-784-8937

Information on tobacco cessation and prevention

<https://www.lung.org/our-initiatives/tobacco/cessation-and-prevention/>

American Lung Association:

Freedom from Smoking Online smoking cessation program

<http://www.freedomfromsmoking.org/>

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 Institute of Cancer Research: Weight and Cancer Risk
800-843-8114
<http://www.aicr.org/reduce-your-cancer-risk/weight/>

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

American Cancer Society: Working During and After Treatment
800-227-2345
<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/working-during-and-after-treatment/working-during-cancer-treatment.html>

Journey Forward: Workplace Transitions for Employees
Information and resources for employees touched by cancer.
http://www.journeyforward.org/sites/journeyforward/files/workplace-transitions_for-employees.pdf

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>

Other Resources/Notes