

Cancer Survivors' Resource Guide

Uniting in the unexpected fight

For All Cancer Survivors and their Families

Created by The Young Women's Breast Cancer Program—

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[www.facebook.com/pages/Young-Women's Breast Cancer Program-in-St-Louis](https://www.facebook.com/pages/Young-Women's-Breast-Cancer-Program-in-St-Louis)

www.twitter.com/YWBCP

Includes contacts for: general cancer support • AYA cancer support • creative arts • employment & insurance • environmental • family support • financial • general health • grief support & hospice • transportation & lodging



The **YOUNG WOMEN'S**
Breast Cancer Program

CANCER RESOURCE GUIDE

This guide was created for cancer survivors and their family members. We hope that it's helpful to you.

The organizations are listed alphabetically and grouped by primary focus. Organizations in the greater St. Louis area, or those with local affiliates, are *italicized*. The guide is also available at <http://ywbcw.wustl.edu> on the Young Survivor Educational Materials page.

If you have any questions or comments, please contact The Young Women's Breast Cancer Program at ywbcw@wudosis.wustl.edu.

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Helpful Documents:

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| Cancer Survivorship Plan |
| Family History Form |

CANCER SUPPORT (GENERAL):

The **American Brain Tumor Association** provides brain tumor information and support.
800-886-2282 (helpline) www.abta.org

The **American Cancer Society** (ACS) is a nationwide, community-based health organization. The goal of the ACS is to prevent cancer, save lives, and diminish suffering from cancer.
314-286-8167/800-227-2345 www.cancer.org

The **American Indian Cancer Foundation** supports innovative, community-based interventions that engage Native populations in the discovery of their own cancer best practices.
612-314-4848 www.americanindiancancer.org

The **American Institute for Cancer Research** funds research on the relationship of nutrition, physical activity, and weight management to cancer risk, interprets scientific literature on cancer prevention, and educates people about choices they can make to reduce their chances of developing cancer.
800-843-8114 www.aicr.org

The **American Psychological Oncology Society** strives to ensure that all people with cancer have access to psychosocial services as a part of their quality cancer care and APOS offers a toll-free Helpline to help people with cancer, caregivers, and advocacy organizations find local counseling services.
866-276-7443 www.apos-society.org

The **Amschwand Sarcoma Cancer Foundation** educates the public, encourages research and provides support to people affected by sarcoma.
www.sarcomacancer.org

The **Annie Appleseed Project** provides information about natural therapies from the cancer patient perspective.
www.annieappleseedproject.org

The Dr. Susan Love's Research Foundation **Army of Women** program partners women, including those diagnosed with breast cancer, with breast cancer researchers to participate in research to eradicate breast cancer.
866-569-0388 www.armyofwomen.org

Athletes for Cancer focuses on rebuilding and renewing lives after cancer through outdoor adventure, with specific programs for adolescent and young adult survivors.
www.athletes4cancer.com

BCMets.org offers multiple discussion boards about metastatic breast cancer.
www.bcmets.org

The **Barnard Health and Cancer Information Center** is located on the Washington University Medical School Campus in the Center for Advanced Medicine (CAM) building on the first floor, next to the information desk. It is staffed by registered nurses and volunteers.
314-362-7844

Be the Match, or the National Marrow Donor Program, connects individuals with life-threatening blood cancers requiring transplant with their donor match for bone marrow or umbilical cord blood transplant.
800-627-7692 www.marrow.org www.bethematch.org/

The **Bladder Cancer Advocacy Network** provides public awareness about bladder cancer, advances bladder cancer research, and provides educational and support services for the bladder cancer community.
888-901-2226 www.bcan.org

The **Breakfast Club** provides support to breast cancer survivors and their families, breast health education, support to women who have little or no insurance and raises awareness about breast cancer within the African American community.
314-972-8883 www.breakfastclub-stl.org

BreastCancer.org offers help making sense of the complex medical and personal information about breast cancer.
www.breastcancer.org

Breast Cancer Action advocates for more effective and less toxic treatment regimens, increased awareness about environmental exposures to cancer, and the elimination of political, economic, and racial inequities in breast cancer outcomes.
415-243-9301 www.bcaction.org

Breast Cancer Recovery offers retreats for breast cancer survivors. Scholarships available.
888-821-1140 www.bcrecovery.org

Breast Cancer Trials provides information about the benefits of clinical trials, questions to ask about clinical trials, and a matching service to find trials that might be right for you.
415-476-5777 www.breastcancertrials.org

Breast Friends provides emotional support to women with breast cancer and their families. Local affiliates in Florida, Oregon/SW Washington and Pennsylvania.
www.breastfriends.org

The **Cancer Agencies Network of Greater St. Louis** is a collaboration of agencies and businesses that provide services to cancer patients in the greater St. Louis area. CAN's mission is to heighten awareness about and accessibility to cancer resources. Publishes annual cancer resource guide.
www.cancerstl.org

Cancer Climber offers hope and inspiration to individuals touched by cancer through adventure opportunities.
www.cancerclimber.org

Cancer for College provides hope and inspiration to cancer survivors and amputees by providing college scholarships. No age requirements.
760-599-5096 www.cancerforcollege.org

The **Cancer Knowledge Network** is Canada's most widely read cancer education portal, providing valuable, practical resources for people living with cancer, the healthcare professionals who treat them, and the loved ones who care for them.
www.cancerkn.com

The **Cancer Support Community of Greater St. Louis** offers support groups, networking groups, educational workshops, nutrition and gentle exercise programs, and stress-reduction classes to empower and educate individuals affected by cancer.
314-238-2000 www.wellnesscommunitystl.org

Cancer 101 empowers patients, survivors, and caregivers through individualized organizational tools and resources.
646-638-2202 www.cancer101.org

Chemo Angels provides support and encouragement to people receiving chemotherapy.
www.chemoangels.net

Chemocare.com provides the latest information about chemotherapy to patients and caregivers.
www.chemocare.com

CancerForward is dedicated to connecting, educating, and sharing information among cancer survivors and caregivers.
www.cancerforward.org

The **Cancer Resource Foundation, Inc** advocates and provides support for cancer prevention, early detection, diagnosis, treatment and survivorship through patient assistance programs, education and research.
508-630-2242 www.cancer1source.org

The **Cholangiocarcinoma Foundation** supports research for and education about cholangiocarcinoma (bile duct cancer).
801-999-0455 www.cholangiocarcinoma.org

The **Colon Cancer Alliance** supports prevention, research, and patient support services for individual with colon cancer.
877-422-2030 www.ccalliance.org

The **Colon Club** works to educate as many people as possible, as early as possible, about colorectal cancer in interesting and out-of-the-box ways.
www.colonclub.com

Consano is a platform that enables you to donate any amount directly to a medical research project that matters to you. 100% of your donation goes directly to support the project of your choice.
www.consano.org

Crazysexylife.com provides a roadmap to healthy survivorship and improved quality of life.
www.crazysexylife.com

CURE Magazine is a quarterly magazine that combines the science and humanity of cancer. Subscription is free to cancer patients, survivors and caregivers who live in the United States.
800-210- 2873 www.curetoday.com

The **Desmoid Tumor Research Foundation** is dedicated to funding research for a cure for desmoid tumors and providing support to survivors and caregivers.
www.dtrf.org

The **Eric D. Davis Sarcoma Foundation** is dedicated to increasing public awareness, funding research and providing support to adults with sarcoma and their families.
www.ericddavisfoundation.org

Facing Our Risk of Cancer Empowered (FORCE) provides support, education and advocacy specific to hereditary breast and ovarian cancer.
866-288-7475 www.facingourrisk.org

Fight Colorectal Cancer educates and supports patients and caregivers, pushes for policy changes in policy that will improve research, and empowers survivors to raise their voices.
877-427-2111 www.fightcolorectalcaner.org

The **First Chapter Alliance Foundation** is dedicated to helping cancer survivors find perspective and meaning through volunteering internationally.
www.afreshchapter.com

The **Food for Life Cancer Project** promotes cancer prevention and survival through a better understanding of cancer causes, particularly the link between nutrition and cancer.
202-686-2210 www.pcrm.org/health/cancer-resources

A **Fresh Chapter Alliance Foundation (FCAF)** provides cancer patients and survivors the chance to believe in fresh possibilities, form lasting connections with like-minded people, and make a positive ripple impact on the world through a combination of volunteering and once-in-a-lifetime experiences.
www.afreshchapter.com

Friends for an Earlier Breast Cancer Test is focused solely on finding an earlier biological test for breast cancer.
www.earlier.org

Gateway to Hope provides comprehensive care at no cost to uninsured and underinsured individuals with or at high risk for breast cancer through its partners' donated services. Applicants must meet organizational guidelines.
314-569-1113 www.gthstil.org

Good Wishes Scarves provides free scarves or head wraps to anyone experiencing hair loss due to illness, injury, or treatment.
www.goodwishesscarves.org

The **Hereditary Colon Cancer Foundation** is committed to extending life expectancy, enhancing life quality, and instilling hope in those diagnosed with hereditary colon cancer syndromes.
www.hcctakesguts.org

The **International Myeloma Foundation** is dedicated to improving the quality of life of myeloma patients while working toward prevention and cure.
800-452-2873 www.myeloma.org

The **International Waldenstrom's Macroglobulinemia Foundation** provides support to people with Waldenstrom macroglobulinemia, offers information and education programs, and promotes and supports research leading to a cure.
941-927-4963 www.iwmf.com

The **Joan Levy Bisesi Foundation for Head and Neck Oncology Research** supports head and neck cancer research, awareness, education, and survivorship.
614-905-7931 www.joansfoundation.org

Just Call Me Ray is dedicated to spreading awareness about the dangers of breast implants and providing support and hope women and families who've been impacted.
www.justcallmeray.org

The **Karen Wyckoff Rein in Sarcoma Foundation** provides news, resources and a way to connect to others with the disease.
www.reininsarcoma.org

The **Kidney Cancer Association** offers education, support, and advocacy services to people with kidney cancer, their families, and healthcare professionals.
800-850-9132 www.kidneycancer.org

The **Leukemia and Lymphoma Society** provides programs and resources to improve the quality of life for people living with leukemia, lymphoma, or myeloma. Offers co-pay and travel assistance programs. Local affiliate is the Gateway Chapter.
914-949-5213/314-590-2230 www.lls.org

The **Liddy Shriver Sarcoma Initiative** works with individuals, families, communities and medical teams around the world to offer support, to provide expert information and to fund promising sarcoma research.
www.sarcomahelp.org

Life with Cancer provides education, information and support, free of charge, to survivors and their family members. Program headquartered in Fairfax, Virginia, but information and resources available on website.
703-698-2526 www.lifewithcancer.org

Little Pink Houses of Hope provides free week-long beach retreats in North and South Carolina for breast cancer survivors and their families.
336-213-4733 www.littlepinkhousesofhope.org

Live for Lauren provides information and care packages to people living with cancer. Visit the website to request a care package.
www.liveforlauren.org

Livestrong provides a wide array of support, education and information to anyone affected by cancer – whether you are diagnosed with cancer, a caregiver, family member or friend.
855-220-7777 www.livestrong.org

Living Beyond Breast Cancer is dedicated to empowering all women affected by breast cancer to live as long as possible with the best quality of life.
800-753-5222 www.lbbc.org

Love Hope Strength turns concerts into lifesaving events. Through our GET ON THE LIST campaign we register marrow donors resulting in matches from concerts around the world. Through other events, we build cancer centers, giving people access to early detection and quality cancer care.
www.lovehopestrength.org

The **Lung Cancer Alliance** offers support and advocacy for people living with or at risk for lung cancer.
800-298-2436 / 800-698-0931 (clinical trials matching service)
www.lungcanceralliance.org

The **Lustgarten Foundation** is dedicated to advancing scientific and medical research related to the diagnosis, treatment, cure, and prevention of pancreatic cancer.
866-789-1000 / 800-535-1867 (clinical trials matching service) www.lustgarten.org

The **Lymphoma Research Foundation** funds lymphoma research and provides information on the disease.
800-500-9976 www.lymphoma.org

Lynch Syndrome International is committed to supporting individuals with lynch syndrome and their family members.
707-689-5089 www.lynchcancers.com

mAssKickers provides support and motivation to all newly-diagnosed patients, families, and friends affected by tumors or cancer.
www.mAssKickers.org

The **Max Foundation** believes that all people living with cancer have the right to access the best treatment and support through personalized access services, quality training and education, and global advocacy efforts.
888-462-9368 www.themaxfoundation.org

The **Melanoma International Foundation** supports melanoma programs for the prevention, early detection, and treatment of melanoma.
866-463-6663 www.melanomainternational.org

Men Against Breast Cancer provides support and education services to men to help them be effective caregivers.
866-547-6222 www.menagainstbreastcancer.org

The **Mesothelioma Applied Research Foundation** offers support and education to patients and families facing mesothelioma.
877-363-6376 www.curemeso.org

The **Metastatic Breast Cancer Alliance** is dedicated to transforming and improving the lives of women and men living with metastatic breast cancer. www.MBCAlliance.org

The **Metastatic Breast Cancer Network** is dedicated to the unique concerns of women and men living with metastatic breast cancer.
888-500-0370 www.mbcn.org

Metavivor is dedicated to raising awareness about and funding for metastatic breast cancer.
www.metavivor.org

The **Michael G. Belz Foundation** provides H.O.P.E. to Brain Tumor and Brain Cancer patients, caregivers, and family members: Helping to live and celebrate life after diagnosis, Offering emotional support, Providing resources, Education that promotes a global awareness of research and treatments.

www.mgbf.org

The **Multiple Myeloma Research Foundation** funds research for the development of multiple myeloma treatments and provides support to patients and families.

203-229-0464 www.themmr.org

MyBCTeam is a free, on-line social network for women facing breast cancer.

www.mybcteam.com

My Support 360 is a resource for information and encouragement about risk testing for hereditary forms of breast, ovarian and other types of cancer

www.mysupport360.com

The **National Bone Marrow Transplant Link** provides support and education to stem cell transplant patients, caregivers, families, and health professionals.

800-546-5268 www.nbmtlink.org

The **National Brain Tumor Society** is a comprehensive resource for patients, families, caregivers, researchers, and medical professionals.

800-934-2873 www.brainumor.org

The **National Cancer Institute** (NCI) is part of the National Institutes of Health (NIH). The NCI is the federal government's principal agency for cancer research and training. Offers Adolescent and Young Adult portal.

800-422-6237 www.cancer.gov

The **National Cervical Cancer Coalition** provides education and support for women who have or have had cervical cancer and HPV.

800-685-5531 www.nccc-online.org

The **National Coalition for Cancer Survivorship** provides support and information for survivors, including a cancer survival toolkit, keys to survivorship, and comprehensive resource guide.

301-650-9127 www.canceradvocacy.org

The **National Comprehensive Cancer Network** (NCCN) is an alliance of 21 cancer centers, working to develop treatment guidelines for most cancers, and dedicated to research that improves the quality, effectiveness, and efficiency of cancer care.

www.nccn.org

The **National Lung Cancer Partnership** advocates to increase lung cancer awareness and research funding.

608-833-7905 www.nationallungcancerpartnership.org

The **National Lymphedema Network** (NLN) provides education and guidance to lymphedema patients, health care professionals and the general public by disseminating information on the prevention and management of primary and secondary lymphedema.

800-541-3259 www.lymphnet.org

The **National Ovarian Cancer Coalition** provides education and support for women with ovarian cancer and their families.

888-682-7426 www.ovarian.org

The **Native American Cancer Research Corporation** works to support American Indian and Alaska Native cancer survivors through direct services, support services, and research.

800-537-8295 www.natamcancer.org

The **Northwest Sarcoma Foundation** provides hope, education and support to sarcoma patients and their families in the Pacific Northwest, while investing in research to improve cure rates for sarcomas.
www.nwsarcoma.org

The **Oral Cancer Foundation** provides information, patient support, sponsorship of research, and advocacy related to oral cancer.
949-646-8000 www.oralcancerfoundation.org

Out with Cancer is committed to improving the health of LGBT cancer survivors with peer to peer support, patient navigation, education and advocacy.
212-673-4920 www.lgbtcancer.com

The **Ovarian Cancer National Alliance** advocates for research, awareness, and education about ovarian cancer.
866-399-6262 / 800-535-1682 (clinical trials matching service) www.ovariancancer.org

The **Pancreatic Cancer Action Network** is dedicated to advancing research, supporting patients, and creating hope for those affected by pancreatic cancer.
877-272-6226 www.pancan.org

Pancreatica.org is an on-line gathering point for the latest information about clinical trials and other medical care in the treatment of pancreatic cancer.
800-433-0464 (speak with a survivor) / 800-525-3777 (speak with a counselor) www.pancreatica.org

The **PatchQuilt Foundation** provides supportive services to individuals with breast or kidney cancer in the greater St. Louis region.
314-256-9380 www.patch-quilt.org

Pink-Link is a free, online breast cancer support network connecting survivors so they can share stories and advice.
www.pink-link.org

The **Prevent Cancer Foundation** funds research on cancer prevention, educates the public about how to prevent cancer, and reaches out to communities across the country with resources and events.
800-227-2732 www.preventcancer.org

Project Athena provides trekking and multisport adventure grants to women surviving chronic illnesses, including cancer.
619-322-4846 www.projectathena.org

The **Prostate Cancer Foundation** provides support and education to patients and families, and advocates for research about prostate cancer.
800-757-2873 www.pcf.org

Right Action for Women – Christina Applegate Foundation provides assistance to women who are at increased risk for breast cancer and do not have insurance or the financial flexibility to cover the high costs associated with breast screenings.
www.rightactionforwomen.org

SHARE provides online and helpline support to women facing breast and ovarian cancers.
866-891-2392 (breast) / 866-537-4273 (ovarian) www.sharecancersupport.org

The **St. Louis Breast Cancer Coalition** works to influence legislation and secure funding for breast cancer research and treatment. SLBCC is a member organization of the **National Breast Cancer Coalition**.
314-989-1111 www.slbcc.org www.stopbreastcancer.org

The **St. Louis Men's Group Against Cancer** is a fundraising organization for cancer-related organizations helping with research, prevention, and care in the St. Louis area.
314-428-3331 www.stlmqac.com

St. Louis Ovarian Cancer Awareness (SLOCA) works to increase awareness about ovarian cancer, provide support for survivors, and fund research.
314-966-7562 www.sloca.org

The **Sarcoma Alliance** advocates for accurate diagnosis, improved access to care, education, and support for sarcoma patients.
415-381-7236 www.sarcomaalliance.org

The **Sarcoma Foundation of America** advocates for sarcoma patients by funding research and increasing awareness about the disease.
www.curesarcoma.org

Sharsheret supports young Jewish women and their families facing breast cancer.
866-474-2774 www.sharsheret.org

Sisters Network® Inc. is a national African American breast cancer survivorship organization that addresses the breast health needs of African American women.
866-781-1808 www.sistersnetworkinc.org

Siteman Cancer Center at Washington University provides a full range of medical and supportive services to individuals with cancer and their families.
314-747-3046 / 877-251-6485 www.siteman.wustl.edu

The **Skin Cancer Foundation** supports research, public education, and awareness about the prevention, incidence, and treatment of skin cancer.
800-754-6490 www.skincancer.org

Stand Up 2 Cancer supports innovative cancer research by bringing together top cancer researchers and encouraging collaboration instead of competition. Funding administered by the American Association for Cancer Research.
www.standup2cancer.org

Support for People with Oral and Head and Neck Cancer provides support to people with oral and head and neck cancer.
800-377-0928 www.spoync.org

Susan G. Komen for the Cure's mission is to eradicate breast cancer as a life-threatening disease by advancing research, education, screening, and treatment.
800-462-9273 www.komen.org www.stlouiskomen.org

Tamika and Friends raises awareness about cervical cancer and its link to the human papillomavirus through a network of survivors and their friends.
866-595-2448 www.tamikaandfriends.org

The **TaTa Sisterhood Foundation** helps support women with triple negative breast cancer through practical support and fun boost of motivation.
www.tatasisterhood.org

Team Survivor provides group exercise and support programs for women who have a present or past diagnosis of cancer. Visit the website for affiliate listings.
www.teamsurvivor.org

The **Testicular Cancer Awareness Foundation** provides education to the general public on the importance of early detection and supporting those who are affected by this disease.
www.testicularcancerawarenessfoundation.org

Testicular Cancer Commons mission is to aggregate and share information on best practices, best research, and best survivorship in testicular cancer and related diseases.
www.testicularcancercommons.org

The **Testicular Cancer Resource Center** provides information and support to individuals with testicular cancer.
www.tcrc.acor.org

The **Testicular Cancer Society** is dedicated to raising awareness and education about testicular cancer and providing support for survivors and caregivers.
513-696-9827 www.testicularcancersociety.org

The **Texas 4000** competitively selects University of Texas students for an 18-month biking program designed to cultivate the next generation to lead the fight against cancer.
512-329-1963 www.texas4000.org

The **Theresa Harpole Foundation for Metastatic Breast Cancer** is dedicated to improving the quality of life for those impacted by metastatic breast cancer and to finding a cure.
618-580-0908 www.metastaticfoundation.org

The **Thyroid Cancer Survivors' Association, Inc.** is dedicated to educating about and supporting early detection for thyroid cancer.
877-588-7904 www.thyca.org

Triage Cancer provides education and resources on the entire continuum of cancer survivorship issues to survivors, caregivers, and healthcare professionals.
773-791-7883 www.triagecancer.org

The **Triple Negative Breast Cancer Helpline** offers free support services to patients and families coping with a diagnosis of triple negative breast cancer.
877-880-8622 www.tribcfoundation.org

Triple Step Toward the Cure raises awareness of triple negative breast cancer and provides emotional and financial support to women with triple negative breast cancer and their families.
510-562-1889 www.triplestepowardthecure.org

The **Union for International Cancer Control** is a membership organization devoted to all aspects of cancer prevention and control.
www.uicc.org

The **United Breast Cancer Foundation** supports a variety of programs dedicated to breast cancer screening, prevention, treatment, and patient health and well-being.
www.ubcf.info

Us TOO® International, Inc. helps men and their families make informed decisions about prostate cancer detection and treatment through support, education, and advocacy.
800-808-7866 www.ustoo.org

Valeda's Hope provides recliners to minority women who must have a double mastectomy as part of their treatment for breast cancer.
314-607-7799 www.valedashope.org

Vital Options International is a cancer communication organization whose mission is to facilitate a global dialogue about cancer. Hosts "The Group Room," a series of video and radio programs about cancer.
818-508-5657 www.vitaloptions.org

Yoga Bear is dedicated to promoting wellness and healing to the cancer community through the practice of yoga.
www.yogabear.org

You Can Thrive! addresses the need for free and low-cost preventative support services and long-term survivorship tools for breast cancer survivors.
917-463-4267 www.youcanthrive.org

The **4th Angel Mentoring Program** offers free, one-to-one, peer outreach and support for survivors and caregivers.
www.4thangel.org

#bcm is a weekly breast cancer chat on twitter dedicated to educating, empowering, and supporting survivors, caregivers, and individuals who work in the breast cancer community. Monday evenings, 9 pm EDT.
www.twitter.com/bcmcomm

CANCER SUPPORT (YOUNG ADULT):

The **AKP Foundation** seeks to provide young adults in financial need with the means to use adventure sports, athletics, and adaptive sports to energize a comeback from cancer.
www.akpfoundation.org

The **Allyson Whitney Foundation** seeks to improve quality of life for young adults with rare cancers by providing grants to ease their financial burden so that they can concentrate their energy on healing. For information on grants, please email grants@allysonwhitney.org www.facebook.com/AllysonWhitneyFoundation?sk=info

The **American Childhood Cancer Organization (ACCO)** provides information for children and adolescents with cancer and their families, advocates for their needs, and supports research.
855-858-2226 www.acco.org

The **Arizona Young Breast Cancer Survivor Support Initiative** seeks to change the way Arizona supports young breast cancer survivors, their families, and caregivers.
www.facebook.com/AZBreastCancer www.azbreastcancer.org

AYA Healthy Living App is an interactive application to assess your health habits and general well-being. Designed for cancer survivors ages 15-39.
www.healthysurvivorship.org

The **Brenda Mehling Cancer Foundation** provides financial support to patients aged 18-40 undergoing cancer treatment. Check website regularly for funding availability.
661-310-7940 www.bmcf.net

Bright Pink provides education and support to young women at risk for breast and ovarian cancer.
www.brightpink.org

CCC College Scholarships offers an annual college scholarship program, online support network, and database of financial resource for young adult cancer survivors ages 17-25.
866-540-1392 www.cccscholarships.org

Camp Mak-A-Dream provides a medically supervised, cost-free Montana experience, in an intimate community setting, for children, young adults, and families affected by cancer.
406-549-5987 www.campdream.org

The **Cancer Survivors' Fund** provides scholarships and/or financial assistance with prosthetics to young cancer survivors.
281-437-7142 www.cancersurvivorsfund.org

CanTeen helps young people, aged 12 to 24, cope as their world becomes a haze of cancer terminology, hospitals, treatment, and uncertainty. Located in Australia but provides great general information and resources on website.
www.canteen.org.au

The **Caporal Assistance Network** is dedicated to assisting young adults living with cancer in Central Texas by relieving a portion of the financial and emotional burden that a cancer diagnosis presents.
www.caporalassistance.org

The **Cassie Hines Shoes Cancer Foundation** helps young adults diagnosed with cancer between the ages of 16-30 connect with each other through peer support groups and camps.
www.cassiehinesshoescancer.org

The **Chai Lifeline** offers programs that address the emotional, social, and financial needs of seriously ill children, their families, and communities.
www.chailifeline.org

Chasing Rainbows Young Adult Cancer Advocacy is an initiative with the mission of discovering and distributing multi-media support resources for young adults living with cancer, as well as their friends, family, and medical professionals.
www.facebook.com/ChasingRainbowsYoungAdultCA www.chasingrainbowsproduction.com

The **Children's Brain Tumor Foundation** is dedicated to improving treatment, quality of life, and long term outlook for children with brain and spinal cord tumors through research, support, education, and advocacy.
866-228-4673 www.cbt.org

The **Children's Cancer Association** provides a variety of supportive programs and resources, including a national childhood cancer directory, to children and teens with serious illnesses and their families.
503-244-3141 www.joyrx.org

The **Children's Cause for Cancer Advocacy** (CCCA) is the leading national advocacy organization working to achieve access to less toxic and more effective pediatric cancer therapies; to expand resources for research and specialized care; and to address the unique needs and challenges of childhood cancer survivors and their families.
202-336-8374/8375 www.childrenscause.org

Critical Mass: The Young Adult Cancer Alliance is a collaboration of cancer and YA organizations whose mission is to increase the survival rate and improve quality of life for adolescents and young adults with cancer.
www.criticalmassevents.org

CureSearch National Childhood Cancer Foundation supports the work of the Children's Oncology Group (COG), the world's largest cooperative cancer research organization, and provides information for patients and families.
800-458-6223 www.curesearch.org

Fertile Action works to ensure fertile women with cancer have the option to preserve their fertility and to eliminate cost as the primary barrier to preserving fertility.
877-276-5951 www.fertileaction.org

Fertile Hope provides reproductive information, support, and hope to cancer patients and survivors.
855-220-7777 www.fertilehope.org

Fertility Neighborhood provides information about infertility, treatment options, and financial support.
800-660-4283 www.fertilityneighborhood.com

First Descents offers young adult survivors a free outdoor adventure experience designed to empower them to climb, paddle, and surf beyond their diagnosis, defy their cancer, reclaim their lives, and connect with others doing the same.
303-945-2490 www.firstdescents.org

Focus under Forty offers educational programs for oncology professionals designed to shed light on the unique biology and care issues that are associated with adolescents and young adult survivors.
www.university.asco.org/focus-under-forty

Generation Why is a blog for young adult survivors in the health section of The Huffington Post, also with bi-weekly articles by and for caregivers.

www.huffingtonpost.com/news/generation-why

Give Me a Break offers young adults with cancer (18-40 years) and their caregivers an opportunity to “get away from it all” through day-trips, short vacations, evenings out without having to worry about the logistics or cost. Administered by Life with Cancer.

703-698-2526 www.lifewithcancer.org

Hope for Two provides information and support to pregnant women diagnosed with cancer. Language translation link available on website.

800-723-4471 www.hopefortwo.org

Hope for Young Adults with Cancer provides financial support to young adults battling cancer and “meet-ups” where young adults with cancer can connect in fun, stress-free settings.

www.hope4yawc.org

HopeLab strives to improve human health and well-being by combining rigorous research with innovative solutions. Offers several online resources for teens with cancer.

650-569-5900 www.hopelab.org

Immerman Angels matches and individually pairs a person touched by cancer (a cancer fighter or survivor) with someone who has fought and survived the same type of cancer (a Mentor Angel).

312-274-5529 www.immermanangels.org

Jen’s Thank You Alliance assists young adult cancer survivors in finding financial, inspirational, and educational resources.

www.jtya.dreamhosters.com

The **Keep a Breast Foundation** seeks to creatively educate young people about breast cancer prevention, early detection, and support.

www.keep-a-breast.org

Lacuna Loft is the first magazine for young adults dealing with cancer, either as patients or caregivers.

www.LacunaLoft.com

The **Make-A-Wish Foundation** grants wishes to children with a life-threatening medical condition who are at least 2 1/2 years old and younger than 18 years at the time of referral.

800-722-9474 www.wish.org

MaleCare offers comprehensive online support and a resource portal for young men living with, through or beyond cancer.

212-844-8369 www.malecare.org

Melissa’s Living Legacy Teen Cancer Foundation provides resources to teens with cancer, seeks to improve care for teens and young adults with cancer, and advocates for increased awareness and action for AYA’s with cancer.

585-563-6221 www.melissalivinglegacy.org www.teenslivingwithcancer.org

My Oncofertility offers information about cancer and fertility, the latest updates from experts, and stories and advice from fellow survivors.

866-708-3378 www.myoncofertility.org

The **National Children’s Cancer Society** provides support, resources, and financial assistance to children with cancer and their families.

800-532-6459 www.thencs.org

The **National Collegiate Cancer Foundation** is committed to providing need-based financial support to young adult survivors pursuing higher education.
240-515-6262 www.collegiatecancer.org

The **National GRACE Foundation** provides college admission and financial aid counseling to pediatric cancer patients and survivors.
www.graceamerica.org

The **National Infertility Association, or RESOLVE**, provides information and resources for individuals facing infertility.
703-556-7172 www.resolve.org

Next Step provides retreats and workshops for young adult survivors and caregivers.
617-864-2921 www.nextstepnet.org

The **Oncofertility Consortium** is a nationwide initiative to address the complex health and quality-of-life issues that young adult survivors face, especially as they relate to fertility preservation.
www.oncofertility.northwestern.edu/about-us

Oncology Youth Connection supports young people with cancer by providing a community of peers during and after treatment.
503-869-7632 www.oncologyyouthconnection.org

Planet Cancer offers social networking, online forums, retreats, and other programs for young adult survivors.
512-452-9010 www.planetcancer.org

Prepare to Live is dedicated to using the power of the web and film-making to help young adults cope with cancer.
www.preparetolive.org

The **QuadW Foundation** seeks to find better treatments and cures for sarcoma, as well as support innovative ideas and opportunities in the areas of higher education, transforming mission experiences, and general philanthropy.
www.quadw.org

The **Reid Sacco Memorial Cancer Research Fund** helps young adult survivors achieve two goals: a) to attend the college of choice; and b) to survive cancer. To this end, the mission of the Alliance is to provide a fundraising and educational organization from which to promote scholarship, medical research, and other benevolent purposes.
www.cancerinyoungadults.org/

Rethink Breast Cancer addresses the unique needs of young survivors through education and support.
416-920-0980 www.rethinkbreastcancer.com

Rise Above It (RAI) provides financial assistance and information about clinical trials to cancer survivors ages 15-39.
www.raibenefit.org

The **Ryan Waldheger Research Memorial Foundation** is dedicated to improving cancer care for adolescents and young adults through research that bridges the gap between pediatric and adult cancer care programs.
www.rworm.org

The **SAMFund** assists young adult survivors of cancer transition into post-treatment life, by providing financial support through grants and scholarships.
866-439-9365 www.thesamfund.org

The **Sean Kimerling Testicular Cancer Foundation** raises awareness about testicular cancer and the importance of early diagnosis and treatment.
877-609-2690 www.seankimerling.org

Secrets of Cancerhood offers young adult perspective and insight from survivor and New York Times Columnist, Suleika Jaouad.
www.secretsofcancerhood.com

Shay Sharpe's Pink Wishes grants wishes to young women diagnosed with terminal breast cancer before age 40. Visit website for guidelines and application.
www.shaysharpepinkwishes.org

Single Jingles provides education and support about testicular cancer to young adult men.
512-582-0720 Ext 103 www.singlejingles.org

Starlight™ Children's Foundation provides support to seriously ill children and their families through entertainment, education, and family activities.
800-315-2580 www.starlight.org

The **Steven G. AYA Cancer Research Fund** seeks to raise awareness about AYA cancer and the need for research to find better ways to treat and cure it.
440-871-2681 www.fightconquercure.org

Stretch Heal Grow retreat is open to young women who have recently completed treatment for breast cancer. The retreat is free but participants must cover their own transportation expenses. Retreats are in Canada.
www.stretchhealgrow.org

Stupid Cancer (I'm Too Young for This Foundation) is an online support community for cancer survivors ages 15-39. Hosts an annual conference for survivors.
877-735-4673 www.stupidcancer.org

Sy's Fund assists young adults receiving medical care for cancer by providing meaningful gifts, as well as assistance with integrative therapies such as acupuncture, reflexology, reiki, and therapeutic massage.
413-512-9177 www.sysfund.org

The **Ta-Tinis** promote awareness about the fight against breast cancer, with a special focus on improving the "cancer journey" by educating, directing, and empowering young women newly diagnosed with breast cancer. Located in Columbia, South Carolina.
www.theta-tinis.com

Team Shan Breast Cancer seeks to educate the public, health care professionals, and young women about early detection, risk reduction, and prevention of breast cancer in young women. Located in Ontario, Canada.
519-421-3666 www.teamshan.ca

Teen Cancer America is devoted to improving the lives of teens and young adults with cancer.
www.teencanceramerica.org

Teens Living with Cancer is an on-line resource for teens with cancer, their families, and friends.
585-563-6221 www.teenslivingwithcancer.org

True North Treks is dedicated to enriching the lives of young adult cancer survivors through outdoor-based activities.
773-972-2367 www.truenorthtreks.org

The **UCLA Healthy Lives After Cancer Program** is dedicated to helping teen and young adult cancer survivors access survivorship information and resources available in the Los Angeles community.
310-794-2475 www.cancer.ucla.edu/HealthyLivesAfterCancer

The **Ullman Cancer Fund** provides support, education, and empowering opportunities to young adult cancer survivors.
888-393-3863 www.ullmanfund.org

Venturing Out Beyond Our Cancer (VOBOC) provides newly diagnosed AYA patients free diversions, resources, and tools to help ease their cancer journey and to provide leadership in raising public awareness regarding AYA cancer. Located in Quebec. 514-695-9292 www.voboc.org

Young Adult Cancer Survivors of Atlanta is a social support network for cancer survivors under 40 who get together each month for dinner, drinks, trivia, or just to hang out. www.facebook.com/YACAtlanta/info

Young Adult Cancer Canada seeks to build a community of young adults diagnosed with cancer that provides information, support, skills, and opportunity. 709-579-7325 www.youngadultcancer.ca

Young Adults Surviving Glioblastoma provides an online forum and live chat for young adults living with, through and beyond glioblastoma. www.yasg.com

Young Cancer Spouses brings together young spouses of adults with cancer to share information, support, and experiences. www.youngcancerspouses.com

Young Survival Coalition is an international network dedicated to the issues of women under age 40 diagnosed with breast cancer. 212-916-7667 www.youngsurvival.org

The **Young Women's Breast Cancer Awareness Foundation** seeks to educate and create awareness about breast cancer in younger women. 412-490-9808 www.youngwomensbreastcancerfoundation.com

The **Young Women's Breast Cancer Program** is a multifaceted support and education program for women diagnosed with breast cancer at age 45 or younger. 314-747-7156 www.siteman.wustl.edu/ywbcp.aspx

3 Little Birds 4 Life grants wishes to young adults with cancer living in the metropolitan St. Louis area. www.3littlebirds4life.org

The **15-40 Connection** is dedicated to raising awareness about the lack of improvement in AYA survival rates and to promoting health awareness, self-advocacy, and action among teens and young adults with cancer. 508-869-5200 www.15-40.org

CREATIVE ARTS:

American Music Therapy Association, Inc. advances public awareness of the benefits of music therapy and increases access to quality music therapy services. 301-589-3300 www.musictherapy.org

The mission of the **Arts in Healthcare Program** at Barnes-Jewish Hospital and Siteman Cancer Center is to foster an institutional culture that includes the arts as an integral aspect of the healing environment for patients, families, and staff caregivers. www.barnesjewish.org/giving/arts-healthcare

The **Creative Center at University Settlement** is dedicated to bringing the creative arts to people with cancer, chronic illnesses, through all stages of life. 646-465-5313/5314 www.thecreativecenter.org

The **New York Writers Coalition** provides free creative writing workshops for people historically deprived of voice in our society, including people with disabilities, cancer and major illness.
718-398-2883 www.nywriterscoalition.org

The **Patient Voice Project** offers free creative writing classes to individuals with chronic and mental illness. Created by students at the University of Iowa Writers' Workshop and Arts Share, the classes are conducted in both one-on-one and group sessions and are intended for all age ranges and ability levels.
<http://artshare.uiowa.edu/pvp/index.html>

EMPLOYMENT AND INSURANCE:

Benefits.gov helps individuals determine which government benefits they may be eligible to receive.
800-333-4636 www.benefits.gov

Cancer and Careers is dedicated to empowering and educating people with cancer to thrive in their workplace by providing expert advice, interactive tools, and educational events.
www.cancerandcareers.org

Cancer Legal Resource Center (CLRC) provides free information and resources on cancer-related legal issues to survivors, caregivers, healthcare professionals, and employers.
866-843-2572 www.CancerLegalResourceCenter.org

The **Centers for Medicare and Medicaid Services** provides information, resources, and support regarding the Medicare and Medicaid insurance programs.
www.cms.hhs.gov

Healthcare.gov is a federal government website about the new healthcare law and insurance options.
www.healthcare.gov

The **Health Care Rights Initiative** assists patients, caregivers, and healthcare professionals in navigating private health insurance issues. **Change it Back** is the AYA initiative in their Centers of Excellence program.
800-439-3155 www.hcri.org

Medical Billing Advocates of America provides information and instruction about how to examine your medical bills for errors, overcharges, and under-payment by insurance companies. Fee attached to some services offered.
540-904-5872/540-387-5870 www.billadvocates.com

The **National Coalition for Cancer Survivorship (NCCS)** is the only patient-led cancer advocacy organization and is dedicated to assuring quality cancer care for all Americans.
888-532-5274 www.canceradvocacy.org

The **Patient Advocate Foundation (PAF)** serves as an active liaison between the patient and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis matters relative to their diagnosis.
800-532-5274 www.patientadvocate.org

The **Social Security Administration** manages the Social Security and Supplemental Security Income (SSI) programs.
800-772-1213 www.ssa.gov

The **UnitedHealthcare Children's Foundation** is dedicated to improving access to medical-related services for children who have medical needs not fully covered by insurance.
952-992-4459 www.uhccf.org

The **United States Department of Labor** provides information about employment-related issues and rights.
www.dol.gov/index.htm

ENVIRONMENTAL:

Breast Cancer Action advocates for more effective and less toxic treatment regimens, increased awareness about environmental exposures to cancer, and the elimination of political, economic, and racial inequities in breast cancer outcomes.

415-243-9301 www.bcaction.org

The **Breast Cancer Fund** is dedicated to exposing and eliminating the environmental causes of breast cancer.

866-760-8223 www.breastcancerfund.org

The **Campaign for Safe Cosmetics** works to make cosmetics safer for consumers through advocacy and education.

www.safecosmetics.org

The **Collaborative on Health and the Environment** supports dialogue on environmental factors impacting human health and facilitates collaborative, prevention-oriented efforts to address environmental health concerns.

www.healthandenvironment.org

Safer Chemicals-Healthy Families is a nationwide effort to pass federal policies limiting/eliminating the use of toxic chemicals.

www.saferchemicals.org

FAMILY SUPPORT:

The **Andre Sobel River of Life Foundation Andre Sobel River of Life Foundation** helps with urgent expenses to allow single parents to stay at their child's bedside during a catastrophic illness.

www.andriveroflife.org

Bear Essentials provides age-appropriate tools to help children cope with a parent's diagnosis and treatment of cancer.

314-996-5517 www.bear-essentials.org

Camp Kesem provides children who have a parent with cancer a supportive, lifelong camp community that recognizes and understands their unique needs.

www.campkesem.org

Cancer Hope Network provides free and confidential one-on-one support to cancer patients and their families.

800-552-4366 www.cancerhopenetwork.org

The **Cancer Information and Counseling Line** offers free telephone counseling for anyone affected by cancer.

800-525-3777

www.ucdenver.edu/academics/colleges/medicalschool/centers/cancercenter/CancerCare/LearnAboutCancer/Pages/CICL.aspx

CareCalendar is a web based system to organize meals and other types of help for families during a time of illness or life-changing event.

www.carecalendar.org

Caringbridge provides online space where you can connect, share and receive support during any type of health event or crisis.

651-789-2300 www.caringbridge.org

Cleaning for a Reason partners with maid services and offers free house cleanings to women undergoing treatment for any type of cancer.

877-337-3348 www.cleaningforareason.org

Friend for Life Cancer Support Network is a network of cancer survivors who provide one-on-one support to cancer patients and their loved ones.

866-374-3634 www.friend4life.org

Kids Connected was founded under the premise that when a parent gets cancer, the entire family is affected. Children facing the same fears and sharing similar experiences can be helped by others in a similar situation.
800-899-2866 www.kidsconnected.org

Lotsa Helping Hands provides a free, private, web-based community to help family, friends, and colleagues organize during times of need via an intuitive group calendar.
978-823-1630 www.lotsahelpinghands.com

Memories of Love provides free Orlando, Florida vacations to families in which a parent has a life-threatening, chronic illness.
800-625-1566 www.memoriesoflove.org

MyLifeline.org provides the tools for individuals with cancer and caregivers to create free customized websites.
www.mylifeline.org

Mommy Has Breast Cancer provides support, education, and services to women recently diagnosed with breast cancer or actively undergoing treatment, and their families, at no charge. Services include meals, transportation, childcare and housekeeping.
www.mommyhasbreastcancer.org

The **National Family Caregivers Association (NFCA)** is an organization created to educate, support, empower, and speak up for those caring for chronically ill, aged or disabled loved ones.
800-896-3650 www.nfcacares.org

Inheritance of Hope inspires hope for young families facing the loss of a parent by providing resources, family retreats, and individual and group support.
914-213-8435 www.inheritanceofhope.org

The **Jack and Jill Late Stage Cancer Foundation** offers a "timeout from cancer" to families where a parent has late stage cancer so they can create cherished, lifelong memories. Must be referred by an oncologist.
www.jajf.org

Parenting with Cancer helps parents navigate the effects of a cancer diagnosis on their children and families.
www.parentingwithcancer.com

The **R.A. Bloch Cancer Foundation** matches newly diagnosed cancer patients with trained, home-based volunteers who have been treated for the same type of cancer.
800-433-0464 www.blochcancer.org

Wonders and Worries helps children cope when a parent is facing a serious or life-threatening illness. Serves families in Central Texas.
512-329-5757 www.wondersandworries.org

FINANCIAL:

Cancer Care Inc. provides assistance with costs related to transportation, home healthcare, child care, pain medication, and lymphedema supplies (breast cancer only). May also provide assistance with chemotherapy or targeted treatment copayments.
800-813-4673 www.cancercare.org

The **Cancer Financial Assistance Coalition** is a coalition of organizations helping cancer patients manage their financial challenges.
www.cancerfac.org

Cancerisajerk.org provides direct assistance to individuals and families impacted by cancer through the sale of t-shirts and bumper stickers and direct donations. Individuals/families can register for assistance on the website.
www.cancerisajerk.org

The **Chronic Disease Fund** provides financial assistance to ensure individuals receive the treatment they need.
877-968-7233 www.cdfund.org

Co-Pay Relief provides assistance with medical co-payments to insured patients.
866-512-3861 www.copays.org

Food Outreach provides groceries and meals to individuals undergoing treatment for cancer throughout the metro St. Louis area, including various counties in Illinois. Home delivery available if needed.
314-652-3663 ext. 11 www.foodoutreach.org

The **Healthwell Foundation** provides assistance with prescription drug copays, deductibles, and health insurance premiums to those living with chronic illnesses.
800-675-8416 www.healthwellfoundation.org

HelpHopeLive helps patients and families faced with transplant, catastrophic injury or illness cover the financial gap between what health insurance pays and what they actually need.
800-642-8399 www.helphopelive.org

The **Leukemia Ironman Fundraiser for Eric (LIFE)** provides financial assistance to cancer patients in need, scholarship programs, and donations to cancer research labs. See website for application criteria.
www.givetolife.org

MedGift is a unique gift registry that provides a community of support for patients and an online listing of a patient's specific needs, wants and wishes during treatment and recovery.
www.medgift.com

NeedyMeds provides information about and links to prescription drug assistance programs. Offers a drug discount card that may help with the cost of some prescription medications.
www.needymeds.org

Netwish.org provides modest financial assistance to families and individuals who desperately need a helping hand.
www.netwish.org

No Woman Left Behind provides assistance with breast prostheses, surgical bras, and other related products to survivors with no or inadequate insurance. Must reside in Missouri or Illinois.
314-497-8450 www.nwlb.org

The **Partnership for Prescription Assistance** helps individuals without prescription drug coverage find drug assistance programs, free of charge.
888-477-2669 www.pparx.org

The **Patient Access Network Foundation** provides financial assistance to people with chronic or life-threatening illnesses for who cost limits access to breakthrough medical treatments.
866-316-7263 www.panfoundation.org

Patient Services, Inc. provides financial assistance with healthcare insurance and treatment to people with chronic illnesses.
800-366-7741 www.patientservicesinc.org

The **Pink Fund** provides short-term financial aid to women and men in active treatment for breast cancer. Applicant must meet criteria to apply (see website).
877-234-7465 www.thepinkfund.org

The **Pink Daisy Project** provides short-term financial assistance, primarily with gift cards for meals, groceries, gas, housecleaning, and prescriptions, to women in active treatment for breast cancer. Preference given to women aged 45 or younger, single mothers, and women who're underinsured.
www.pinkdaisyproject.com

The **Rocky Mountain Cancer Assistance** provides financial assistance with basic living needs for cancer patients receiving treatment in Colorado.

www.rockymountcancerassistance.org

Team Julia is dedicated to advancing research for the cure of breast cancer and offering mercy to families afflicted by cancer of any kind. At this time, financial assistance is limited to individuals residing in Whatcom County, Washington.

360-223-6525 www.teamjulia.org

GENERAL HEALTH:

The **Ability Center** seeks to provide accessible, affordable, and inclusive athletic, fitness, and recreation programs to children and adults with physical and/or intellectual disabilities in a positive and empowering environment, focusing on abilities, not disabilities. Located in Milwaukee, WI.

262-385-5738 www.tacwi.org

The **Black Women's Health Imperative** works to advance health equity and social justice for Black women across the lifespan.

202-548-4000 www.blackwomenshealth.org

The **Centers for Disease Control and Prevention** provides a wide array of health-related information by topic area.

800-232-4636 www.cdc.gov

Choosemyplate.gov provides information and resources for healthy eating, weight loss, and physical activity.

www.choosemyplate.gov

Eatright.org provides healthy nutrition information and resources for consumers and nutrition professionals.

www.eatright.org

Hungry Girl provides multimedia information, resources, and recipes for healthy eating and weight loss.

818-325-2000 www.hungry-girl.com

The **Mautner Project** is dedicated to improving the health of women who partner with women, including lesbian, bisexual, and transgender individuals, through support, education, and advocacy.

202-332-5536 www.mautnerproject.org

Medline Plus provides health information to patients and healthcare professionals.

www.nlm.nih.gov/medlineplus

The **National Association of Free and Charitable Clinics** provides support for free and charitable clinics and links individuals to clinics in their region.

703-647-7427 www.nafcclinics.org

The **National Cancer Institute (NCI)** is part of the National Institutes of Health (NIH). The NCI is the federal government's principal agency for cancer research and training. Offers Adolescent and Young Adult portal.

800-422-6237 www.cancer.gov

The **National Center for Complementary and Alternative Medicine**, part of the National Institutes of Health, conducts and supports research and provides information about complementary health products and practices.

888-644-6226 / 866-464-3615 (for deaf and hard-of-hearing) www.nccam.nih.gov

The **National Human Genome Research Institute** provides information related to genetics and genomics.

www.genome.gov

The **National Institute of Health Guide to Clinical Research Trials** provides information about and how to find clinical trials.

www.nih.gov/health/clinicaltrial

The **National Organization for Rare Disorders (NORD)** is dedicated to helping people with rare diseases and assisting the organizations that serve them.
800-999-6673 www.rarediseases.org

Nutrition.gov provides online access to government information on food and human nutrition for consumers.
www.nutrition.gov

Nutritionfacts.org provides the latest information and research about nutrition-related topics.
www.nutritionfacts.org

Oncolink provides cancer resources for patients and healthcare professionals.
www.oncolink.org

The **Urology Care Foundation** supports research and education, and offers support to those who have or may be at risk for a urologic disease or disorder.
800-828-7866 www.urologyhealth.org

The **Veterans Health Administration** provides health-related information and resources for US veterans.
800-273-8255(press1) www.va.gov/health

WebMD provides valuable health information, tools for managing your health, and support to those who seek information.
www.webmd.com

3 Steps Forward is an on-line tool, developed by the Centers for Disease Control and Prevention, to help cancer patients prevent infections.
www.preventcancerinfections.org

GRIEF SUPPORT AND HOSPICE:

Annie's Hope provides support services for children, teens, and their families who are grieving the death of someone significant.
314-965-5015 www.annieshope.org

BJC Hospice provides professional care to individuals of all ages who have a physician-determined six-month prognosis, and to their families. Offers grief support retreats and camps for children, teens, and adults.
888-252-4663 www.bjchospice.org

The **Fern and Russell F. de Greeff Hospice House** serves terminally-ill individuals in hospice care, especially those who have no one to care for them at home.
314-268-4669 / 800-554-9550 www.stanthonysmedcenter.com/hospice/deGreeff.asp

The **Hospice Education Institute** assists individuals and organizations interested in improving and expanding hospice and palliative care.
800-331-1620 www.hospiceworld.org

The **Kids' Clubhouse** provides support to children, teens and their parents as they cope with the death of someone special.
314-721-1144 www.kidsclubhouse.org

TRANSPORTATION AND LODGING:

The **Air Charity Network** provides free air transportation to people in need, specifically those dealing with health, family, or community crises.
877-621-7177 www.aircharitynetwork.org

Angel Flight provides free air transportation to people with medical needs. Primarily serves heartland region.
918-749-8992 www.angelflight.com

The **Corporate Angel Network** arranges free air transportation for people traveling for medical treatment, using empty seats on corporate planes.
866-328-1313 www.corpangelnetwork.org

Haven House offers housing and a community of support for individuals and families traveling to St. Louis for medical care.
314-434-5858 www.havenhousestl.org

Hope Lodge, of the American Cancer Society, provides free housing to cancer patients traveling to St. Louis for treatment.
314-286-8150

Joe's House helps cancer patients and their families find lodging near treatment centers.
877-563-7468 www.joeshouse.org

The **National Patient Travel Center** provides information about all charitable, long distance, medical air transportation and referrals to sources of help within this network.
800-296-1217 www.patienttravel.org

Ronald McDonald Houses are places where out-of-town families can stay while their children are being treated for a serious illness.
630-623-7048 www.rmhc.org

*Updated 08/2014
Contact ywbcp@wudosis.wustl.edu with updates or for more information*

[Insert Practice Name/Info Here]

The Treatment Plan and Summary is a brief record of major aspects of cancer treatment. This is not a complete patient history or comprehensive record of intended therapies.

| | | | |
|--|--|-------------------------------|-----------------------|
| Patient name: | | Patient ID: | |
| Medical oncology provider name: | | | PCP: |
| Patient DOB: (/ /) | | Age: | Patient phone: |
| Support contact name: | | | |
| Support contact relationship: | | Support contact phone: | |

BACKGROUND INFORMATION

Symptoms/signs:

Family history/predisposing conditions:

Major co-morbid conditions:

Tobacco use: No Yes, past Yes, current (If current, cessation counseling provided?: Yes No)

Cancer type/location: **Diagnosis date:** (/ /)

Is this a new cancer diagnosis or recurrence?: New Recurrence (date: / /)

Surgery: None Diagnosis only Palliative resection Curative resection

Surgical procedure/location/findings:

Tumor type/histology/grade:

STAGING

| Study | Date | Findings |
|-------|------|----------|
| | | |
| | | |
| | | |
| | | |

T stage: T1 T2 T3 T4 Not applicable **N stage:** N0 N1 N2 N3 Not applicable

M stage: M0 M1 Not applicable **Tumor markers:**

Stage: I II III IV Recurrence Alternative staging system:

Location(s) of metastasis or recurrence (if applicable):

| TREATMENT PLAN | TREATMENT SUMMARY |
|----------------|-------------------|
|----------------|-------------------|

White sections to be completed prior to chemotherapy administration, shaded sections following chemotherapy

| | | |
|---|--|---|
| Height: in/cm | Pre-treatment weight: lb/kg | Post-treatment weight: lb/kg |
| Pre-treatment BSA: | Treatment on clinical trial: <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Name of chemotherapy regimen: | | |
| Chemotherapy start date: (/ /) | | Chemotherapy end date: (/ /) |
| Chemotherapy intent: <input type="checkbox"/> Curative, adjuvant or neoadjuvant <input type="checkbox"/> Disease or symptom control | | |
| ECOG performance status at start of treatment: <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 | | ECOG performance status at end of treatment: <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 |

| Chemotherapy Drug Name | Route | Dose mg/m ² | Schedule | Dose reduction | # cycles administered |
|------------------------|-------|------------------------|----------|---|-----------------------|
| | | | | <input type="checkbox"/> Yes % <input type="checkbox"/> No | |
| | | | | <input type="checkbox"/> Yes % <input type="checkbox"/> No | |
| | | | | <input type="checkbox"/> Yes % <input type="checkbox"/> No | |
| | | | | <input type="checkbox"/> Yes % <input type="checkbox"/> No | |
| | | | | <input type="checkbox"/> Yes % <input type="checkbox"/> No | |
| | | | | <input type="checkbox"/> Yes % <input type="checkbox"/> No | |

Major side effects of this regimen: Hair loss Nausea/Vomiting Neuropathy Low blood count Fatigue
 Menopause symptoms Cardiac Other

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 Important caution: this is a summary document whose purpose is to review the highlights of the cancer treatment for this patient. This does not replace information available in the medical record, a complete medical history provided by the patient, examination and diagnostic information, or educational materials that describe strategies for coping with cancer and cancer therapies in detail. Both medical science and an individual's health care needs change, and therefore this document is current only as of the date of preparation. This summary document does not prescribe or recommend any particular medical treatment or care for cancer or any other disease and does not substitute for the independent medical judgment of the treating professional.

[Insert Practice Name/Info Here]

The Treatment Plan and Summary is a brief record of major aspects of cancer treatment. This is not a complete patient history or comprehensive record of intended therapies.

| TREATMENT PLAN (CONTINUED) | | | TREATMENT SUMMARY (CONTINUED) |
|-----------------------------|-------|--------------|-------------------------------|
| Non-chemotherapeutic Agents | Route | Purpose/Goal | Comments |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

| | |
|---|--|
| Reason for stopping treatment: <input type="checkbox"/> Completion <input type="checkbox"/> Toxicity <input type="checkbox"/> Progression <input type="checkbox"/> Other | Response to treatment: <input type="checkbox"/> Complete <input type="checkbox"/> Partial <input type="checkbox"/> No response <input type="checkbox"/> Progression <input type="checkbox"/> Not measurable |
| Treatment-related hospitalization required: <input type="checkbox"/> Yes <input type="checkbox"/> No | Serious toxicities during treatment (list all): |

Ongoing toxicity at completion of treatment:
 Yes (enter type(s) and grade(s))
 No

| ADDITIONAL THERAPIES PLANNED | | |
|------------------------------|----------|----------------------------|
| Drug name | Comments | Date started (or to start) |
| | | (/ /) |
| | | (/ /) |
| | | (/ /) |

Radiation therapy: Not planned
 Planned
 Administered

Region treated: Radiation dose:
Date initiated: (/ /) Date completed: (/ /)

| SURVIVORSHIP CARE PROVIDER CONTACTS | |
|--|--|
| Provider: Name: Contact Info: | Provider: Name: Contact Info: |
| Provider: Name: Contact Info: | Provider: Name: Contact Info: |
| Provider: Name: Contact Info: | Provider: Name: Contact Info: |
| Provider: Name: Contact Info: | Provider: Name: Contact Info: |

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 Important caution: this is a summary document whose purpose is to review the highlights of the cancer treatment for this patient. This does not replace information available in the medical record, a complete medical history provided by the patient, examination and diagnostic information, or educational materials that describe strategies for coping with cancer and cancer therapies in detail. Both medical science and an individual's health care needs change, and therefore this document is current only as of the date of preparation. This summary document does not prescribe or recommend any particular medical treatment or care for cancer or any other disease and does not substitute for the independent medical judgment of the treating professional.

[Insert Practice Name/Info Here]

The Treatment Plan and Summary is a brief record of major aspects of cancer treatment. This is not a complete patient history or comprehensive record of intended therapies.

FOLLOW-UP AND SURVIVORSHIP CARE

| Follow up care | When/How Often? | Coordinating Provider |
|-------------------------|-----------------|-----------------------|
| Medical oncology visits | | |
| Lab tests | | |
| Imaging | | |
| | | |

Potential late effects of treatment(s):

Call your doctor if you have any of these signs and symptoms:

- Needs or concerns:**
- Prevention and wellness:
 - Genetic risk:
 - Emotional or mental health:
 - Personal relationships:
 - Fertility:
 - Financial advice or assistance:
 - Other:

- Referrals provided:**
- Dietician
 - Smoking cessation counselor
 - Physical therapist or exercise specialist
 - Genetic counselor
 - Psychiatrist
 - Psychologist
 - Social worker
 - Fertility specialist or endocrinologist
 - Other:

Comments

FAMILY HISTORY FORM

The Hereditary Cancer Program at Washington University School of Medicine

On the next page there is an example of a **family history form**. The following pages contain a blank form for you to complete **your family history** and a **table** to document your family members' names and medical conditions. The numbers on the family history table are used to specify individual family members on the family history form.

Your family cancer history and your personal health history are used to determine your cancer risk and/or chance your family has hereditary cancer. Knowing your extended family history helps to provide a better estimation of your risk.

Ask the following questions for family members who have been diagnosed with cancer:

- Where did the cancer start, or, what was the specific cancer type (for example, colon cancer)?
- About what age was the person diagnosed?
- Did the family member have more than one type of cancer? Do not include a cancer that spread to another part of the body.
- Did any family member have genetic testing? What gene(s) was tested and what were the specific results? Will your family member share a copy of the genetic testing results?

Your Family History Form and Family Members Table can be copied and shared with your children, other family members, and your doctors.

Instructions for completing your family history form – see example family history

Circles stand for females and squares stand for males.

- Start at the bottom of the form and draw a circle or a square for yourself.
- Add your sisters and brothers along the connecting line, next to you.
- Children should be drawn on lines directly below their parents.
- Take the same steps for your mother's siblings and your father's siblings. Include your cousins.
- Do the same thing for your grandparents and their siblings, if you know this information.

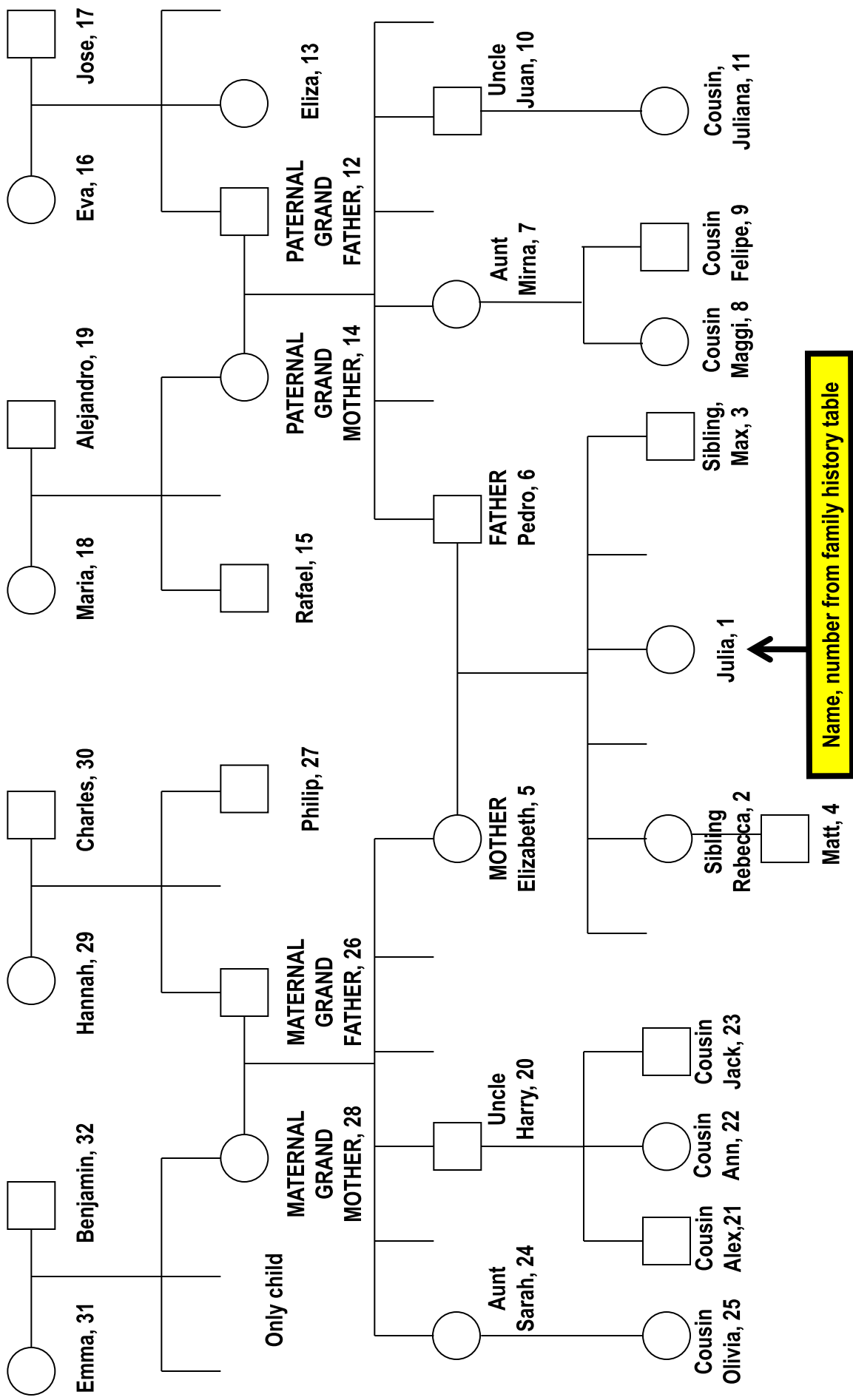
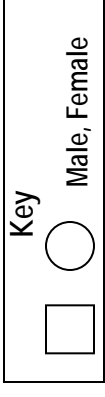
Family Member table

- List your family members including their cancer history or other important medical illnesses or conditions on the family history table.
- Give yourself the number 1 on the table.
- Each family member should have her or his own number.
- Write the family member's name next to the number on the table.
- Write the family member's history of cancer or other medical conditions.
- If the family member has passed away, write the age at death and cause of death, if you have this information.

Questions?

Contact a **genetic counselor** in the Hereditary Cancer Program at Washington University with any questions about your family cancer history or how to complete this form. **314-454-6093, option 1.**

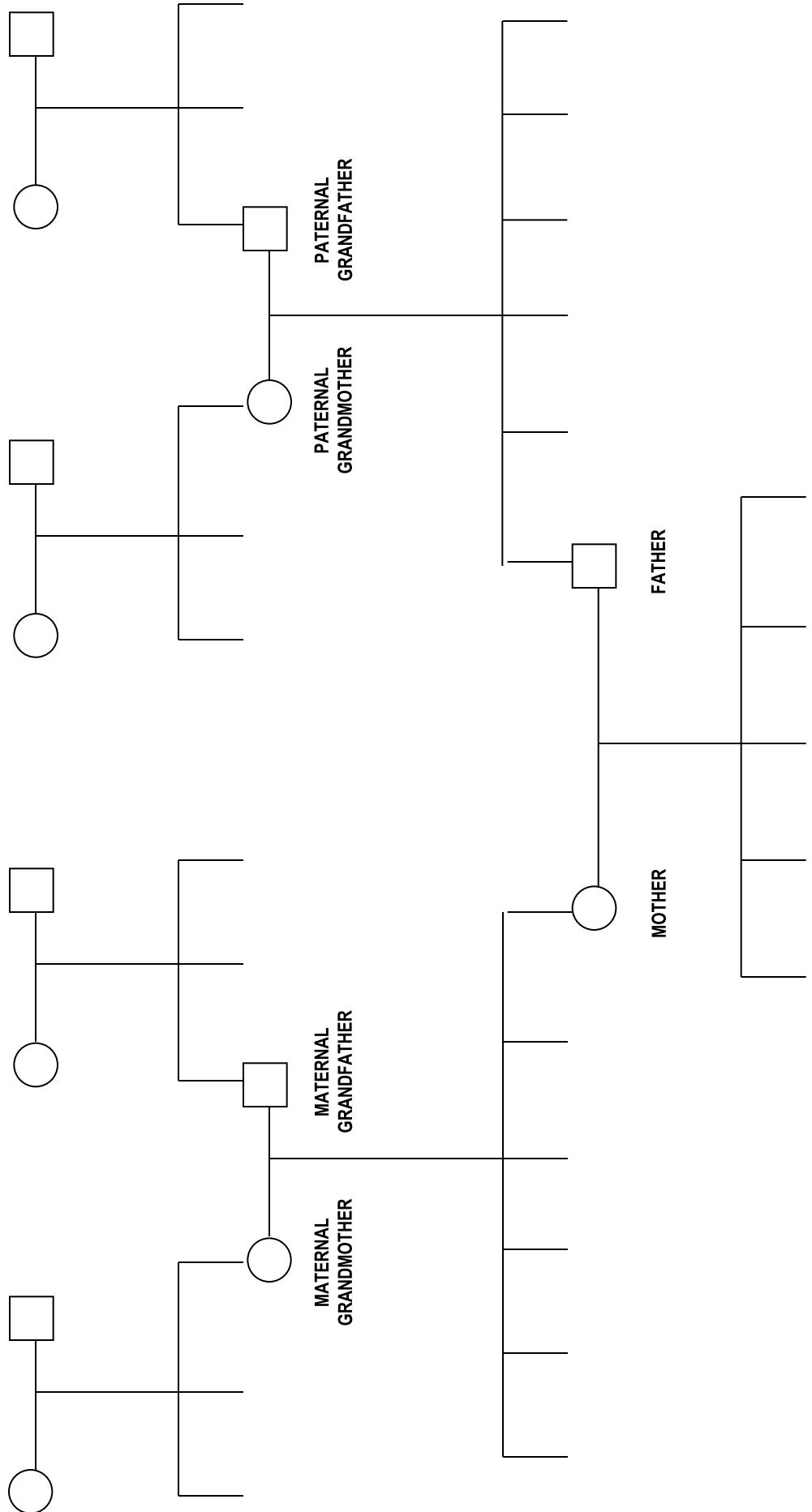
Family History Form -- EXAMPLE



Name, number from family history table

Family History Form

Your Name: _____
Date of Birth: _____
Appointment Date: _____



FAMILY HISTORY TABLE

| No. | Family member name | Type of cancer, health problems, serious illnesses, or birth defects | Age at death and cause of death |
|-----|--------------------|--|---------------------------------|
| | <i>Example</i> | <i>Breast cancer at 32; endometriosis</i> | <i>Still living</i> |
| 1 | Me - | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |

FAMILY HISTORY TABLE – page 2

| No. | Family member name | Type of cancer, health problems, serious illnesses, or birth defects | Age at death and cause of death |
|-----|--------------------|--|---------------------------------|
| 21 | | | |
| 22 | | | |
| 23 | | | |
| 24 | | | |
| 25 | | | |
| 26 | | | |
| 27 | | | |
| 28 | | | |
| 29 | | | |
| 30 | | | |
| 31 | | | |
| 32 | | | |
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| 36 | | | |
| 37 | | | |
| 38 | | | |
| 39 | | | |
| 40 | | | |

