



COLON CANCER RESOURCE GUIDE



A guide for patients,
survivors, caregivers
and practitioners in
the St. Louis Metro
and Metro-East areas



**Siteman Cancer Center
at Barnes-Jewish Hospital and
Washington University School of Medicine**

660 South Euclid Ave., Box 8100

St. Louis, MO 63110

Web: siteman.wustl.edu

**Siteman Cancer Center
at Barnes-Jewish St. Peters Hospital**

150 Entrance Way, St. Peters, MO 63376

Web: sitemanstpeters.wustl.edu

**Siteman Cancer Center
at Barnes-Jewish West County Hospital**

10 Barnes West Drive, Medical Office Building 2

Creve Coeur, MO 63141

Web: sitemanwest.wustl.edu

Siteman Cancer Center-South County

5225 Midamerica Plaza

St. Louis, MO 63129

(I-55 & Butler Hill Road)

Web: sitemansouth.wustl.edu

Phone: 314-747-7222

Toll Free: 800-600-3606

E-mail: siteman@wudosis.wustl.edu

A NATIONAL CANCER INSTITUTE COMPREHENSIVE CANCER CENTER



Program for the Elimination of Cancer Disparities (PECaD)

VISION:

Doctors, researchers and community members partnering to end cancer disparities

GOAL:

Through our community partnerships, we work to develop outreach and education, research, and training strategies that will foster healthy communities and environments less burdened by cancer disparities.



OUTREACH AND EDUCATION:

Sharing health information with our community

CUTTING-EDGE RESEARCH:

Making a difference in hospitals and in our communities

MENTORING:

Training young researchers in community-based research methods

To find out how you can get involved, visit
www.siteman.wustl.edu/pecad.aspx

What is a cancer disparity?

When one group of people in a population gets or dies from cancer more often, when compared with other groups.

In this region, some groups of people are more likely to die from breast, colorectal, prostate, lung, and cervical cancers compared to the general population.

This includes:

- Racial and ethnic minorities
- People who have low income
- People who have less than a high school education

Reasons why cancer disparities happen are complex.

Some include:

- Access to care
- Access to healthful resources
- Social norms
- Individual behaviors
- The environment
- Genetics, and more

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Please Note: The details provided in the guide were up-to-date as of January 2015, but content is subject to change. Please double check hours of operation, addresses, etc. before making plans. This guide was aimed to be inclusive, but some resources may have been left out.

Introduction

Welcome to PECaD's Colorectal Cancer Community Partnership's (CCCCP) Community Resource Guide. The goal of the CCCC is to discuss and develop ways to reduce the burden of colon cancer among people in the St. Louis area. We are able to do this through our partnership with PECaD, the Program for the Elimination of Cancer Disparities at Washington University in st. Louis.

In preparing this guide, we gathered information and observations from health care professionals working to help patients, survivors, caregivers and practitioners in the St. Louis Metro and Metro-East areas. This resource guide is written to help you find colon cancer screening, treatment, and survivorship resources in the St. Louis Metro and Metro-East areas.

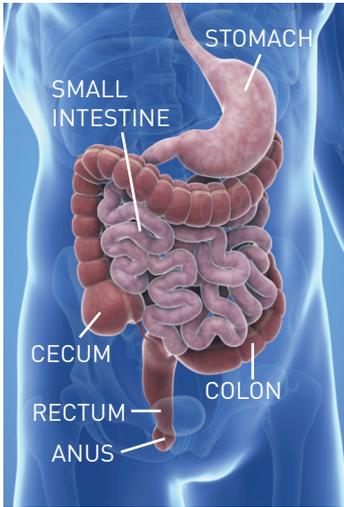
Whether it is for yourself or someone you care about, we hope this guide will help you. On behalf of the CCCC, I thank you for taking the active step in learning more about colon cancer. By picking up this guide and reading through it, you are being an active participant in your health!

Kindest Regards,



Aimee James, PhD, MPH
Associate Professor
Division of Public Health Sciences
Department of Surgery
Washington University School of Medicine

Colon Cancer: The Basics



Each year, nearly 150,000 Americans are diagnosed with colon cancer (American Cancer Society, 2014). It is the second leading cancer killer of men and women in the U.S., yet few people know about it or feel comfortable talking about it. However, it is important to talk about colon cancer: when it is caught early, most people survive their cancer.

Put simply, colon cancer is cancer of the colon or rectum. We will refer to these both as “colon cancer” in this book. The colon and rectum help the body digest food. They hold waste until

it passes out of the body. Colon cancer starts as a growth on the lining of the colon or rectum. The growth is called a polyp (pronounced like paw-lip). Over time, some polyps may develop into cancer.

Know the Risk Factors for Colon Cancer

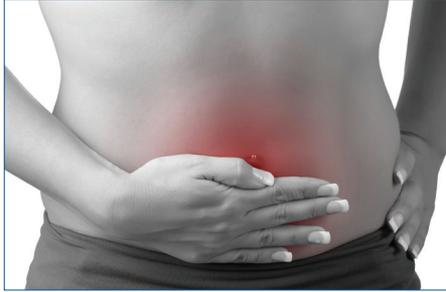
Anything that increases your chance of getting a disease is called a risk factor. A risk factor does not mean that you will get the disease; it just means you have a higher chance. Risk factors for colon cancer include the following:

- Being over the age of 50
- A family history of cancer of the colon or rectum
- Certain hereditary conditions, such as familial adenomatous polyposis and hereditary nonpolyposis colon cancer (also known as Lynch Syndrome)
- A history of ulcerative colitis (ulcers in the lining of the large intestine) or Crohn’s disease
- A personal history of cancer of the colon or rectum

Many People Do Not Have Symptoms

A lot of people with colon cancer do not have symptoms in the early stages of the disease. However, if symptoms appear they could include:

- A change in bowel habits
- Blood (either bright red or very dark) in the stool
- Diarrhea, constipation, or feeling that the bowel does not empty all the way
- Stools that are narrower than usual
- Frequent gas pains, bloating, fullness, or cramps
- Weight loss for no known reason
- Feeling very tired
- Vomiting



These symptoms could mean a lot of different things, so that is why it is important to talk to a doctor.

Want to Know More?

Here are some helpful places for more information:

The American Cancer Society: cancer.org; 1-800-227-2345

Siteman Cancer Center: siteman.wustl.edu; 1-800-600-3606

National Cancer Institute: cancer.gov; 1-800-422-6237

Program for the Elimination of Cancer Disparities (PECaD):
pecad@wudosis.wustl.edu; 314-747-4611

Colon Cancer Screening Options

Screening tests look for a disease even if a person does not have symptoms. Colon cancer is one of the few cancers that can be found through screening. Screening tests can find polyps. A polyp is a growth on the lining of your colon or rectum. A doctor can remove polyps before they could turn into cancer. Screening can also find colon cancer early. Treatment is most effective when colon cancer is found early.

Most people should start getting screened for colon cancer at age 50. People with a family history of polyps or colon cancer may need to get screened before they turn 50.

You have several choices for getting screened. The first place to start is to talk to your doctor or health care provider. The most common screening tests are:

For a list of community health clinics that see patients that are uninsured or have Medicaid/Medicare, see pages 7–12.

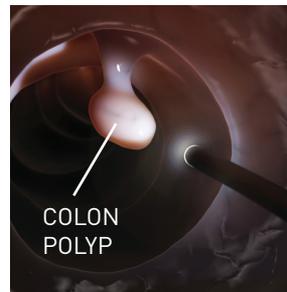
Fecal Occult Blood Test (FOBT): A test to check stool (solid waste) for blood that cannot be seen by the human eye. Small samples of stool are placed on special cards. Then the cards are returned to the doctor or laboratory for testing. A similar test is called the Fecal Immunochemical Test (FIT or iFOBT). You can get these tests from a primary care doctor. These tests need to be done every year.

Note: For the following tests, it's important that your colon is properly cleaned. There are different preparations. Make sure to follow your doctor's directions.

Sigmoidoscopy: A procedure to look inside the rectum and the first part of the colon. A sigmoidoscope is a thin, tube-like instrument. It has a light and a lens for viewing the rectum and colon. This is inserted through the rectum into the colon. A sigmoidoscopy needs to be done every 5 to 10 years.



Colonoscopy: A procedure which looks inside the rectum and the entire colon. A colonoscope is a long and lighted tube. This is used to look at the inside of the rectum and entire colon. The doctor removes polyps that may be found. You need to see a specialist to get a colonoscopy. If you do not have polyps, you can wait 10 years before your next colonoscopy. If you do have polyps, you may need to be checked sooner.



Other tests you may have heard of:

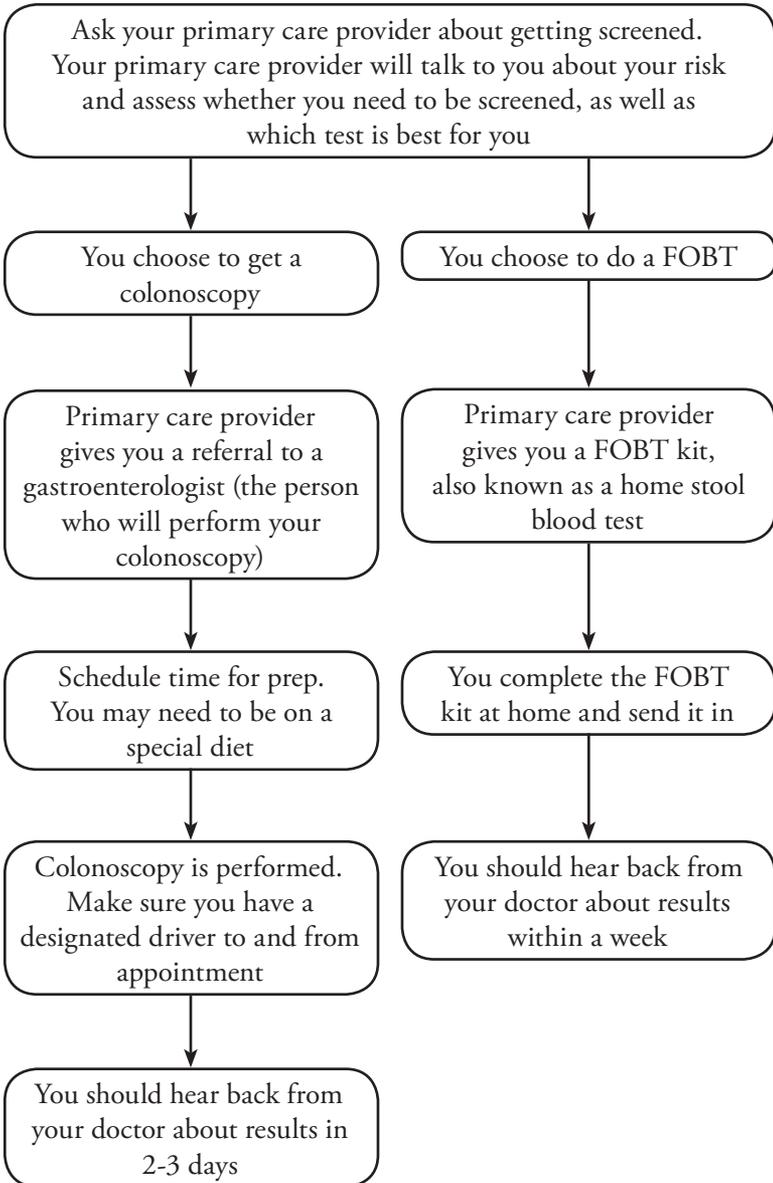
Barium Enema

Virtual Colonoscopy

Check with your doctor to discuss which test is best for you.

Screening Process Breakdown

Navigating the healthcare system can often be tough. We developed a quick guide on what you can expect when getting screened for colon cancer.



Community Health Centers

** Note: Community Health Centers are places you can go to if you are uninsured, on Medicaid/Medicare, or if you have insurance. Most use a sliding scale fee. Community health centers can provide you a FOBT or give you a referral for a gastroenterologist.*

Betty Jean Kerr People's Health Centers **phcenters.org**

Central Health Center

5701 Delmar Blvd.
St. Louis, MO 63112
314-367-7848

Hours: Mon, Wed, Thu, Fri 8 a.m. – 5 p.m.;
Tue 8 a.m. – 7 p.m.

North Site Health Center

11642 W. Florissant Ave.
St. Louis, MO 63033
314-838-8220

Hours: Mon, Tue, Thu, Fri 8a.m. – 5 p.m.;
Wed 8 a.m. – 8 p.m.

West Site Health Center

7200 Manchester Rd.
St. Louis, MO 63143
314-781-9162

Hours: Mon, Tue, Wed, Fri 8 a.m.- 5 p.m.;
Thu 11 a.m.- 8 p.m.

Crider Health Centers
cridercenter.org

Warrenton Health Center

19515 Brune Parkway
Warrenton, MO 63383
636-456-1500

Hours: Mon, Tue, Thu, Fri 8:30 a.m.-4 p.m.;
Wed 10 a.m.-6p.m.

Wentzville Health Center

1032 Crosswinds Court
Wentzville, MO 63385
636-332-6000

Hours: Mon, Tue, Thu, Fri 8 a.m.-5 p.m.;
Wed 10 a.m.-6p.m.

FAMILY CARE HEALTH CENTERS
fchstl.org

Carondelet Health Center

401 Holy Hills Avenue
St. Louis, MO 63111
314-353-5190

Hours: Mon, Wed, Fri 8a.m.-5p.m.;
Tue, Thu 8 a.m. – 7 p.m.; Sat 9 a.m.- 12 p.m. (every other Saturday)

Forest Park Southeast Health Center

4352 Manchester Avenue
St. Louis, MO 63110
314-531-5444

Hours: Mon- Fri 8:30 a.m.-5 p.m.
Sat 9 a.m.- 1 p.m. Free clinic open Saturdays. Call the Friday before for Saturday availability.

GRACE HILL NEIGHBORHOOD HEALTH CENTERS
gracehill.org

South Health Center

3930 S. Broadway
St. Louis, MO. 63118
314-898-1999

Hours: Mon, Tue, Thu, Fri
8:30 a.m. – 5:30 p.m.; Wed 10 a.m.- 7 p.m.

Murphy-O’Fallon Health Center

1717 Biddle Street
St. Louis, MO 63106
314-814-8585

Hours: Mon, Tue, Thu, Fri
8:30 a.m. – 5:30 p.m.; Wed 10 a.m.- 7 p.m.

Soulard Benton Health Center

2220 Lemp Avenue
St. Louis, MO 63104
314-814-8680

Hours: Mon, Tue, Thu, Fri
8:30 a.m. – 5:30 p.m.;
Wed 10 a.m.- 7 p.m.; Sat 9 a.m. -1 p.m.

Water Tower Health Center

4308 North Grand
St. Louis, MO 63107
314-898-1717

Hours: Mon, Tue, Thu, Fri
8:30 a.m. – 5:30 p.m.;
Wed 10 a.m.- 7 p.m.

Myrtle Hilliard Davis Comprehensive Health Center
mhdchc.org

Comprehensive 1 Health Center

5471 Dr. Martin Luther King Dr.
St. Louis, MO 63112
314-367-5820

Hours: Mon- Fri 8 a.m.- 5 p.m.

Florence Hill Health Center

5541 Riverview Blvd.
St. Louis, MO 63120
314-389-4566

Hours: Mon- Fri 8 a.m.- 5 p.m.

Homer G. Phillips Health Center

2425 N. Whittier Ave.
St. Louis, MO 63113
314-371-3100

Hours: Mon- Fri 8 a.m.- 5 p.m.

Southern Illinois Healthcare Foundation
sihf.org

** Multiple sites including:*

Cahokia Health Center

818 Upper Cahokia Road
Cahokia, IL 62206
618-337-2597

Hours: Mon- Fri 8:30 a.m.-5 p.m.

East St. Louis Health Center

2001 State Street
East St. Louis, IL 62205
618-271 -0207

Hours: Mon- Fri 8:30 a.m. – 5 p.m.

Fairmont City Health Center

2568 North 41st Street
Fairmont City, IL 62201
618-482-4015

Hours: 8:30 a.m.- 5 p.m.

McKinley Health Center

2166 Madison Avenue
Granite City, IL 62040
618-452-1129

Hours: Mon-Fri 8 a.m. – 5 p.m.

St. Louis County Health Center
stlouisco.com

North Central Community Health Center

4000 Jennings Station Rd.

Pine Lawn, MO 63121

314-679-7800

Hours: Mon, Tue, Thu, Fri 8 a.m.-5 p.m.;

Wed 8 a.m.-6p.m.

South County Health Center

4580 South Lindbergh Blvd.

Sunset Hills, MO 63127

314-615-0400

Hours: Mon, Wed, Thu, Fri 8 a.m.-5 p.m.; Tue 8 a.m.-6 p.m.

Colon Cancer Screening

Barnes-Jewish Hospital
barnes-jewish.org

Center for Advanced Medicine

4921 Parkview Place
10th floor Suite B (Endoscopy Center)
Saint Louis, MO 63110
Phone: 314-747-2075

Hours: Mon-Fri 8 a.m. to 3 p.m.

- Medicaid and Medicare accepted
- Uninsured patients are accepted but they must agree to assume all financial responsibility of procedure. Financial assistance available for those who qualify

Christian Hospital
christianhospital.org

Gastroenterology Lab

11155 Dunn Rd.
St. Louis, MO 63136
Phone: 314-653-5133

Hours: Mon-Fri 7 a.m. to 4 p.m.

- Patient cannot schedule procedure directly, must be referred by a doctor
- Medicare and Medicaid accepted
- Uninsured patients must make financial arrangements before procedure

Gateway Digestive and Liver Center, LLC

5621 Delmar Blvd, Suite 108 B
St. Louis, MO 63112
314-454-6903

Hours: Mon-Fri 9 a.m. to 5 p.m.

- Medicare and Medicaid accepted
- Uninsured patients are discounted and encouraged to apply for financial assistance

Mercy Hospital **mercy.net**

Mercy Clinic Gastroenterology

3844 S. Lindbergh Blvd., Suite 160
St. Louis, MO 63127
Phone: 314-698-2400

Procedure Hours: Mon 3 -5 p.m.,
Wed 3- 7 p.m., Fri 1:30-4:30 p.m.

- Medicaid and Medicare accepted
- Uninsured patients are first referred to community health clinics

Saint Louis University Care **slucare.edu**

Endoscopy Center

3635 Vista Ave., 10th Floor
St. Louis, MO 63110
Phone: 314-577-8058

Hours: Mon-Fri 7 a.m. to 3:30 p.m.

- Medicaid and Medicare accepted
- Uninsured patients are referred to the financial assistance department

SSM Health Care
ssmhc.com

GI Department

6400 Clayton Road
Suite 216
St. Louis, MO 63117
Phone: 314-646-7848

Hours: Mon-Fri 9 a.m.-4:30 p.m.

- Medicaid and Medicare accepted
- Uninsured patients are billed up to 40% discount, with payment plans available

St. Alexius Hospital
stalexiushospital.com

3933 S. Broadway
St. Louis, MO 63118
314-85-7000

Hours: Mon-Fri 10 a.m.-5 p.m.

- Medicaid and Medicare accepted
- Uninsured patients are accepted on a case-by-case basis; patient must agree to take on financial responsibility of procedure

St. Anthony's Medical Center
stanthonysmedcenter.com

Endoscopy Center

10010 Kennerly Road
St. Louis, MO 63128
314-525-4210

Hours: Mon-Fri 6 a.m.-6:30 p.m.,
Sat 6 a.m.-2:30 p.m.

- Most accept Medicaid and Medicare
- Most doctors who work in the hospital accept uninsured patients

St. Luke's Hospital
stlukes-stl.com

Gateway Gastroenterology

121 St. Luke's Center Drive, Suite 406
Chesterfield, MO.
314-432-5900

Hours: Mon- Fri 8 a.m.- 4p.m.

- Medicaid and Medicare accepted
- Patients that are uninsured can work out a payment plan

Touchette Regional Hospital
touchette.org

Gastrointestinal Lab

5900 Bond Ave.
Centreville, IL
618-857-2700

Hours: 8:30 a.m. to 5 p.m.

- Medicare and Medicaid accepted
- Uninsured patients are welcome to apply for a financial assistance

Washington University School Of Medicine
colonrectalsurg.wustl.edu

Center for Advanced Medicine

4921 Parkview Place, Suite 8C (Colon and Rectal Surgery)
Saint Louis, MO
314-454-7177

Hours: Mon-Fri 8:30 a.m.-4 p.m.

- Medicaid and Medicare accepted
- Uninsured patients are accepted but they must agree to assume all financial responsibility of procedure. Financial assistance is available for those who qualify

Medical Treatment

Christian Hospital Cancer Resource Center christianhospital.org

11125 Dunn Road, Professional Office Building 2, Suite 110
St. Louis, MO 63136
314-653-5905

Through a comprehensive program of cancer education, early detection, advanced treatment and follow-up care, patients benefit from up-to-date care. The cancer program is accredited by The American College of Surgeons Commission on Cancer.

Mercy Hospital David C. Pratt Cancer Center mercy.net

607 S. New Ballas Road, Suite 1440
St. Louis, MO 63141
314-251-4800

The David C. Pratt Cancer Center is accredited with commendation by the Commission on Cancer of the American College of Surgeons, a distinction given to only one in five health care facilities in the country. The Center also participates in clinical studies for every major type of cancer, giving patients access to the latest therapies.

**Siteman Cancer Center at Barnes-Jewish Hospital and
Washington University School of Medicine**
siteman.wustl.edu

660 South Euclid Avenue
St. Louis, MO 63110-1010
314-747-7222

Certain institutions are recognized as Comprehensive Cancer Centers by the National Cancer Institute (NCI). These centers have been rigorously reviewed by the National Cancer Advisory Board. Currently, the Siteman Cancer Center is the only program in the state of Missouri to be formally recognized by the NCI for their world-class leadership in clinical care, research and community outreach.

St. Anthony's Cancer Care Center St. Louis
stanthonysmedcenter.com

10010 Kennerly Road
St. Louis, MO 63128
314-525-1000

St. Anthony's Cancer Care Center offers cancer care to people in St. Louis and beyond. Led by a team of cancer physicians with a passion for the battle against cancer, the Cancer Care Center offers coordinated and comprehensive services, including cancer treatment services, patient support services, and clinical cancer trials.

Support During and After Treatment

Peer Support Groups

Cancer Support Community of Greater St. Louis cancersupportstl.org

1058 Old Des Peres Rd.
St. Louis, MO 63131
314-238-2000

Second Monday, each month 6:30-8 p.m.

Designed for those affected by colon, esophageal, gastric (stomach), liver, gallbladder, GIST, and bladder cancers, this group provides a forum for discussion and education on sensitive issues associated with these cancers, such as managing ostomies, lifestyle changes, body image, sleep, diet, post-surgery issues, etc. Family and friends welcome.

- Drop-ins welcome; no reservation necessary.
- Sessions are free

Survivor Monthly Networking Group

Fourth Thursday each month 6:30 – 8 p.m.

When treatment ends, many cancer survivors are surprised to find that they need an opportunity to discuss transition from active treatment to a post-treatment life. This group will be open to adult survivors of any cancer diagnosis who have completed active treatment. A guest speaker will be present every other month. Speakers will address the many issues related to survivorship. Discussion will follow.

- Participants are encouraged to call in advance
- Sessions are free

Weekly Support Groups for Cancer Patients

These groups offer people with a cancer diagnosis who are in active treatment an opportunity to share thoughts, feelings, and information.

Together, group participants experience warmth, understanding, support, and learn how to manage stress.

- These groups require a short preparation meeting in advance.
- Call 314-238-2000 for schedule
- Sessions are free

Cancer Hope Network

1-800-552-4366

cancerhopenetwork.org

Email: info@cancerhopenetwork.org

Hours: Mon- Fri 7:30 a.m.-4:30 p.m.

Cancer Hope Network is a national non-profit organization that provides free and confidential one-on-one emotional support to cancer patients, their caregivers, and their family members. Cancer Hope Network matches cancer patients or family members with trained volunteer cancer survivors who themselves, have undergone and recovered from a similar cancer experience.

- Services are free

Colon Cancer Alliance

CCA Buddy Program

877-422-2030

ccalliance.org/volunteer/buddy_program.html

Email: info@ccalliance.org

The Colon Cancer Alliance's Buddy Program provides peer-to-peer support from those who have been there to new colon cancer patients and caregivers. Buddies are there to listen, offer support, and share their experiences. Buddies are matched based on stage of diagnosis, age, gender, and primary concerns.

- Services are free

CCA Facebook Page

<https://facebook.com/ColonCancerAlliance>

An online forum where newly diagnosed or survivors can get support.

- Services are free

My CCA Support

myccasupport.org/

An online support community where you can connect with thousands of people world wide that are affected by colon cancer.

- Services are free

O'Fallon First United Methodist Church

Cancer Companion Program
504 E. Hwy 50
O'Fallon IL 62269
618-628-8262
cancer-companions.org

Cancer Companions is a peer-led Christian cancer support group for anyone in cancer treatment, post treatment or their loved ones, offering encouragement, information, and connection many cancer families need. This is an outreach ministry open to the community. Ask for Ron Fontenot. For other Cancer Companion locations, visit the website or call 314-283-9007.

- Pre-registration is required
- Sessions are free

Siteman Cancer Center

Arts + Healthcare Program

Locations vary.
Sarah Colby 314-605-0519
siteman.wustl.edu.

The Arts + Healthcare Program offers creative arts activities to patients and their families. They work with admitted patients and caregivers by offering free writing and art classes through the Siteman Cancer Center. The Central West End office has an art room.

Financial Assistance

** Note: This section is for people who have already been diagnosed with cancer. If you are looking for help paying for medication, please see Medication Assistance section.*

Colon Cancer Alliance

Blue Note Fund
877-422-2030
ccalliance.org/bluenotefund/faq.html
Email: bluenotefund@ccalliance.org

The Blue Note Fund is a financial assistance program that provides one-time grants of \$300 to colon cancer patients in need. At this time, awards will only be given to patients in active treatment. Grants will be awarded based on need. The quarter deadlines are March 31, June 30, September 30, and December 31.

Patient Advocate Foundation Colorectal Care Line

866-657-8634
colorectalcareline.org
Email: CCL@patientadvocate.org

Patient Advocate Foundation's Colorectal CareLine is a patient/provider hotline designed to provide assistance to patients who have been diagnosed with colon cancer and are seeking education and access to care. The Colorectal CareLine also offers financial aid through the Financial Aid Fund for those diagnosed with colon cancer that need financial assistance.

CancerCare Co-Payment Assistance Foundation

866-552-6729; 212-601-9750

cancerarecopay.org

Email: information@cancerarecopay.org

CancerCare Co-Payment Assistance Foundation (CCAF) helps people afford the cost of co-payments for chemotherapy and targeted treatment drugs. They provide this assistance free of charge to ensure patient access to care and compliance with prescribed treatments.

Transportation Assistance

American Cancer Society

Road to Recovery Program
4207 Lindell Blvd
St. Louis, MO 63108
1-800-227-2345 (answered 24 hours)
cancer.org
Hours of Operation: 8 a.m. to 5 p.m. with some flexibility

The Road to Recovery program provides free transportation for cancer patients who are traveling for essential medical care related to a cancer diagnosis. This service is for cancer patients who have no means of transportation or are unable to drive themselves. Service is dependent on availability of drivers in the patient's area. This service is for cancer related appointments only; it can only be used for transportation to and from an appointment - non-appointment stops are not an option. At least 4 business days notice is required to request a ride. You must be ambulatory (able to walk) to use this service.

Express Medical Transporters, Inc.

6780 Southwest Ave.
St. Louis, MO 63143
314-781-6400
rideemt.com/home
Hours of Operation: 5 a.m.-6 p.m.

Express Medical Transporters, Inc. (EMT) provides transportation for a wide variety of clients including passengers in wheelchairs, seniors, the disabled and those requiring stretchers who don't need medical attention. EMT will assist you from home to the vehicle and back. Fees vary depending on the mileage.



Medical Transportation Management, Inc.

636-561-5686; 1-888-561-8747 (toll-free)

mtm-inc.net

Hours of Operation: Mon-Fri 9 a.m. to 5 p.m.

Medical Transportation Management (MTM) offers non-emergency medical transportation for older adults, disabled, underserved populations enrolled in state and county government programs such as Medicaid and Medicare+Choice Managed Care Organizations. You must be Medicaid eligible to qualify for this free service.

Missouri Care

1-800-695-5791

missouricare.com

Hours of Operation: 24 hours, 7 days a week

Missouri Care offers non-emergency medical transportation to members of MO Health Net. You must call to schedule at least 3 days in advance. This service is free with MO Health Net enrollment.

Peregrine Society

Transportation Program

2343 Hampton Ave.

St. Louis, MO 63139

314-781-6775

peregrinesoc.org

Hours of Operation: 8:30 a.m.- 4:15 p.m.

The St. Louis Peregrine Society is dedicated to improving the quality of life of cancer patients living in the St. Louis area. The Peregrine Society offers \$300 in cab transportation to and from radiation and chemotherapy treatments (not doctor's appointments). Registration is required ahead of time; processing of registration takes a couple of days. Once a patient is registered, he or she should allow 24 hours in advance to order a ride.

Nutrition & Food Assistance

Food Outreach

3117 Olive St.
St. Louis, MO 63103
314-652-3663
foodoutreach.org



Food Outreach is a non-profit organization that provides nutritional support to low-income men, women and children living with cancer or HIV/AIDS. An on-staff registered dietitian works closely with the on-staff chef to develop menus that focus on the nutritional needs of individuals with compromised immune systems. In addition to nutritional counseling, clients undergoing cancer treatment receive the equivalent of two meals per day through a combination of frozen prepared meals, groceries and a weekly hot lunch. Free group nutrition education and cooking classes at their facility are also provided. Nutritional supplements and van delivery service are available on a case-by-case basis. The main facility is located in midtown St. Louis, MO with a satellite grocery in East St. Louis, IL.

Food Stamp Program/Supplemental Nutrition Assistance Program (Snap)

1-855-373-4636
(FSD Information Center, available Mon-Fri 7am to 6pm)
1-800-392-1261
(FSD Automated Line, available 24 hours, 7 days a week)
dss.mo.gov/fsd/fstamp

SNAP is a government assistance program to help low-income households pay for food. SNAP used to be called the Food Stamp Program. The amount of SNAP food stamps a household gets depends on the household's size, income and expenses. Missouri households who are approved for SNAP food stamps get a plastic debit card called an Electronic Transfer (EBT) card. They can use this card to pay for food at supermarkets, convenience stores and other food stores. Each month, SNAP food stamps benefits are directly deposited into the household's EBT card account. You can fill out a pre-screening eligibility tool online, or visit a Missouri Department of Social Services Office.

Operation Food Search

Cooking Matters Program
6282 Olive Boulevard
St. Louis, MO 63130-3300
314-726-5355
operationfoodsearch.org

Share Our Strength's Cooking Matters empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals. With the help of volunteer culinary and nutrition experts, course participants learn how to select nutritious and low-cost ingredients and prepare them in ways that provide the best nourishment possible to their families.

St. John's Mercy Medical Center

Food for Thought
607 S. New Ballas Rd.
St. Louis, MO 63141
314-251-6400

Monthly class featuring nutrition tips by a registered dietitian. Each class has general nutrition advice related to a light meal prepared by our chef, Don Grace. All classes are from 5:30-6:45 p.m., and space is limited. For specific dates and to R.S.V.P. contact Katie Robinson.

Medication & Medical Supplies Assistance

Note: Some pharmaceutical (drug) companies offer programs to help patients with their medication. These are called patient assistance programs (PAPs). There are typically income and other eligibility requirements. This list may not include all programs. For more information on PAP programs, talk to your doctor or pharmacist.



Cancer Support Community of Greater St. Louis

Staenberg Family Foundation Cancer Services Program
314-238-2000 ext.229
cancersupportstl.org

Cancer Support Community provides nutritional supplements, incontinence products, voice prosthesis, wigs, compression garments, bath chairs and various other durable medical equipment, ostomy supplies, mastectomy bras, breast prostheses, and other items that are not always covered by insurance. There are limited quantities of items and all patients receiving assistance are subject to a limited amount of assistance per calendar year. Any person with a cancer diagnosis with an annual household income at or below 250% of the federal poverty level is eligible. Patients must reside in St. Louis City, St. Louis County, St. Charles County, Jefferson County, Franklin County, Lincoln County or Warren County in Missouri; patients residing in Madison, Monroe or St. Clair counties in Illinois OR come to the St. Louis Metro area for treatment are also eligible. A referral form can be found online or by contacting Cancer Support Community. This program is free of charge.

Illinois Rx Buying Club

(866)215-3463

illinoisrxbuyingclub.com

Illinois Rx Buying club in conjunction with Medco Health Solutions offers a discount prescription plan for both generics and brand name drugs. Savings average 20% at over 2,500 pharmacies in Illinois. There is also a mail order service for savings. This program is for Illinois residents only and income eligibility requirements apply. There is a \$10 annual non-refundable administrative fee associated with this program. An application can be found online or by calling the above number.

Partnership For Prescription Assistance

1-888-477-2669

pparx.org

Helps qualified low-income and uninsured patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. More than 2,500 brand-name and generic medicines are covered. Many patients will get medications free or nearly free.

Peregrine Society

2343 Hampton Ave.

St. Louis, MO 63139

314-781-6775

peregrinesoc.org

Hours of Operation: 8:30- 4:15pm

The Peregrine Society offers assistance to patients needing help paying for their medications. Qualifying patients must be completely uninsured, with no Medicaid/Medicare eligibility. Copays are not covered. There is a \$200 monthly limit of medication assistance and only medications due to cancer treatment are covered. To qualify, a referral form must be completed (form available online) with diagnosis verification by doctor.

Needy Meds

1-800-503-6897

needy meds.org

Needy Meds mission is to help people who cannot afford medicine or health care costs. On their website you can find information about free or discounted medication programs, free or low cost clinics and camps, and scholarship programs. They also offer a discount drug card that can provide significant savings on your prescriptions.

Advocacy & Information Groups

Colon Cancer Alliance

877-422-2030
ccalliance.org

The Colorectal Cancer Alliance (CCA) is a national patient advocacy organization dedicated to ending the suffering caused by colon cancer. CCA has a toll-free helpline for patients; a peer-to-peer support network; a financial assistance program; and an online chat room, message board, and listserv. CCA's Colorectal Cancer Resources and Education (CORE) kit, available online, helps people with colon cancer manage their disease.

Colon Cancer Coalition

952-378-1237
coloncancercoalition.org

The Colon Cancer Coalition empowers local communities to promote prevention and early detection of colon cancer and to provide support to those affected. The Colon Cancer Coalition does this primarily by hosting Get Your Rear in Gear 5K Run/Walk events in communities across America. Seventy-five percent of the net funds raised by these events go back into the local communities hosting them to support programs important to them.

The Colon Club

812-430-6379
colonclub.com

The Colon Club's goals are to educate as many people as possible, as early as possible, about the risk factors and symptoms of colon cancer, and for people to get screened when it's appropriate for them. The Colon Club raises awareness of colon cancer in young adults. Projects include an active message board, The Colossal Colon (CoCo) and The Colondar.

Crohn's & Colitis Foundation of America

800-932-2423
ccfa.org/

The Crohn's and Colitis Foundation of America (CCFA) is a non-profit, volunteer-driven organization dedicated to finding the cures for Crohn's Disease ulcerative colitis. They fund studies at major medical institutions, nurture investigators at the early stages of their careers, and finance underdeveloped areas of research. In addition, they have educational workshops and programs, along with a scientific journal, Inflammatory Bowel Diseases.

Fight Colorectal Cancer

703-548-1225
fightcolorectalcancer.org

Fight Colorectal Cancer is involved in advocacy to improve screening, diagnosis, and treatment of colon cancer; increase access to the most effective colon cancer prevention and treatment; and expand awareness that colon cancer can be prevented, treated, and cured. The organization's website offers tips on managing colon cancer, a clinical trial matching service, and a list of sources of support for patients.

The National Coalition For Cancer Survivorship

888-650-9127
canceradvocacy.org

The National Coalition for Cancer Survivorship is a patient-led advocacy organization working on behalf of people with all types of cancer and their families. They are dedicated to assuring quality cancer care for all Americans.

Other Assistance

American Cancer Society

4207 Lindell Blvd
St. Louis, MO 63108
1-800-227-2345
cancer.org

Hope Lodge

4215 Lindell Blvd
Saint Louis, MO 63108
314-286-8150
cancer.org/hopelodgestlouis

The American Cancer Society's Hope Lodge offers free temporary housing for cancer patients traveling more than 50 miles from their place of residence to Saint Louis for outpatient cancer treatment. You must be capable of self-care or accompanied by a caregiver to stay at Hope Lodge. Patients are welcome to bring a caregiver as needed. Spouses of individuals having inpatient treatment are also welcome to use the Hope Lodge. Meals are not included but a kitchen facility is available.

Look Good Feel Better

1-800-227-2345 (program is offered in several locations)

Look Good Feel Better is a free two-hour workshop for women undergoing cancer treatment. This program helps improve the self-image, appearance, and quality of life of patients by teaching beauty techniques to help cope with the temporary appearance-related side effects of cancer treatment. Women who are currently undergoing treatment for a cancer diagnosis (chemotherapy, radiation therapy, or other forms of treatment) are eligible for this program. Registration is required. Only program participants may attend the workshop. While this is not a standard policy, a patient may attend more than one workshop; however, she should bring her cosmetic kit with her to the additional workshop. She may not receive an additional kit.

Cancer Agency Network of Greater St. Louis

636-230-4400 (leave a message and your call will be returned)
cancerstl.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. They publish an annual cancer resource guide and hold educational events.

Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine

4921 Parkview Pl
St. Louis, MO 63110
314-362-7844
siteman.wustl.edu

Hours: 8 a.m. to 5 p.m. Monday through Friday

Located in the Center of Advanced Medicine, the Banard Health and Cancer Information Center (BHCIC) provides free services to patients and their caregivers. These services include educational programs, educational materials, support group referrals and smoking cessation programs. In addition, the staff can assist patients with wigs and turbans, prostheses, nutritional supplements, and compression garments.

United Way 2-1-1

211 or 1-800-427-4626
211helps.org

Dial 2-1-1 to speak to a trained professional who can connect you to essential community services. There's 411 for information and 911 for emergencies, but you can call 211 when you need help and don't know where to turn. This service is available 24 hours a day, 7 days a week and available in multiple languages.

Know Your Family History

Family health history is information about diseases that run in your family. Knowing your family's health history is important for making good decisions about when and how often you should get colon cancer screening. But many of us don't talk with our families about these things. We might not know if people in our family have had colon polyps or colon cancer.

Talking about cancer can be hard, but getting those answers is important. Family history is often shared while talking at family events like birthday parties, weddings, reunions, or holiday dinners. Consider talking to your relatives about their health history at your next family event!

1.) Has anyone in your immediate family ever had colon polyps? (*Note: Immediate family members means your mother, father, brother, sister, and children*)

Yes No Unsure

Person/People: _____

Age: _____

2.) Has anyone in your immediate family ever had colon or rectal cancer?

Yes No Unsure

Person/People: _____

Age at Diagnosis: _____

3.) Has anyone in your immediate family had another type of cancer?

Yes No Unsure

Person/People: _____

Type of Cancer: _____

Age at Diagnosis: _____

Questions To Ask About Your Screening Test

A gastroenterologist (sometimes called a GI) is a medical doctor that treats people with digestive problems. Because a GI is a specialty doctor, your regular doctor gives you a referral so you can get an appointment.

Sometimes people don't know what to expect on their first visit to a G.I. Often a person is not sure why they have been sent to see a GI.

Here are some tips:

- Understand why you are seeing a GI. Ask your doctor if you are unsure.
- Write a list of all your medications (even over-the-counter ones).
- If you can, bring information that your doctor may not have sent, such as test results from another city.
- Bring a pad of paper to your first appointment. Write a list of questions you have for your GI. Some suggestions are:
 - Is a colonoscopy the right test for me?
 - How do I prepare? Do I need to change my diet or my medications?
 - What's involved in the test? Is there any risk involved?
 - When and from whom will I get my results?
 - Who will do the exam? Will I need someone with me?
 - What does it mean if you find polyps?
 - Do I come back to see you?
 - Does your clinic/hospital have a financial assistance application if I need it?

After the test ask:

- What did you find?
- If you took a biopsy, when will I know the results?
- Do I need to come back?

Bring a family member or friend to help you remember important information.

HOW TO TALK TO A LOVED ONE ABOUT SCREENING

Are you worried about a family member or friend who is 50 to 75 years old and has put off getting tested for colon cancer? People tell us that having support can help them complete screening. Here are some tips to help you start the conversation.

Here are some ways to help a loved one:

- Give them a copy of this resource guide and go over some key resources
- With their permission, help make the appointment for testing.
- If you are 50 to 75 years old, set the example. Get tested for colon cancer and share your experience.
- Offer to drive your loved one to the appointment for testing.

Offer support.

- “How can I make it easier for you to get tested?”
- Offer to help them with the preparations or by going to the test.
- Be understanding if they are not ready to get screened yet.

Source: U.S. Department of Health and Human Services

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