

St. Charles

CANCER CENTER

Cancer Resource Guide for Survivors & Families



This resource guide was created to help you find reliable, accurate information related to cancer care, nutrition, physical rehabilitation, and general cancer support. Please let us know if you find information or links that are outdated or no longer available. Information provided does not constitute endorsement or support by St. Charles Health System.

541-706-5800

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St. Charles Cancer Center Scheduling and Patient Support Services

Cancer Center Appointments | 541-706-5800

Social Work/Assistance | 541-706-4864 or 706-6363

Our social workers assist patients with practical and emotional support to manage the stress of living with cancer. Social workers provide assistance with non-medical living expenses, such as transportation, lodging, utility bills or rent payments, funded by Sara's Project, Wendy's Wish and CAN Cancer. Social workers can also refer to specialists, including psychiatrists, integrative therapies (massage, acupuncture, and Reiki), counselors, spiritual care, registered dietitians, nurse navigators, insurance specialists, medical financial assistance, and survivorship programs.

Nurse Navigator | 541-706-6715

The breast cancer nurse navigator is an experienced Registered Nurse and is available to assist patients and provide support throughout their treatment and recovery. She is knowledgeable about clinical issues, all aspects of treatment and recovery, survivorship, scheduling, financial resources, and other support. Access to a breast cancer nurse navigator is available through their medical oncologist's office.

Integrative Therapies | 541-706-6723

St. Charles Cancer Center offers free acupuncture, oncology massage, Reiki, and aromatherapy for patients to help them manage symptoms associated with cancer and its treatment by calming the mind and relaxing the body. The program is a complement to traditional cancer treatments (e.g., radiation and chemotherapy), not a replacement. Patients currently in active treatment are eligible for this program. For more information or to schedule an appointment, please call 541-706-6723.

Oncology Rehabilitation | 541- 706-6335

Being diagnosed with cancer is a time of change, with many people seeking opportunities for improved health and well-being which can include continuing to be physically active, starting new health habits, or maintaining physical and cognitive function needed for daily tasks. Unfortunately, many of the common side effects of cancer or its treatment can be barriers to reaching those goals. These barriers can be overcome with the help of a licensed physical, occupational, and/or speech therapist.

We have brought together experts in their field to provide individualized and evidence-based therapies to get patients back to the activities they love. Our compassionate rehabilitation team helps patients achieve their goals throughout the cancer journey.

Specific services include:

- OT to address and prevent lymphedema
- PT to address chemotherapy induced peripheral neuropathy, balance and falls
- PT to address weakness and fatigue
- PT to address pain that interferes with daily function
- SLP to address swallowing difficulty
- SLP to address cognitive and language difficulty

Nutrition | 541-706-4725

Nutrition is an essential component of comprehensive cancer care, rehabilitation, and survivorship. A registered dietitian is available to work with patients and their families, especially patients identified at risk for having nutritional problems or special needs. Nutrition classes are offered monthly for patients during treatment and beyond cancer treatment.

Survivorship Community Education Programs | 541-706-2969

At St. Charles Cancer Center, our team believes in providing support services alongside the medical treatment our cancer patients receive. As soon as a patient is diagnosed, they are a survivor, and their friends and family are co-survivors.

Our programs are available to anyone facing cancer regardless of where they are treated. We provide a variety of classes and programs that range from restorative yoga, mindful meditation, community education, physical activity (hiking & walking groups), stress reduction and social support. For a list of programs and services please contact survivorship to receive the monthly calendar by email or refer to our website at <https://www.stcharleshealthcare.org/services/cancer-care/cancer-survivorship>

Ascent Wellness & Prevention | 541-706-2969

Ascent is a post treatment program for cancer survivors who have completed active treatment within the last three to six months. This program was developed to help Cancer Survivors who are done with active treatment, learn and achieve the healthiest lifestyle they can to prevent recurrence of cancer. These recommendations follow the guidelines from the Third Expert Report (Diet, Nutrition, Physical Activity and Cancer: A Global Perspective). This provides a comprehensive and authoritative body of evidence on how lifestyle factors such as diet, nutrition, body weight, and physical activity can impact cancer risk and survivorship. These are also the lifestyle factors recommended for cancer survivors by the American Cancer Society, National Comprehensive Cancer Network, World Cancer Research Fund and more. More information can be found at <https://www.stcharleshealthcare.org/services/cancer-care/cancer-survivorship>

Spiritual Care Services | 541-706-7500

Offering Compassionate Care for All

Chaplains are available for one-on-one and family discussions to help cope with cancer diagnosis, respecting the beliefs of all involved. Spirituality and religion may help patients and families find deeper meaning and experience a sense of personal growth during their cancer journey. Our professional chaplaincy staff is available to patients and families 24/7.

Harvest of Hope | 541-706-4864 or 541-706-6363

Harvest of Hope is a food assistance program for eligible patients in treatment, providing nutritious, easy-to-prepare food items. Qualifying patients are provided with reusable grocery bags full of nonperishable staples such as soup, tuna, canned fruits and veggies, pasta and marinara sauce, beans, rice, cereal, and juice. On the pick-up day, a dedicated team of volunteer shoppers adds fresh foods such as fresh fruit and veggies, bread, milk, eggs, and cheese. Please contact social workers to be screened for eligibility.

How to Donate | 541-706-7743

These programs would not be possible without the generous support from our community. We rely on donations and proceeds from special events for many of these programs. If you are interested in making a donation or hosting a special event, please contact Alycia Downs via email: ardowns@stcharleshealthcare.org or you can mail a check to:

St. Charles Foundation
2500 NE Neff Rd
Bend OR 97701

If you are mailing a check, please clarify where to direct funds: Sara's Project, Ascent, Harvest of Hope, Integrative Therapies, or General Cancer Patient Programs. If you are unsure which program to give to but want to help the greatest need; please put GENERAL CANCER PATIENT PROGRAM in the memo line of your check.

Local Support for Survivors and Caregivers

Cancer Hope Network | 877-HOPENET

www.cancerhopenetwork.org

Cancer Hope Network matching program creates hope for adults facing cancer one conversation at a time. They provide free one-on-one confidential support to all people (patients, family, or friends) impacted by cancer, along the entire continuum from diagnosis through survivorship. They provide support by training local volunteers in each area who faced similar experiences who are matched to those needing our services. Through this process we strive to instill hope and make a positive difference in the lives of people touched by cancer.

Cancer with Compassion | 949-279-1246

www.cancerwithcompassion.com

Rev Cathie Young, Facilitator revcathie1952@gmail.com

Faith based cancer support. A diagnosis of cancer changes life forever. And the journey through treatment is demanding on all levels. A cancer support group can provide practical help and give needed comfort, hope and encouragement. Cancer with Compassion provides virtual support groups which are available to any patient or survivor to join from the comfort of their own home. All are welcome – women and men with all types of cancer. They also provide a support group for caregivers and breast cancer specific support.

Harney County Support Group | 541- 573-8614

Lake County Support Group | 541-947-3259 | Sally, Facilitator

Sisters Support Group | 503-819-1723 | Suzi Scarino Steele, Facilitator

Thyroid Cancer Support Group | 503-473-9551

www.thyca.org/sg/ | Angela Faulkner, Facilitator Bend OR@thyca.org

Support groups are free and open to any, and all survivors and their families and friends. In these groups, people share thyroid cancer information, their experiences with their thyroid cancer, and insights on how they are coping with thyroid cancer, and support.

Women Surviving Cancer Group | 907-209-9737

Judy Erickson, Facilitator

Acupuncture

Treatment by an oncology-trained acupuncturist involves painlessly inserting small needles into specific points on the body to stimulate energy flow. Acupuncture is offered to patients with symptoms related to treatment such as peripheral neuropathy, gastrointestinal issues, dry mouth, pain, nausea and sustained high anxiety.

Robin Fuerst (Bend)

Healing Journey Options

509-432-6873

healingjourneyoptions@gmail.com

Carli Gaines (Bend)

Cascadia Acupuncture

541-797-3412

info@acucascadia.com

Kym Garrett (Bend)

Kym Garrett Acupuncture

541-241-2361

kym@kymgarrettacupuncture.com

Mallory Olney, LAc (Bend)

Evolutionary Medicine LLC

Acupuncture, Nutrition, Craniosacral & Shiatsu

541-241-3135

Mallory@EvolutionaryMed.com

www.EvolutionaryMed.com

Oncology Massage Therapy

Oncology massage is a therapeutic-style massage given by an oncology-trained massage therapist. It is rooted in compassion, with a focus on relaxation and modifications that are appropriate for each individual cancer survivor. In order to give a safe and beneficial massage, oncology massage therapists obtain the patient's medical history, cancer treatment regimen and other pertinent information, and use this information to tailor the massage to the patient's unique needs.

Kathy Andrews (Bend)

Oncology & Lymphedema Massage

541-771-0263

mcmassagechocolate@gmail.com

Josh Casey (Bend)

Falling Waters Injury and Health Management Center

541-209-4131

jbass808@yahoo.com

Josh is Certified in Manual Lymph Drainage

Jennifer Hudson (Bend)

Oncology Massage

541-213-5862

Jennifer@optimizingpresence.com

Sabrina Merritt (Redmond)

Oncology & Lymphedema Massage

541-350-4398

Sabrina@RaKaZen.com

Mary Moore (Bend)

Massage Therapist, Manual Lymphatic Drainage Therapist

541-419-7965

MaryMooreLMT@gmail.com

Sarah Rajnus (Bend)

Oncology Massage

541-880-6514

sunjarsmassage@gmail.com

Dale Ann Schofield (Bend)

Lymphedema Massage

541-508-9808

dalescofield@hotmail.com

Reiki

Reiki (ray' key) is a Japanese energy-based technique that provides deep-relaxation and support the body toward balance. Sessions include light, hands-on touch provided by certified Reiki practitioners while patients lie on a table fully clothed. Benefits may include:

- Deep relaxation
- Enhanced sense of peace and well-being
- Decrease in fatigue, tension, anxiety and pain
- Increase in immune system response

Lena Berry (Redmond)

541-992-1203

No email please

Georgia Borowinski (Bend)

541-788-7204

maxblackie@gmail.com

Joyce Burk Brown (Sisters)

West Meets East

541-420-5875

joyce52brown@gmail.com

Reiki, Qigong and Energy Work for Trauma

Jeanine Faith (Bend)

Bend Yoga and Reiki

707-496-5593

faithfullyfunhaverz@yahoo.com

Cristiane Lopes Fluhmann (Bend)

458-600-7164

Cmlopes1766@gmail.com

Nadene Kallel (Bend)

Inner Wisdom Reiki, LLC Bend OR

Reiki Master Teacher

Try me for chronic or nerve pain, depression, PTSD, grief, and overall stress-reduction.

541-480-7101

Innerwisdomreiki19@gmail.com

Leanne Latterell (Redmond)

541-604-1739

leannelatterell@bendbroadband.com

Nenette Maderazo-Reynolds (Bend)

Reiki Master Practitioner

Vibration and Sound Therapist

541-350-6013

Rita Thomasberg (Bend)

Reiki Healing by Rita

541-390-7386

reikihealingbyrita@gmail.com

Donna Wolf (Bend)

Harmonizing Energy with Reiki, Sound Bridging and Healing Angel Protocol

541-678-5595

SoundBridging@gmail.com

Certified Lymphedema Therapists

Lymphedema therapy aims to decrease the impact and severity of lymphedema through early intervention and patient education. Improving and controlling lymphedema utilizes a combination of manual lymphatic drainage techniques along with compression bandages and/or compression devices. Patient education and training in self-care is critical to success and transitioning the patient to independent management of their lymphedema after the initial intensive phase of treatment.

Shana Brooks PT, CLT

Focus Physical Therapy

1239 NE Medical Center Dr #200, Bend

541-706-9385

Melissa Carlton PT, CLT

Rebound Physical Therapy-Eastside Clinic

1303 NE Cushing Dr #150, Bend

541-382-7875

Josh Casey

Falling Waters Injury and Health Management Center

55 NW Wall Street Suite 100 Bend

541-209-4131 | jbass808@yahoo.com

Josh is Certified in Manual Lymph Drainage

Shanna Humphrey OTR/L, CLT

2041 NE Williamson Ct, Ste B

Bend, OR 97701

541-633-7535

Christina Dodini-Marquez DPT and

Christine Nearing LPTA/CLT

Madras Physical Therapy

785 SE McTaggart Rd Madras, OR 97741

541-475-2571

Scott Weber and Molly Nelson PT CLT

Alpine Physical Therapy-Westside

336 SW Cyber Dr. Suite #107

541-382-5500

Central Oregon Oncology Exercise Professionals

All professionals on this list have dedicated themselves to improving their knowledge to work with cancer survivors.

- Gold Star represents certification within a professional field
- Silver Star represents increased knowledge of treating cancer survivors by attending cancer exercise courses

GOLD STAR

Shana Brooks, MPT, CLT, Pori Cert

Physical Therapist, Focus Physical Therapy,

1239 NE Medical Center Drive, Suite 200, Bend, OR 97701

541-385-3344

shana@focusptbend.com

Physiological Oncology Rehabilitation Institute (PORi) Certification and Certified Lymphedema Certification

Melissa Carlton, PT, CLT, CES, CSCS

Physical Therapist, Rebound Physical Therapy North,

2700 NE 4th St., Suite 105, Bend, OR 97701

541-323-5864

mcarlton@reboundoregon.com

Certified Lymphedema Certification and American College of Sports Medicine Cancer Exercise Specialist and Physical Oncology Rehabilitation Institute (PORi) Chemotoxicity and Cancer Exercise Management

Katie Mital, Personal Trainer

Katie Mital Fitness,

65950 93rd St., Bend, OR

541-306-8545

katie@kmpersonalfitness.com

American College of Sports Medicine (ACSM) Certified Cancer Exercise Trainer

SILVER STAR

Kathleen Bradley, PT

Physical Therapist, Active Care PT Sunriver,

57067 Beaver Dr., Sunriver, OR 97707

541-390-7518

acptclerical@gmail.com

Justin Higa, PT

Physical Therapist, St. Charles Cancer Center, Outpatient Physical Therapy,
2500 NE Neff Rd., Bend, OR 97701

541-706-6335

jhiga@stcharleshealthcare.org

Monica McClain Smith

Fitness Coordinator at Bend Parks and Recreation Juniper Swim & Fitness
Center and Larkspur Community Center,

800 NE 6th St., Bend, OR 97701

541-480-3374 | moncia@bendparksandrec.org

Michelle Poirot, LMT

Health Coach and Licensed Massage Therapist

Health coaching live or virtually; run/walk coaching live or virtually in Bend
or Tumalo

503-481-0595

taprootbodywork@gmail.com

michelle@ceilingunlimitedhealthcoaching.com

Behavioral Health

Most primary care offices have embedded behavioral health staff available. A
Primary Care Provider can provide a referral for counseling.

Behavioral Health Therapists

(who treat cancer patients)

Karen Campbell, Ph.D.

St Charles Outpatient Behavioral Health

2542 NE Courtney Drive

Bend, OR 97701

541-706-7730

Michele Freeman, LPC

Michele Freeman Counseling

354 NE Greenwood Avenue Ste 207

Bend, OR 97702

541-638-0225

www.michele-freeman.com

Stephanie Russell, Psy.D.

25 NW Park Place
Bend, OR 97703
541-368-4038

Kim Swanson, Ph.D.

Flourish Counseling & Behavioral Medicine
2955 N. Highway 97
Bend, OR 97703
541-249-3558 | www.flourishcounselingbend.com

Durable Medical Supply Vendors

The following business are available to measure and fit for custom and off the shelf compression garments for any area of the body. Insurance direct billing available.

Compression Wurks

Jon and Jennifer Van Wagoner
208-261-2445
Fax: 855-255-1061
orders@compressionwurks.com
www.compressionwurks.com

Donna Bella Lingerie

117 NW 2nd Street Corvallis, OR 97330
541-752-9649

Just Like a Woman

6333 SW Macadam Ave., Suite 102, Portland, OR 97239
503-246-7000

Mariposa

345 NE Norton Ave., Bend, OR 97702
541-383-8085
541-389-2683 (Fax)

Pretty Moments Lingerie

63455 North Hwy 97, Bend, OR
541-318-1811
prettymomentslingerie@gmail.com

Shine

Seattle Cancer Care Alliance

207 Pontius Ave N, Suite 101, Seattle, WA 98109

206-288-7560

Transitions

Providence Cancer Center, first floor

4805 NE Glisan St., Portland, OR 97213 | 503-215-8998 or

Providence St. Vincent

9205 SW Barnes Rd., Portland, OR 97225 | 503-216-8502

Online Durable Medical Supply Vendors

Absolute Medical

<http://www.absolutemedical.net/>

888-214-4100

Bright Life Direct

<https://www.brightlifedirect.com/>

1-877-545-8585

Comfort Care Medical

<https://www.comfortcaremd.com/>

888-358-1580

(Will bill insurance)

Compression Guru

<http://www.compressionguru.com/>

888-550-2709

(Does not bill insurance)

Lymphedema Products

<http://www.lymphedemaproducts.com/>

866-455-9674

(Does not bill insurance)

Performance Health

<https://www.performancehealth.com/>

1-800-323-5547

Sunmed

<http://www.sunmedmedical.com/>

800-714-7434

Resources to Support Quitting Tobacco Use

St. Charles Health System Fresh Start | 541- 706-6946

The Oregon Tobacco Quit Line | 1-800-784-8669 English and
1-877-266-3683 Spanish.

American Lung Association’s Freedom From Smoking |
<http://freedomfromsmoking.org>

Become an EX | www.becomeanex.org

Be Tobacco Free | <https://betobaccofree.gov/>

Smoke Free | <http://smokefree.gov>

Smoke Free Español | <https://espanol.smokefree.gov/>

General Resources

American Cancer Society
800-227-2345 | cancer.org

The American Cancer Society (ACS) offers a variety of services to both patients and caregivers, specifically information that can benefit all people touched by cancer, regardless of their stage in the journey. The ACS provides the unique ability of searching for clinical resources within the area, including screening locations, wellness programs and treatment options. Simply click on the “In Your Area” tab at the top of the home page to find local resources.

American Institute for Cancer Research
800-843-8114 | aicr.org

The American Institute for Cancer Research (AICR) supports research and public education regarding the relation of nutrition, physical activity and weight management to cancer. This site offers information on cancer, treatment options and side-effects of those treatments. To access information specifically for patients and caregivers, click the “Cancer Patients and Survivors” tab on the left side of the screen. Insight and advice on treatment options are listed there, as well as how to mentally and financially cope with a cancer diagnosis. The site also offers information on some of the newest treatments currently in clinical trial.

Cancer.net

888-651-3038 | [cancer.net](https://www.cancer.net)

Cancer.Net, the patient information website of the American Society of Clinical Oncology (ASCO), provides oncologist-approved information to help patients and their families make informed health care decisions. The website offers a guide on managing the cost of cancer care, advice on finding a doctor and questions to ask when deciding where to treat. This resource will help them make decisions based on their needs and cancer type.

Live Strong Foundation

855-220-7777 | [livestrong.org](https://www.livestrong.org)

The Live Strong Foundation was founded on the principle that unity is strength, knowledge is power, and attitude is everything. That hasn't changed since 1997. Mission above all else. Their priority is to help cancer survivors and their loved ones from day one. They believe in putting the survivor first, by creating tools and resources to help ease the challenges of a cancer diagnosis. Live strong provides a variety programs, services, research and support.

National Cancer Institute

800-422-6237 | [cancer.gov](https://www.cancer.gov)

The National Cancer Institute (NCI) coordinates the nation's research program on cancer prevention, detection, diagnosis, treatment, rehabilitation and control. A representative at the NCI will help locate local resources and can answer many questions they may have about your diagnosis. They can connect with a designated representative of the NCI by online chat or calling at 800-422-6237.

National Coalition For Cancer Survivorship

877-NCCS-YES | [canceradvocacy.org](https://www.canceradvocacy.org)

NCCS' mission is to advocate for quality cancer care for all people touched by cancer. Founded by and for cancer survivors, NCCS created the widely accepted definition of survivorship and defines someone as a cancer survivor from the time of diagnosis and for the balance of life.

NCCS has worked with legislators and policy makers to represent cancer patients and survivors in efforts to improve their quality of care and quality of life after diagnosis. Their unique niche in the cancer advocacy landscape is promoting policy change to ensure quality cancer care. NCCS' vision is to be an advocacy organization that reflects the needs of all cancer survivors to effect policy change at the national level.

National Comprehensive Cancer Network

215-690-0300 | nccn.org/patients/

The National Comprehensive Cancer Network® (NCCN®), a not-for-profit alliance of 27 leading cancer centers devoted to patient care, research and education, is dedicated to improving the quality, effectiveness and efficiency of cancer care so that patients can live better lives. The NCCN Guidelines for Patients®, translations of the NCCN clinical guidelines, are meant to help patients with cancer talk with their physicians about the best treatment options for their disease. The NCCN Guidelines are available online, as a downloadable pdf and a mobile app.

CANCER-SPECIFIC RESOURCES

Bladder Cancer

Bladder Cancer Advocacy Network

888-901-2226 | bcan.org

The Bladder Cancer Advocacy Network (BCAN) is the first national advocacy organization dedicated to improving public awareness of bladder cancer and increasing research directed towards the diagnosis, treatment and cure of the disease. BCAN offers support services, connection to an online support team, and assists in locating bladder cancer clinical trials.

Blood Cancer

Be The Match®

888-999-6743 | BeTheMatch.org

Over the past 25 years Be The Match®, operated by the National Marrow Donor Program® (NMDP), has managed the largest and most diverse marrow registry in the world. If diagnosed with leukemia, lymphoma or other life-threatening disease, a bone marrow or cord blood transplant (BMT) may be the best or only hope for a cure. NMDP is dedicated to getting the support and information patients need to learn about their disease and treatment options, prepare for transplant and thrive after transplant.

The Bone Marrow Foundation

800-365-1336 | bonemarrow.org

The Bone Marrow Foundation supports patients, their families and caregivers during a bone marrow, stem cell or cord blood transplant. The organization links patients and families with expert and patient-to-patient support, provides financial assistance, and offers information about stem cell transplantation.

Leukemia and Lymphoma Society

800-955-4572 | lls.org

The Leukemia and Lymphoma Society (LLS) aims to both educate and gain support for discovering a cure to leukemia, lymphoma, Hodgkin's disease and multiple myeloma. LLS provides patient financial aid for specified expenses, family support groups, referrals, school re-entry materials, as well as access to community programs and resources.

Lymphoma Research Foundation of America

800-500-9976 | lymphoma.org

The Lymphoma Research Foundation (LRF) is devoted to lymphoma research and providing patients and health care professionals with critical information. Their peer support program, the Lymphoma Support Network (LSN), connects patients and caregivers with volunteers that have had similar experiences.

Brain Cancer

American Brain Tumor Association

800-886-2282 | abta.org

The American Brain Tumor Association (ABTA) serves individuals globally and awards funds to researchers throughout the United States and Canada. The ABTA provides comprehensive information and support for brain tumor patients, families and caregivers affected by this disease.

National Brain Tumor Society

617-393-2811 | braintumor.org

The National Brain Tumor Society funds programs aimed to improve an understanding of all brain tumors to transform research into new and effective treatments, as quickly as possible. Their website provides information about brain tumors including symptoms, treatment options, and considerations for caregivers.

Breast Cancer

BreastCancer.Org

610-642-6550 | breastcancer.org

Breastcancer.org is a non-profit organization dedicated to providing reliable, complete and up-to-date information about breast cancer. Their mission is to help women and their loved ones understand complex medical and personal information as it relates to their disease. In addition to online resources, breastcancer.org has an active online community who support one another during their cancer battle.

Living Beyond Breast Cancer

855-807-6386 | lbbc.org

Living Beyond Breast Cancer (LBBC) provides educational programs and services to help people whose lives have been impacted by breast cancer. The goal of LBBC is to provide information, community and support that is easy for them to access and respectful of the patient and their situation. All resources are carefully and frequently reviewed by some of the country's leading health care experts and informed by people living with breast cancer.

Susan G. Komen For The Cure

877-465-6636 | komen.org

As the world's largest network of breast cancer survivors and activists, Susan G. Komen for the Cure is working to save lives, empower people, ensure quality care and find cures. The Komen website has a wealth of resources for breast cancer patients and caregivers, to help them better understand the disease and their options. When they call their toll-free helpline, 800-IM-AWARE, a trained volunteer whose life has been touched by breast cancer can help them find local resources.

Metastatic Breast Cancer

Metastatic Breast Cancer Network (MBCN)

888-500-0370 | Mbcn.org

Is a national, independent, nonprofit patient advocacy group dedicated to the unique concerns of women and men living with metastatic breast cancer.

Young Survival Coalition (YSC)

877-972-1011 | <https://www.youngsurvival.org/>

Young Survival Coalition (YSC) strengthens the community, addresses the unique needs, amplifies the voice and improves the quality of life of young adults affected by breast cancer, locally, nationally and internationally.

Colon Cancer

Colon Cancer Coalition

952-378-1237 | coloncancercoalition.org

The Colon Cancer Coalition offers a variety of ways to connect with others whose lives have been touched by colon cancer. On the website, they can connect with other caregivers through the Caregiver Network Facebook group and read stories from people whose lives have been touched by colon cancer. Also listed are volunteer opportunities at Get Your Rear in Gear 5K races and other community events.

Colorectal Cancer Alliance

877-422-2030 | ccalliance.org

The Colon Cancer Alliance (CCA) is a national patient advocacy organization dedicated to helping those affected by colorectal cancer. To increase rates of screening and survivorship, CCA provides patient support, education, research and advocacy across North America.

Esophageal Cancer

Esophageal Cancer Education Foundation

732-385-7461 | fightec.org

The Esophageal Cancer Education Foundation (ECEF) is committed to bringing education and awareness of esophageal cancer to the public and the medical community; to walking the journey with patients who have the disease; and to financially supporting research projects that focus on the development of an early warning test for the disease. The organization publishes a newsletter, hosts a patient and caregiver hotline and a monthly support group conference call, and publishes a brochure for physicians to hand out to patients outlining ECEF support services.

Kidney Cancer

Kidney Cancer Association

800-850-9132 | kidneycancerassociation.org

The Kidney Cancer Association (KCA) is a charitable organization made up of patients, family members, physicians, researchers, and other health professionals. They fund and promote research projects in collaboration with the National Cancer Institute (NCI), American Society for Clinical Oncology (ASCO), American Urologic Association (AUA), and other institutions. KCA educates families and physicians and serves as an advocate on behalf of patients at the state and federal levels.

Lung Cancer

The American Lung Association

800-LUNGUSA | lung.org

The American Lung Association (ALA) is the leading organization working to save lives by improving lung health and preventing lung disease, through research, education and advocacy. ALA is a nationwide initiative led by the American Lung Association to unite women to stand together against lung cancer. One of many important initiatives, the Freedom From Smoking® program offers discounts on quit smoking medications at CVS Pharmacy and an online quit smoking program.

Lungevity Foundation

844-360-5864 | lungevity.org

The mission of LUNgevity Foundation is to have a meaningful and immediate impact on improving lung cancer survival rates, ensure a higher quality of life for lung cancer patients, and provide a community for those impacted by lung cancer. LUNgevity funds research into the early detection and successful treatment of lung cancer and supports the largest national grassroots lung cancer network, as well as the largest online support community for those affected by lung cancer.

Oral/Head/Neck Cancer

Oral Cancer Foundation

949-723-4400 | oralcancerfoundation.org

The Oral Cancer Foundation (OCF) is a national public service non-profit organization designed to help those affected by oral cancer through resources on prevention, education, research, advocacy and support. Resources include general information on oral cancer, including how patients are diagnosed and existing treatment options. OCF also provides access to a patient message board, where those currently fighting oral cancer and their families can gain insights and inspiration from others with similar experiences.

Support for People with Oral and Head and Neck Cancer

800-377-0928 | spohnc.org

Support for People with Oral and Head and Neck Cancer (SPOHNC) concentrates on providing current information for oral and head and neck cancer patients who are trying to gain a better understanding of their illness. Resources include general cancer information, background on clinical trials, newsletters and contact information for local SPOHNC chapters.

Ovarian Cancer

National Ovarian Cancer Coalition

888-682-7426 | ovarian.org

The National Ovarian Cancer Coalition (NOCC) is committed to raising awareness of ovarian cancer in communities across the country and providing education, support and hope for women with ovarian cancer and their families. To find and join a local chapter, visit their website or call the NOCC at 888-682-7426.

Ovarian Cancer National Alliance

866-399-6262 | ovariancancer.org

The Ovarian Cancer National Alliance is the foremost advocate for women with ovarian cancer in the United States. The organization offers the Ovarian Cancer National Alliance Clinical Trials Matching Service in partnership with Emerging Med, a one-stop service to find clinical trial options. The Ovarian Cancer National Alliance Clinical Trials Matching Service is available by telephone at 800-535-1682.

Pancreatic Cancer

Hirshberg Foundation for Pancreatic Cancer Research

310-473-5121 | pancreatic.org

The Hirshberg Foundation for Pancreatic Cancer Research is dedicated to helping people diagnosed with pancreatic cancer. They provide information on nutrition, financial aid and doctor referrals, and they connect patients with similar experiences.

Pancreatic Cancer Action Network

877-573-9971 | pancan.org

The Pancreatic Cancer Action Network (PanCAN) provides quality education and resources for pancreatic cancer patients, families and health professionals. PanCAN offers the Patient and Liaison Services (PALS), a comprehensive, free, information service for patients, their families and health professionals. A PALS Associate can provide the most current information to help them make informed decisions, including information about the disease, treatment options, specialists, clinical trials, support groups, diet and nutrition.

Prostate Cancer

Prostate Cancer Foundation

800-757-2873 | prostatecancerfoundation.org

The Prostate Cancer Foundation (PCF) pursues its mission of supporting prostate cancer research by reaching out to individuals, corporations and others to fight this disease. The PCF website offers important information about prostate cancer for both patients and their families.

Us TOO

800-808-7866 | ustoo.org

Us TOO International Prostate Cancer Education & Support Network is a grassroots non-profit prostate cancer education and support network of 325 support group chapters worldwide, providing men and their families with free information, materials and peer-to-peer support so they can make informed choices on detection, treatment options and coping with ongoing survivorship.

Sarcoma Cancer

The Sarcoma Alliance

415-381-7236 | sarcomaalliance.org

The Sarcoma Alliance is striving to extend and improve the lives of sarcoma patients through accurate diagnosis, improved access to care, education and support. Resources include links to medical centers, chat rooms, sarcoma-related news stories and a discussion board. The Sarcoma Alliance also facilitates the Sarcoma Alliance Peer-to-Peer Network, which connects survivors who can share advice and support throughout their journeys.

Skin Cancer

The Skin Cancer Foundation

212-725-5176 | skincancer.org

The mission of the Skin Cancer Foundation is to decrease the incidence of skin cancer through public and professional education, medical training and research. Resources include information on prevention, detection and diagnosis of skin cancer. The organization also offers a way to find a local physician on their website.

Stomach/Gastric Cancer

Debbie's Dream Foundation

855-475-1200 | debbiesdream.org

Debbie's Dream Foundation: Curing Stomach Cancer is non-profit organization dedicated to raising awareness about stomach cancer, advancing funding for research, and providing education and support internationally to patients, families and caregivers. The website includes a lecture library, stomach cancer support community and clinical trials matching service.

Gastric Cancer Foundation

gastriccancer.org

Through education, research, support and advocacy, the Gastric Cancer Foundation is dedicated to improving the lives of those affected by gastric cancer and working with leading researchers to find a cure. The organization provides comprehensive information about causes and treatment of gastric cancer and about living with the side effects of treatment and supports research and advocacy efforts.

Thyroid Cancer

ThyCa: Thyroid Cancer Survivor's Association

877-588-7904 | thyca.org

ThyCa offers information about thyroid cancer and support services available to people at any stage of testing, treatment or lifelong monitoring for thyroid cancer. Their website also serves as a resource for anyone interested in thyroid cancer survivors' issues. One of their support programs is a Person-to-Person Network, which connects people with thyroid cancer to offer insight in coping with the disease.

Children and Teens Support

American Childhood Cancer

855-858-2226 | www.acco.org

Founded in 1970 by a dedicated group of parents of children with cancer, the American Childhood Cancer Organization (ACCO) is the oldest and largest grassroots childhood cancer organization in the U.S. and only U.S. member of Childhood Cancer International. They are dedicated to making childhood cancer a national health priority through shaping policy, supporting research, raising awareness, and providing educational resources and innovative programs to children with cancer, survivors, and their families. ACCO is a community of families, survivors, and friends who have been affected by childhood and adolescent cancer. They offer community support, information, advocacy and a voice.

Cancer Care for Kids

800-813-4673 | www.cancercaforkids.org

Cancer Care for Kids provides free, professional support services for parents, children and adolescents affected by cancer, as well as information about helping children understand cancer and additional resources.

Cancer Really Sucks

319-393-9681 | www.cancerrealsucks.com

Cancer Really Sucks is a website designed for teenagers by teenagers who have loved ones facing cancer.

Fertility Preservation Options

Oncofertility Consortium

MyOncoFertility.org

Fertility line: 866-708-3378 oncofertility@northwestern.edu

For men, women and children/adolescents. The Oncofertility consortium at Northwestern University.

Fertility Preservation at OHSU

503-418-3700

Nutrition

Cancer Dietitian

www.cancerdietitian.com/

Julie Lanford, MPH, RD, CSO, LDN offers lifestyle tips for prevention and survivorship. Keeping them well beyond cancer!

Cook For Your LIFE

www.cookforyourlife.org/

Cook for Your Life's mission is to teach healthy cooking to people touched by cancer. Turn nutrition guidelines into practical, easy recipes that are designed specifically for the different stages of treatment, and to promote healthy survivorship. Cook for Your Life is not about food as medicine, nor food to cure, it is about the simple, good food that nourishes and comforts us during treatment.

CURE magazine

www.curetoday.com/

Cure magazine stands for Cancer Updates, Research and Education. Good educational magazine and can get back issues online.

The ELLICSR Kitchen

www.ellicsr.ca/en/clinics_programs/ellicsr_kitchen

The ELLICSR Kitchen program is designed to support people touched by cancer by giving them the skills and information needed to manage their diet.

MEDLINEplus

medlineplus.gov/

This website provides links to current, trustworthy health care information. Links are compiled by the National Library of Medicine at the National Institutes of Health (NIH). Topics include health and nutrition, drug information and directories of doctors and hospitals.

National Center for Complementary and Integrative Health

www.nccih.nih.gov/

A reputable resource for those considering using alternative therapies.

The Oley Foundation

<https://Oley.org>

Striving to enrich the lives of those living with home intravenous nutrition and tube feeding through education, advocacy, and networking.

Resources listed are non-profit entities with appropriate oversight for medical content (oncology RDN or other oncology specialized healthcare provider).

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