



Cancer Survivorship RESOURCE GUIDE

www.ohiocancercontrol.org

There is no question that being diagnosed with cancer is a life-changing experience. Although you may feel like you are struggling by yourself, you are not alone. The end of cancer treatment may cause a range of emotions including feeling lonely, scared, angry and sad. Sometimes, it is not that easy to "get back to normal." You may feel forever changed by the cancer experience, and find yourself not wanting to go back to how you were before. Now is the time to begin to figure out what you want to do with your life, what your *new normal* will be. It is important to give yourself the time and space to feel whatever it is you are feeling.

You probably have many questions about surviving cancer and the resources that are available to you. The Ohio Partners for Cancer Control Survivorship Workgroup is proud to offer you this copy of the "Cancer Survivorship Resource Guide." It is our hope that this guide will help you find the resources and answers you need. This is by no means a complete list, but a place to start. The local, state, and national resources listed can help direct you to reliable cancer information sources for your particular concern as well as the programs and services in your community.

Ohio Partners for Cancer Control is a statewide coalition of cancer-related organizations working together to reduce the burden of cancer among Ohioans. Member organizations including hospitals, universities, cancer centers, health care professional associations, nonprofit organizations, government agencies, minority health coalitions, and community organizations contributed to this resource list.

If you have any questions, additional resources, or would like to receive more copies of this publication, please contact the Ohio Partners for Cancer Control, 5555 Frantz Road, Dublin, Ohio 43017. Phone 888-227-6446, ext. 8405, Fax 877-227-2838. Or visit our Web site at www.ohiocancercontrol.org.

National Resources

Alliance for Lung Cancer Advocacy, Support, and Education

(800) 298-2436

www.alcase.org

- Provides lung cancer patients and their families with programs designed to help improve their quality of life; programs include education about the disease, psychosocial support, and advocacy about issues concerning lung cancer survivors.

American Institute for Cancer Research

(800) 843-8114

www.aicr.org

- Information on the relationship between cancer and nutrition.

American Pain Foundation

(888) 615-7246

www.painfoundation.org

- The American Pain Foundation (APF) provides information and education about pain and pain management through free publications, a Web site, an online pain community, emails, and toll-free calls. APF supports research and advocacy, bringing the voices of people with pain to healthcare providers and government agencies.

Angel Flight America

(800) 446-1231

- Provides free air transportation in an effort to provide equal access to care for all people.

Candlelighters Childhood Cancer Foundation

(800) 366-CCCF

www.candlelighters.org

- Provides information and awareness for children and adolescents with cancer and their families, to advocate for their needs, and support research.

CancerCare

(800) 813-HOPE

www.cancercare.org

- Education on survivorship issues, counseling, support groups, and financial assistance.

Cancer Survivors Network

(877) 333-HOPE (877-333-4673)

www.acscsn.org

- Cancer Survivors Network is a phone and web-based service for cancer survivors, their families, caregivers and friends.

Cancervive

(310) 203-9232

www.cancervive.org

- Provides educational resources for cancer patients, counseling services, and scholarships for young cancer survivors as well as advocates for cancer survivors.

Colon Cancer Alliance

(877) 422-2030

www.ccalliance.org

- Provides patient support services and facilitates access to information, educates the public about colorectal cancer and encourages early detection through appropriate screening, supports research for more effective treatment and care, advocates legislation to support public funding for all cancers, especially colorectal cancer.

Cure: Cancer Updates, Research and Education

(800) 210-CURE (800-210-2873)

www.curetoday.com

- *CURE* is a quarterly magazine that combines the science and humanity of cancer for those who have to deal with it on a daily basis.

CureSearch – National Childhood Cancer Foundation and the Children’s Oncology Group

(240) 235-2200

www.curesearch.org

- Provides information on children’s cancer, diagnosis, treatment, side effects of treatment, and after treatment issues.

Fertile Hope

(888) 994-HOPE

www.fertilehope.org

- A team of business, medical and scientific professionals equipped with the necessary experience, skills, and dedication to effectively meet the needs of patients whose medical treatments present the risk of infertility. Provides education, awareness, and financial assistance.

Gilda’s Club® Worldwide

(888) GILDA.4.U (888-445-3248)

www.gildasclub.org

- Gilda’s Club Worldwide provides free social and emotional support to men and women with cancer, their families, and friends. There are Gilda’s Clubs throughout the United States and Canada.

Gynecologic Cancer Foundation

(800) 444-4441

www.wcn.org

- Raises public awareness of ways to prevent, detect and treat gynecologic cancers, provides education about gynecologic cancers and the central role of gynecologic oncologists in these activities, supports promising, innovative gynecologic cancer research.

Heal: Living Well After Cancer

(800) 210-2873

www.healtoday.com

- *Heal* is a quarterly magazine that addresses issues of survivorship including the latest information about long-term and late effects of cancer treatment as well as practical information for cancer survivors about employment issues, personal finances and insurance.

Hospice Association of America

(202) 546-4759

www.nahc.org/haa

- Offers information about the advantages and financial aspects of hospice, how to select quality hospice care that is best suited for a patient’s needs, and state resources available to patients.

Hospice Education Institute

(800) 331-1620

www.hospiceworld.org

- Offers information and referrals on various hospice programs around the country and provides regional seminars on hospice care throughout the United States.

Hospice.Net

www.hospicenet.org

- An organization that works exclusively through the Internet and contains more than 100 articles regarding end-of-life issues and is dedicated to providing information and support to patients, families, and friends facing life-threatening illness.

Lance Armstrong Foundation LIVESTRONG SurvivorCare

(866)235-7205

www.laf.org

www.livestrong.org

- LIVESTRONG SurvivorCare will provide you, your family, friends, and caregivers with information, education, counseling services and referrals to other resources. You can also speak with a case manager Monday—Friday, 9AM—5PM EST.

National Breast Cancer Coalition

(800) 622-2838

www.natlbcc.org

- Provides information about breast cancer and acts as an advocate for the legislative concerns of breast cancer patients and survivors.

National Cancer Institute Cancer Information Service

(800) 4-CANCER

www.nci.nih.gov

www.survivorship.cancer.gov

- Education about follow-up, health and well being, and possible late effects after cancer treatment, support for survivors and families, and education and resources.

National Cancer Survivors Day Foundation

(615) 794-3006

www.ncsdf.org

- The non-profit National Cancer Survivors Day Foundation supports hundreds of hospitals, support groups, and other cancer-related organizations that host National Cancer Survivors Day events in their communities by providing free guidance, education, and networking.

National Center for Complementary and Alternative Medicine

(888) 644-6226

www.nccam.nih.gov

- Provides information and descriptions of complementary and alternative medicines (CAM), gives guidance for evaluating CAM information, lists reliable CAM resources, provides tips for talking with traditional healthcare providers about

CAM, and has suggestions for finding certified CAM providers.

National Coalition for Cancer Survivorship

(301) 650-9127

www.canceradvocacy.org

- Information on policy-related issues and the Cancer Survival Toolbox- a free audio program aimed at helping survivors develop and practice self-advocacy skills.

National Hospice and Palliative Care Organization

(800) 658-8898

www.nhpco.org

- The National Hospice and Palliative Care Organization offers discussion groups, information about how to find a hospice, and information about the financial aspects of hospice care. Staff also answers calls in Spanish.

The National Lymphedema Network

(800) 541-3259

www.lymphnet.org

- Provides educational material, referrals to lymphedema treatment centers, health care professionals, training programs, and support groups, quarterly newsletter, and biennial conference for professionals and biennial summit for patients, at-risk patients, families, and advocates.

National Ovarian Cancer Coalition

(888) 682-7426

www.ovarian.org

- Raises awareness about ovarian cancer and promotes education about the disease.

O'Reilly Patient-Centered Guides

(800) 294-4747

www.patientcenters.com/survivors

- Provides information, emotional support, and advocacy. Provides information on resources, books, and survivorship.

Patient Advocate Foundation

(800) 532-5274

www.patientadvocate.org

- Patient Advocate Foundation can work with you to settle insurance, employment and debt matters resulting from your diagnosis. A case manager will work together with you, your doctor, and/or your employer to help with these issues.

People Living with Cancer

(888) 651-3038

www.plwc.org

- Provides educational information about cancer survivorship issues, cancer in general, treatment options, coping with all aspects of cancer, and other resources relating to finding an oncologist, cancer advances, etc.

Pure Romance: Sexuality, Sensuality, and Survival

(513) 697-5921

<http://www.pureromance.com/sss/>

- Helping women recapture their sensual and sexual selves following cancer diagnosis or treatment.

St. Jude Children's Research Hospital

(901) 495-3300

www.stjude.org

- Provides care to children with catastrophic illnesses. No children are turned away because of a parent's inability to pay.

Skin Cancer Foundation

(800) 754-6490

www.skincancer.org

- Conducts public and medical education programs to reduce skin cancer, increase public awareness of the importance of taking protective measures against the damaging rays of the sun, and to teach people how to recognize the early signs of skin cancer.

Susan G. Komen Breast Cancer Foundation

(800) 462-9273

www.komen.org

- Helps raise awareness and funds in the fight against breast cancer and leads local efforts to improve breast health services and programs.

SuperSibs!

(866) 444-SIBS

www.supersibs.org

- support for siblings of cancer patients to bring a sense of engagement, belonging, pride and self esteem to these kids who often feel on the sidelines.

US TOO International, Inc.

(800) 808-7866

www.ustoo.org

- Goals of US TOO are to increase awareness of prostate cancer in the community, educate men newly diagnosed with prostate cancer; offer supports groups, and provide the latest information about treatment of the disease.

Volunteers in HealthCare

(877) 844-8442

www.rxassist.org

- Provides patients and doctors with information on companies that provide low-cost or free medicines to patients in need.

Y-ME National Breast Cancer Organization, Inc.

(800) 221-2141

www.y-me.org

- Provides information and support to anyone who has been touched by breast cancer, serves women with breast cancer and their families through a national 24-hour hotline, open door groups, early detection workshops and support programs.

Young Survival Coalition

(877) YSC-1011

www.youngsurvival.org

- Provides education, resources, clinical trial education, and advocates for breast cancer in young women.

Local Resources (throughout Ohio)

ACS RESOURCE

American Cancer Society, Ohio Division

5555 Frantz Rd.
Dublin, OH

Southwest Regional Office

2808 Reading Rd.
Cincinnati, OH 45206

North Regional Office

10501 Euclid Ave.
Cleveland, OH 44106

Northwest Regional Office

740 Commerce Dr., Suite B
Perrysburg, OH 43551

Central Regional Office

370 Michigan Ave.
Columbus, OH 43215

Northeast Regional Office

525 N. Broad St.
Canfield, OH 44406

(888) 227-6446

www.cancer.org

- Support services for patients, their families, their caregivers, and their community, information on ACS programs and services in local communities including support groups, financial assistance, medication, equipment, and other assistance resources. Toll-free number and Web site provide information 24-hours a day.

Cancer Family Care

Central Office

2421 Auburn Avenue
Cincinnati, OH 45219
(513) 731-3346

Northern Kentucky Office

7380 Turfway Road
Florence, KY 41042
(859) 371-5600

Clermont/Brown County Office

8595 Beechmont Avenue, Suite 107
Cincinnati, OH 45255
(513) 474-6907

Warren County Office

570 North St. Rt. 741, #300
Lebanon, OH 45036
(513) 695-2247

www.cancerfamilycare.org

- Psychotherapy, case management, education, information & referral, and community outreach & education to patients and their families.

Cancer Resource Centers

(888) 227-2345

www.cancer.org

- Cancer Resource Centers provide books, videos, computers with internet access and skilled volunteer assistance to help you find the information you need – when you need it. Centers can be found on the ACS Web site.

Leukemia and Lymphoma Society

Southern Ohio Chapter

2300 Wall Street, Suite H
Cincinnati, OH 45212
(513) 361-2100

Northern Ohio Chapter

902 Westpoint Parkway, Suite 300
Cleveland, OH 44145
(800) 589-5721

Central Ohio Chapter

2225 Citygate Drive, Suite E
Columbus, OH 43219
(800) 686-CURE

www.leukemia-lymphoma.org

- Peer to Peer support program, family support groups, financial aid, prescription co-pay assistance, educational programs for patient and healthcare professional, monthly teleconferences, and information and referral

Ohio Hospice and Palliative Care Organization

5550 Metro Place North, Suite 650
Dublin, Ohio 43017-1375
(614) 763-0036

<http://www.hospiceoh.org>

- Provides education, support, free legal forms including Living Wills, Power of Attorney and advanced care planning, and a full listing of hospice providers for the state of Ohio.

Ohio Partners for Cancer Control

5555 Frantz RD
Dublin, OH 43017
(888) 227-6446, ext. 8401
www.ohiocancercontrol.org

- Statewide Coalition of cancer-related organizations working together to reduce the burden of cancer among Ohioans.

Stewart's Caring Place

2955 W. Market St.
Fairlawn, OH 44333
(330) 835-0014
www.stewartscaringplace.org

- A cancer wellness and educational resource center for individuals and families touched by cancer. Services are free of charge and include consultation with professional counselors, support groups, stress relieving healing arts, resource library, and educational seminars and workshops.

The Center for Body, Mind & Spirit

41201 Schadden Road
Elyria, OH 44035
(440) 324-0480

- Extensive support services designed to compliment cancer treatment and enhance quality of life by focusing on the psychological, emotional, spiritual, and social aspects of healing. Programs and services are available at no cost to anyone touched by cancer in Northeast Ohio.

The Center for Survivors of Breast Cancer

University Hospitals Ireland Cancer Center
Chagrin Highlands Health Center

3909 Orange Place
Orange Village, OH 44122
(216) 844-4545

E-mail: BreastCancerSurvivors@UHhospitals.org

- Provides a written summary of a patient's breast cancer treatment and a survivorship plan, an assessment of a patient's physical, practical, and psychosocial needs, nutrition support, education about side effects, and community resources.

Clinical Cancer Genetics

Arthur G. James Comprehensive Cancer Center and
Richard J. Solove Research Institute

646 Medical Research Facility
420 West 12th Avenue
Columbus, OH 43210
(614) 292-0642

- Offers cancer risk assessment to people who are concerned about their personal and/or family history of cancer. Develops a family medical history and

your estimate of developing cancer in your lifetime, provides education of the role of genes in causing cancer and ways you can lower your risk and benefits of early detection.

The Gathering Place

23300 Commerce Park
Cleveland, OH 44122
(216) 595- 9546
www.touchedbycancer.org

- Offers a wide range of programs and services to meet the support and educational needs of those touched by cancer. All programs are free and include support groups, short term counseling, an education center and lending library, lectures and workshops and programs for children and teens.

The Victory Center

1041 S. Reynolds Road
Toledo, OH 43615
(419) 382-6600
www.thevictorycenter.org

- Supports and educates cancer patients and those closest to them by providing individual and group programs and services in Northwest Ohio and Southeast Michigan.

The Wellness Community

Cincinnati-Blue Ash

4918 Cooper Road
Cincinnati, OH 45242
(513) 791-4060

www.thewellnesscommunity.org/cincinnati

Columbus, Ohio

5500 Frantz Road, Suite 115
Dublin, OH 43017
(614) 791-9510

www.wellnesscolumbus.org

- Provides free support and education to people with cancer. Services include support groups, educational workshops, nutrition and exercise programs, and mind/body classes.

Toledo Community Hospital

Oncology Program

(419) 843-6147

- Resource for patients currently on cancer clinical trials or patients requiring support/information regarding cancer clinical trials or cancer treatment.

Survivorship Centers in Ohio

ADULT CANCER SURVIVORS

Cleveland Clinic Taussig Cancer Center

Late Effects Clinic

9500 Euclid Avenue
Cleveland, OH 44195
(866) 223-8100
www.clevelandclinic.org/cancer

Ohio State University James Cancer Hospital

Lance Armstrong Livestrong Survivorship Center of Excellence

300 W. 10th Avenue
Columbus, OH 43210
(614) 293-6428
www.jamesline.com

University Hospitals Ireland Cancer Center

Center for Survivors of Breast Cancer

11100 Euclid Avenue
Cleveland, OH 44106
(216) 844-4545
www.irelandcancercenter.org

CHILDHOOD CANCER SURVIVORS

Akron Children's Hospital

START UP Clinic for Childhood Cancer Survivors

One Perkins Square
Akron, OH 44308
(800) 262-0333 x38580
www.akronchildrens.org

Cincinnati Children's Hospital Medical Center ATPS + Long Term Follow Up Care for Pediatric Cancer Patients

3333 Burnet Avenue
Cincinnati, OH 45229
(800) 344-2462
www.cincinnatichildrens.org

Cleveland Clinic Children's Hospital

High Five Clinic for Childhood Cancer Survivors

9500 Euclid Avenue
Cleveland, OH 44195
(800) 223-2273 x 45517
www.clevelandclinic.org

Columbus Children's Hospital

Long-Term Survivor Clinic

700 Children's Drive
Columbus, OH 43205
(614) 722-2000
www.columbuschildrens.org

Rainbow Babies & Children's Hospital

Center for Survivors of Childhood Cancer

11100 Euclid Avenue
Cleveland, OH 44106
(216) 844-4545
www.rainbowbabies.org

Books & Videos

General Issues of Survivorship

Affirmations for Living Beyond Cancer (Video) by Bernie S. Siegel, 1996

After Cancer: A Guide to Your New Life by Wendy S. Harpham, 1994

After Cancer Treatment by Julie K. Silver, 2006

Can Survive by Judith Ellis and Susan Nessim, 2000

Cancer as a Turning Point by Lawrence LeShan, 1996

The Cancer Survivor's Guide: The essential handbook to life after cancer by Michael Feuerstein and Patricia Findley, 2006

The Complete Revised and Updated Cancer Survival Guide: Everything You Must Know and Where to Go for State-of-the-Art Treatment of the 25 Most Common Forms of Cancer by Peter Teeley and Philip Bashe, 2005

From Cancer Patient to Cancer Survivor: Lost in Transition by Maria Hewitt and Patricia Ganz, 2006

Happiness in a Storm: Facing illness and embracing life as a healthy survivor by Wendy Schlessel Harpham, 2006

Hope In The Face Of Cancer: A Survival Guide for the Journey You Did Not Choose by Amy Givler, 2003

How to Live Between Office Visits: A Guide to Life, Love, and Health by Bernie Siegel, 1994

LiveStrong: Inspirational Stories From Cancer Survivors - From Diagnosis to Treatment and Beyond by the Lance Armstrong Foundation, 2005

Making Friends with Cancer by Dawn Nelson, 2000

The New Cancer Survivors: Living with Grace, Fighting with Spirit by Natalie Davis Spingarn, 1999

Picking up the Pieces: Moving Forward After Surviving Cancer by sherri Magee and Kathy Scalzo, 2007

Surviving Cancer by Margie Levine, 2001

Surviving Cancer Emotionally: Learning How to Heal by Roger Granet, 2001

Survivor: Taking Control of Your Fight Against Cancer by Laura Landro, 2000

Childhood Cancer Survivors: A Practical Guide to Your Future by Nancy Keene, Wendy Hobie, and Kathy Ruccione, 2006

Childhood Cancer Survivorship: Improving Care and Quality of Life edited by Susan Weiner and Joseph Simone, 2003

Educating the Child with Cancer: A Guide for Parents and Teachers, edited by Nancy Keene, 2003

Long-Term Follow-Up Guidelines for Survivors of Childhood, Adolescent, and Young Adult Cancers (version 1.2), by CureSearch Children's Oncology Group, 2004

Young People With Cancer: A Handbook for Parents by US Department of Health and Human Services, National Institutes of Health & National Cancer Institute, 2004

Livestrong Survivorship Notebook, free through the Lance Armstrong Foundation, www.store-laf.org/nt001.html.

Nutrition After a Cancer Diagnosis

Cancer Recovery Eating Plan: The Right Foods to Help Fuel Your Recovery by Daniel Nixon, 1996

Cancer Survival Cookbook: 200 Quick & Easy Recipes with Helpful Eating Hints by Donna Weihoffen and Christina Marino, 2002

Eat to Beat Cancer by J. Robert Hatherill, 1999

Eat to Heal: The Phytochemical Diet and Nutrition Plan by Kristine Napier, 1998

Eating Well for Optimum Health by Andrew Weil, 2001

Eating Well, Staying Well During and After Cancer by Abby Bloch, 2003

What to Eat if You Have Cancer (Revised) by Maureen Keane and Daniella Chace, 2006

What to Eat Now: The Cancer Lifeline Cookbook by Rachel Keim and Ginny Smith, 1996

Exercise After a Cancer Diagnosis

Cancer Fitness: Exercise Programs for Patients and Survivors by Anna Schwartz and Lance Armstrong, 2004

The Cancer Recovery Plan: How to Increase the Effectiveness of Your Treatment and Live a Fuller, Healthier Life by Barry Boyd and Marion Betancourt, 2005

The Force Program: The Proven Way to Fight Cancer through Movement and Exercise by Jeff Berman, Fran Fleegler, and John Hanc, 2003

Prevention and Treatment of Side Effects

Coping with Lymphedema by Nannery and Swirsky, 1998

Lymphedema, by Sam Donaldson, 2006

Medicine Hands: Massage Therapy for People with Cancer by Gayle MacDonald, 2007

Sexuality and Fertility after Cancer by Leslie Schover, 1997