

# Resources for Cancer Patients and their Families

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## National Cancer Institute

NCI's popular patient education publications can be downloaded as PDFs or e-books.

*Facing Forward: Life after Cancer Treatment*

This covers both the physical and emotional post-treatment issues for cancer survivors.

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

Other survivorship topics: <http://www.cancer.gov/publications/patient-education#survivorship>

There are many other topics patients and their families including coping and support, treatments and side effects, types of cancer, etc. This is the link: <https://www.cancer.gov/publications/patient-education>

## American Cancer Society

The American Cancer Society has programs and services to help manage cancer treatment and recovery and find emotional support. And best of all, their help is free.

ACS <http://www.cancer.org/>

San Diego County ACS with local resources <http://www.cancer.org/MyAcs/index>

<http://MyLifeline.org> a free social network, exists to empower cancer patients and caregivers to build an online support community of family and friends to foster connections, inspiration, and healing through free, personalized websites. The American Cancer Society-affiliated version of MyLifeline, is <http://acs.mylifeline.org>. The site features a calendar to post appointments and to schedule everyday needs for friends and family to view. A section called "Laughing Medicine" shares jokes and inspirational quotes to help promote healing. There is also a place for patients to post updates and receive messages and photos.

[Cancer Survivors Network](#), CNS, where you can create your own personal space to tell us about yourself and your cancer experience, share photos, audio, etc., start an online journal (blog), contribute resources, and more. Expressing feelings and experiences and supporting one another is what CSN is all about. The CSN [discussion boards](#) and [chatrooms](#) are excellent ways to meet your CSN "neighbors" and develop friendships, exchange practical information, and support one another. The CSN community is full of knowledgeable, kind, and caring people you will want to get to know.

## Cancer.Net

Cancer.Net provides timely, comprehensive, oncologist-approved information from the American Society of Clinical Oncology (ASCO), with support from the Conquer Cancer Foundation. Cancer.Net brings the expertise and resources of ASCO to people living with cancer and those who care for and about them to help patients and families make informed health care decisions.

<http://www.cancer.net>

# Resources for Cancer Patients and Their Families

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## LIVESTRONG at the YMCA

This organization fights for more than 32 million people around the world affected by cancer. They offer free support to cancer survivors and caregivers and develop community programs to address daily concerns of survivors.

<https://www.livestrong.org/#>

### LIVESTRONG at the YMCA

We partner with the YMCA of the USA to promote the importance of physical activity after a cancer diagnosis. This is a free 12 week program that meets twice a week. It is designed to meet the needs of adults with cancer before, during and after treatment. It is evidence and research based program. The YMCA also gives a free family membership during the 12 week program. Medical clearance is required.

**San Diego Contact:** Jen Foley, LIVESTRONG Project Manager, [jfoley@ymca.org](mailto:jfoley@ymca.org).

## Kids Konnected

Kids Konnected was developed on the premise that when a parent or grandparent gets cancer, the entire family is affected and the needs of the children must be addressed. Their programs started in California and soon spread nationwide. The mission of Kids Konnected is to provide friendship, understanding, education and support for kids and teens that have a parent, grandparent, etc. with cancer or have lost a parent with cancer. There are support groups and camps.

<http://kidskonnected.org/>

## Disease Specific Resources

### Blood Cancers

#### Leukemia & Lymphoma Society

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The mission of The **Leukemia & Lymphoma** Society (LLS) is: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

General LLS <http://www.lls.org/>

San Diego Chapter: <https://www.lls.org/san-diego-hawaii>

### Breast Cancer

#### Susan G. Komen

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This organization is the world's largest nonprofit source of funding for the fight against breast cancer. Susan G. Komen addresses breast cancer on multiple fronts such as research, community health, global outreach and public policy initiatives in order to make the biggest impact against this disease.

<https://ww5.komen.org/>

### Colorectal Cancer

Fight Colorectal Cancer (Fight CRC), is all about advocacy and research for a cure to CRC.

There are 5 main ways they fight colorectal cancer:

- Patient Resources – guide you through the fight
- Research – funding grants, convening experts, training advocates
- Advocacy – creating political change
- Awareness – sharing stories to save lives
- Philanthropy – raising support to fund the fight

<https://fightcolorectalcancer.org/>

### Head and Neck Cancers

#### Head and Neck Cancer Alliance

Their mission is to advance prevention, detection, treatment and rehabilitation of oral, head and neck cancers through public awareness, research, advocacy and survivorship. Through united and collaborative efforts, HNCA provides support to head and neck cancer patients throughout the year, supports ongoing research in head and neck oncology and educates children and adults in the disease process, treatment and prevention of oral, head and neck cancers.

The Head and Neck Cancer Alliance (HNCA) supports a free online community on Inspire for individuals, and their loved ones, who are facing oral, head and neck cancers.

This free online community offers peer-to-peer support and a safe environment to connect with others experiencing or who have experienced similar diagnosis, treatments and outcomes.

<https://www.headandneck.org/>

### Lung/ Thoracic Cancers

#### American Lung Association

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VA San Diego Healthcare System

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The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease, through research, education and advocacy. Their work is focused on five strategic imperatives: to defeat lung cancer; to improve the air we breathe; to reduce the burden of lung disease on individuals and their families; to eliminate tobacco use and tobacco-related diseases; and to monitor and enhance organizational effectiveness.

<http://www.lung.org/about-us/local-associations/california.html>

## Melanoma/ Skin Cancers

### Skin Cancer Foundation

The Skin Cancer Foundation has set the standard for educating the public and the medical profession about skin cancer, its prevention by means of sun protection, the need for early detection, and prompt, effective treatment. Skin cancer is the most common cancer in the world, with more than 13 million cases diagnosed annually. The incidence of melanoma continues to rise at a rate faster than that of any of the seven most common cancers.

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

### Prostate Cancer Foundation

PCF was founded to give men and their families hope. Their goal is to harness more resources—both financial and human—to accelerate the development of new breakthroughs and find a cure as quickly as possible. This organization provides information for men living with prostate cancer on treatments, side effect management, research and more.

<https://www.pcf.org/>

### Pancreatic Cancer

Founded in 1999, the Pancreatic Cancer Action Network (PanCAN) is dedicated to fighting the world's toughest cancer. Their mission to save lives is to attack pancreatic cancer on all fronts: research, clinical initiatives, patient services and advocacy. Their efforts are supported by a nationwide network of grassroots support. They are determined to improve patient outcomes today and to double survival by 2020.

<https://www.pancan.org/>

## Urological Cancers

### American Bladder Cancer Society

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This organization aims to raise awareness of bladder cancer and to advocate for advance research in the cure, treatment and early diagnosis. It provides a medium for cancer survivors through conferences and conventions/symposiums. <https://www.bladdercancersupport.org/>

### **American Urological Association**

Promotes advancement of evidence-based urology care through the highest standards of clinical care via research, education and health care policy. <http://www.auanet.org/>

### **For More Information on Cancer Survivorship or Other Resources Contact:**

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