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# RESOURCE *Handbook*

## **General cancer organizations**

### **[American Cancer Society](#)**

ACS provides information on numerous types of cancers, plus offers an online support group, tips for talking to doctors and info on upcoming fund-raising events in your community. Facing out-of-town treatments? Discover Hope Lodge, free, temporary housing across the United States for those whose best hope for effective treatment is far from home.

### **[CancerCare](#)**

CancerCare can help recently diagnosed patients and their families cope both emotionally and financially by finding counseling and monetary support resources online.

### **[Cancer Schmancer Movement](#)**

Former star of *The Nanny* and uterine cancer survivor Fran Drescher started this organization to raise awareness about the importance of early detection among women. The goal: Diagnose all women's cancers at stage I, when they are most curable. Check out the site to read up on facts and purchase Cancer Schmancer gear—proceeds help fund the movement's education efforts.

### **[National Cancer Institute](#)**

NCI includes an online dictionary that features 4,000 cancer-related terms to help you better understand the illness. Access info on assessing and lowering your cancer risk and clear up common misconceptions.

### **[Gilda's Club](#)**

Created in honor of Gilda Radner, the *Saturday Night Live* cast member who died of ovarian cancer in 1989, Gilda's Club provides emotional and social support for those who have been affected by cancer of any kind. With 21 clubhouses nationwide and more in development, Gilda's Club is a free refuge for patients and their family and friends, and even includes special programs for children and teenagers. The clubhouses offer support groups, lectures, self-discovery workshops (yoga, cooking, etc.) and social events.

### **[Fertile Hope](#)**

Learn how to safeguard your reproductive health in the face of critical cancer treatments with the help of Fertile Hope, a nonprofit organization also dedicated to providing information, support and hope to patients and survivors who have received medical care that may raise their risk for infertility.

### **[Daily Strength](#)**

Social support is key to surviving and thriving during cancer treatment and recovery, and Daily Strength offers just that. Currently they have 38 online groups dedicated to those fighting a different type of cancer; their pages allow you to post messages, keep a journal and even upload photos or videos to the website.

### **[National Coalition for Cancer Survivorship](#)**

Find tons of free features, like the new program, *Surviving With Confidence*, which aims to dispel common myths and misconceptions about chemotherapy and empower cancer survivors to advocate for the highest quality care. Done with treatment? Download *What Cancer Survivors Need to Know About Health Insurance* for info on how to make the most of your insurance coverage post-cancer, plus tips to stay protected if you change jobs.

### **[MyBiopsy.org](#)**

Make sense of the science behind biopsies on this site created by the College of the American Pathologists in Northfield, Illinois, which includes links to news about clinical trials.

### **[MyCancerPlace.com](#)**

Don't face cancer alone. Connect with thousands of people who have also been touched by the disease by creating an online personal web pages, where you can keep others updated on your condition and treatments, learn about therapy options and get advice from people who know the ropes from firsthand experience.

### **[Online Wellness All in One Place](#)**

LIVESTRONG.com, a partnership between the Lance Armstrong Foundation and Demand Media, blends web social networking (a la Facebook) with Armstrong's passion for health and fitness to challenge people to achieve a healthy lifestyle. Surfers can view health and fitness videos, read articles and food journals and share strategies with other patients, doctors and caregivers for reaching their health goals.

## **Breast cancer**

### **[BreastCancer.org](#)**

The most visited online breast cancer resource, BreastCancer.org features more than 4,000 pages of original medical content. Recently revamped to be more user-friendly, the site provides emotional support through discussion boards and chat rooms, plus you can enroll in Ask-the-Expert Online Conferences for live advice from doctors.

### **[BreastCancerTrials.org](#)**

Join the fight! Learn whether you're eligible to participate in various breast cancer treatment trials through this not-for-profit organization. They believe that taking part in research trials can lead to quicker approval of new treatment options and improve the quality of life for all breast cancer patients.

### **[The Breast Cancer Research Foundation](#)**

Donations to BCRF help fund the organization's extensive grant making program, and in October 2008, they will award over \$34 million in new research grants to 165 scientists. In total, they've raised more than \$220 million to support breast cancer research worldwide!

### **[Breast Cancer Network of Strength](#)**

The Breast Cancer Network of Strength (formerly known as Y-ME National Breast Cancer Organization) provides unique peer support through YourShoes, a 24/7 breast cancer support center that's staffed by survivors who know what it's like to face the disease. Learn more about Life in Balance, a two-and-a-half day program designed to connect breast cancer patients, survivors and supporters and offer tools for coping with the disease.

### **[My Vision Foundation](#)**

Created by 31-year-old entrepreneur Alice Crisci after her recent breast cancer diagnosis, the My Vision Foundation offers resources and funds for women under 40, particularly those who are concerned about infertility post-treatment.

### **[Pink Ribbon Program](#)**

Treatment makes many breast cancer patients feel physically, emotionally and mentally exhausted, but recent studies show a link between moderate physical exercise and improved quality of life. The Pink Ribbon Program is all about gaining mobility, strength and confidence through the power of pilates.

### **[Living Beyond Breast Cancer](#)**

LBBC's site features clinical trial information, breaking breast cancer news and information on its annual conference. Registered users can also participate in online discussion forums.

### **[Pink-Link](#)**

Whether you're a patient, survivor, family member or friend, you can connect with others just like you in the Pink-Link network. Ask questions, get advice and share support in this online community.

### **[National Breast Cancer Coalition Fund](#)**

You *can* make a difference! Become a trained advocate and learn how you can participate in legislative, scientific and regulatory decisions, promote positive media coverage and raise public awareness for breast cancer.

## **Events**

### **[Breast Cancer 3-Day](#)**

Embark on a three-day, 60-mile walk with breast cancer survivors and activists while raising money and awareness for Susan G. Komen for the Cure and the National Philanthropic Trust Breast Cancer Fund. And don't worry, it's not all walk and no play: They provide nightly entertainment along with tents, meals and hot showers, plus medical support for those who need it. Check online for the 2008 and 2009 schedule of walks taking place across the country.

### **[Revlon Run/Walk for Women](#)**

Hit the streets in New York City or Los Angeles for these annual 5K run/walks. The donations you receive help fund cancer research efforts and provide education and support to patients and their families.

### **[Rock Out for a Cause](#)**

Enjoy musical performances throughout the month of October at the Hard Rock Café in your town. The restaurant will host a musical event to raise funds for a local charity that supports breast cancer research. Program supporter Melissa Etheridge will be involved in the launch events in Hollywood and Orlando, Florida, and a portion of the proceeds from their Pinktober product line will benefit the Breast Cancer Research Foundation.

### **[Race for the Cure](#)**

Grab your sneakers and some friends and participate in the 25th anniversary of the Komen Race for the Cure. The 5K run/walks are available across the country and raise funds and awareness for the fight against breast cancer.

### **[Avon Walk for Breast Cancer](#)**

The Avon walks have raised more than \$150 million since their incarnation, and you can help to make that number even higher! Nine cities nationwide will host two-day, 39-mile events. A portion of the money raised by the walkers will help underinsured women and men receive screening, support and treatment.

## **Ovarian cancer**

### **[FORCE: Facing Our Risk of Cancer Empowered](#)**

Get the facts on whether your family medical history puts you at increased risk of developing breast or ovarian cancer. You can also locate genetic counselors near you and connect with other "pre-vivors" (FORCE's word for high-risk women) in an online chat room.

### **[Ovarian Cancer Research Foundation](#)**

OCRf is dedicated to raising money to fund research for methods of early ovarian cancer detection and finding a cure. Check out the Wall of Hope for inspiration, where women who are bravely battling the disease are honored, as well as for a listing of upcoming fundraising functions coming to a city near you.

### **[Ovarian Cancer National Alliance](#)**

The alliance works to increase public and professional awareness of ovarian cancer as well as offer education and outreach at state and local levels to spread advocacy nationwide.

### **[Woman to Woman](#)**

This peer program at The Mount Sinai Hospital Gynecologic Oncology Department in New York City provides emotional support and education to women in treatment for uterine, ovarian, cervical, vaginal and vulvar cancer.

## **Events**

### **[U.S. Women's Triathlon Series](#)**

From October 18 to 19, the National Series women-only triathlon will hit San Diego as part of a four-city national series. Join in to help; proceeds go to ovarian cancer research fund.

### **[Run for Her](#)**

Inspired by her mother's 10-year battle with cancer, Kelli Sargent partnered with Cedars-Sinai Medical Center in Los Angeles in 2005 to start this 5K Run and Friendship Walk. Join her and hundreds of others on November 16 in L.A. to walk or run for ovarian cancer awareness and raise funds for the Cedars-Sinai Women's Cancer Research Institute.

## **Cervical cancer**

### **[National Cervical Cancer Coalition](#)**

Get the facts on Pap smears, the HPV vaccine and cervical cancer, plus check out the Cervical Cancer/HPV Quilt Project, which composes quilts made of individual squares created by patients or in honor of loved ones with the disease. The quilts are on display in hospitals, cancer centers and clinics. Women who haven't had a Pap in three years can take advantage of the NCCC's FREE Pap Test Day, which is held annually on the second Friday in January; contact your gynecologist to see if he or she is participating.

### **[Women's Cancer Network](#)**

Take less than 10 minutes to complete a risk assessment survey and get a customized report outlining your chances of developing gynecologic and breast cancers, including cervical. Want more info? Check out the WCN online bookstore. Through an arrangement with Amazon.com, the network will receive 15 percent of the proceeds when you purchase one of the recommended reads.

### **[National Cervical Public Education Cancer Campaign](#)**

Get a yearly e-mail reminder when you sign up for Take the Pledge. By signing the contract, you vow to receive a gynecological exam each year and to ask your health care provider about cervical cancer screening each year. Sponsored by The Gynecologic Cancer Foundation, the website offers print materials on HPV and is taking great strides in reaching out to Latina and African-American communities.

### **[The digene HPV Test](#)**

Learn the ins and outs of HPV, how it's screened and cervical cancer through a series of FAQs. The website also offers a mother-daughter guide to overcoming the discomfort that can come with discussing the subject matter.

### **[Eyes on the Prize](#)**

Join an e-mail discussion list, find a local support group or send an e-postcard to your friends to raise awareness of all forms of gynecological cancer.

### **[Tamika & Friends](#)**

Check out this online network of survivors and friends affected by HPV and cervical cancer. Members take turns hosting HPV parties to promote awareness and make personal connections.

## **Leukemia and Hodgkins lymphoma**

### **[Leukemia and Lymphoma Society](#)**

This is one of the largest voluntary health organizations dedicated to blood cancer research, education and patient services. Get financial support, download educational brochures, become an advocate and chat with others who've been there on their discussion boards.

### **[Leukemia Research Foundation](#)**

Dedicated to funding research for leukemia, lymphoma and myelodysplastic syndromes, the foundation's site includes research grant listings, patient information and details on donating money toward their efforts.

### [Lymphoma Research Foundation](#)

LRF, the nation's largest lymphoma-concentrated voluntary health organization, is devoted solely to funding lymphoma research, providing information on the disease and offering patients a helpline.. Their site includes info on Hodgkin lymphoma and non-Hodgkin lymphoma, and provides a support network for patients to connect with peers who are also living with the disease.

### **Melanoma**

#### [Melanoma.com](#)

Download a sun safety brochure to learn the steps for preventing skin cancer, then consult the self-examination guide and follow the steps for checking your skin in the comfort and privacy of your own home. Melanoma patients can find tips for undergoing treatment, including advice on easing side effects and ensuring proper nutrition.

#### [Melanoma Patients' Information Page](#)

Connect with other patients via private chat rooms about treatments, doctor contacts and anything else that's weighing on your mind. Find selected readings tailored to a patient's specific cancer, a glossary to help you sort through all the medical jargon and staging and prognostic calculators.

#### [Skin Cancer Foundation](#)

Browse through a list of sun-protective clothing and films for car and home windows that carry the SCF seal of approval, which guarantees that the product has an SPF of 15 or higher, has been thoroughly tested and shouldn't cause irritation. Sun safety has never been so easy!

#### [Melanoma Hope Network](#)

Get info on how to identify suspicious spots, as well options for support and treatment if you've been diagnosed. You can also test out TrialFinder, which matches a patient's medical profile with compatible clinical trials as well as notifies patients via e-mail when new treatments become available. The site also features a database of treatment centers that meet the MHN's standards of excellence.

#### [American Academy of Dermatology](#)

Test your sun smarts and get personalized tips by taking the AAD's *Rays Your Grade* safety survey. Find a free skin cancer screening in your area and get the facts on skin cancer, melanoma, sunscreen and indoor tanning.

### **Events**

#### [Road to Healthy Skin Tour](#)

Get a free skin cancer screening through October 31 aboard a 38-foot customized RV that's making stops across the country. Click on the online calendar to learn when it's rolling into your city.

### **Colorectal cancer**

#### [National Colorectal Cancer Research Alliance](#)

Cofounded by Katie Couric, this organization funds research to develop better tests and treatments for colorectal cancer. Scope out the Colorectal Cancer Legislation Report Card to find out if your state has passed preventative screening legislation, and send a letter to your state legislator to voice your support.

#### [Colon Cancer Alliance](#)

Whether you need help with your own diagnosis or that of a loved one, find a buddy on the CCA site who can relate. The site provides detailed information on colon cancer symptoms, genetics, risk factors, statistics and support initiatives. Plus, sign up to receive newsletters and info about regional seminars.

#### [The Colon Club](#)

Order your own „colondar," a calendar featuring photographs of 12 survivors and their stories for each month of the year. Survivor Molly McMaster cofounded the club to inform young people about the disease after she was diagnosed at just 23.

#### [Colorectal Cancer Coalition](#)

Join the movement! Discover how you can take part in advocacy efforts that increase research funding for colon and rectal cancer prevention and treatment.

### **Events**

#### [Undy 5000](#)

Run or walk in a 5K race sponsored by the Colon Cancer Alliance—just be sure you're dressed appropriately: in your underwear! Opting for running shorts over skivvies is optional, but the CCA undie run will draw attention to your derriere and raise awareness for this easily detectable disease. Races will be held in the fall in Philadelphia, Phoenix and Dallas, and plans are currently under way to add more locations.

## **Lung cancer**

### **[LUNgevity Foundation](#)**

Throw an event to fight back against lung cancer with support from LUNgevity. The site can help you organize everything from parties to marathons to motorcycle rallies, all in an effort to bolster the battle against lung cancer. Planning to run a LUNgevity marathon? Use their virtual trainer to get ready for the run!

### **[LungCancer.org](#)**

This CancerCare-based website is the virtual home to the national nonprofit organization, which provides free, professional help to anyone effected by lung cancer.

### **[Lung Cancer Online Foundation](#)**

A virtual clearinghouse for lung cancer, this site is a directory to related resources on the Web.

### **[Lung Cancer Alliance](#)**

Good news: The Centers for Disease Control and Prevention in Atlanta allotted \$204 million to breast and cervical cancer research in 2005. Bad news: The budget included no money for lung cancer research. Check out this site to download and sign a petition to increase federal funding for lung cancer studies and education—and urge your friends, family, neighbors and colleagues to do the same!

### **[Code Blue for Lung Cancer](#)**

Want a loved one quit the sticks? Download this 25-minute podcast to her computer. This powerful documentary sends a hard-to-ignore message about the number-one cancer killer that may make her think twice before reaching for another cigarette.

### **[American Lung Association](#)**

Get a personalized treatment report for a variety of lung conditions, including cancer. Their interactive tool helps you understand your diagnosis as well as the pros and cons of your treatment options.

### **[Bonnie J. Addario Lung Cancer Foundation](#)**

Get updates on lung cancer news and tips on their blog, plus learn how to host an event to support lung cancer research.

## **Events**

### **[3rd annual Boston Area Lung Cancer Walk/Fun Run](#)**

Help bring awareness, education and research funds to lung cancer by joining the LUNgevity Foundation benefit on November 1, 2008, in Castle Island, South Boston, Massachusetts. This walk consists of committees of individuals who have been affected by lung cancer in some way, shape or form. Check out the website for more information to register for the event.

### **[Simply the Best Dinner Gala III](#)**

Come together to honor the lung cancer victims who leave this world too early along with Lynn, Sherr, Kayce, Chris and Elizabeth Jennings, all relatives of the late, great ABC news anchor Peter Jennings. The Simply the Best Dinner Gala III will be held at the Ritz Carlton in San Francisco on November 15, 2008.

## **Thyroid cancer**

### **[Thyroid Cancer Survivors' Association](#)**

Get facts, treatment options and a free support packet through this national nonprofit organization for patients, survivors, family members and health professionals. ThyCa aims to inspire and motivate by connecting the public to support groups locally or via e-mail. The site also provides an individualized person-to-person support system based on diagnosis and personal preferences.

### **[American Thyroid Association](#)**

Find a thyroid specialist in your state with their interactive map, as well as brochures on thyroid disease, surgeries and tests.

### **[Light of Life Foundation](#)**

Thyroid cancer survivor Joan Shey created the Light of Life Foundation (LOL for short) in 1997 to help ensure that sufferers never feel lonely again. LOL holds monthly support groups, provides patients with hospitality baskets and educational information, and organizes survivor teams for marathon running. In conjunction with the Memorial Sloan-Kettering Cancer Center, the foundation created the Light of Life Award to recognize those who have made great contributions to thyroid cancer research and treatment.

## **Books**

### ***What Helped Get Me Through: Cancer Survivors Share Wisdom and Hope***

Edited by Julie K. Silver, M.D. (\$18, American Cancer Society, October 2008)

Dr. Silver surveyed nearly 300 survivors from around the world and interviewed top medical experts to create this road map from diagnosis, to treatment, to recovery and beyond. Hundreds of survivors—including celebs such as Carly Simon and Lance Armstrong—offer true life experiences, encouragement, hope and solutions to "getting through" the cancer journey.

***The 10 Best Questions for Surviving Breast Cancer: The Script You Need to Take Control of Your Health***

By Dede Bonner Ph.D. (\$15, Fireside)

This book highlights the most important questions you and your loved ones should be asking your doctor at each step of your treatment and recovery. You can also use it as a guide to asking the personal questions that will help you maintain a happy, healthy lifestyle with friends, family and colleagues.

***Five Lessons I Didn't Learn From Breast Cancer: (and One Big One I Did)***

By Shelley Lewis (\$14, National American Library)

The book offers a provocative take on a familiar subject. After being diagnosed with breast cancer, author Lewis grew tired of being told that the experience would teach her profound lessons in life. In her book, she aims to relieve the pressure of finding meaning in the disease, and to free women to simply fight it and get back to their lives. Lewis shares her five strategies for coping with cancer, as well as the stories of other breast cancer survivors, from a refreshing and real perspective.

***Lopsided: How Having Breast Cancer can be Really Distracting***

By Meredith Norton (\$24, Viking)

An irreverent account of Norton's battle with breast cancer and a comical memoir of a life unusually lived. At 34, Norton was diagnosed with an aggressive and lethal form of breast cancer. Her memoir chronicles each stop of her harrowing experience while maintaining a sense of humor about her attempts to avoid victimhood and maintain her individuality.

***Cancer Is a Bitch: Or, I'd Rather be Having a Midlife Crisis***

By Gail Konop Baker (\$22, Da Capo, October 2008)

A funny and moving memoir, Baker shares her struggles with juggling breast cancer treatment, midlife, motherhood and marriage with a "rogue boob"—and, ultimately, triumphing.

***Taking Care of Your "Girls"***

By Marisa Weiss, M.D. (co-written with her daughter, Isabel Friedman) (\$16, Three Rivers Press)

This practical guide walks mothers through the myths and facts of breast development and care while dispelling the common misconceptions about what's "normal" for breast health. Although directed for a younger audience, moms can learn a thing or two from the read, too!

***The HPV Vaccine Controversy: Sex, Cancer, God and Politics: A Guide for Parents, Women, Men and Teenagers***

By Shobha S. Krishnan, M.D. (\$40, Praeger)

A gynecologist, family physician and mother, Dr. Krishnan delves into the pros, cons, misconceptions and legislative controversy surrounding the HPV vaccine in her new book. This up-to-date guide provides a wealth of information for readers who are unsure about the vaccine.

***One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends***

By Rebecca Katz (\$22, Celestial Arts)

This cookbook aims to ease the dietary struggles that can come with cancer treatment, such as food restrictions, damaged taste buds, nausea and poor appetite. Katz gives patients and caretakers tons of ideas for easy, simple tasty recipes while also catering to the special needs, taste changes and sensitivities experienced by those going through cancer treatments.

***Crazy Sexy Cancer Survivor: More Rebellion and Fire for your Healing Journey***

By Kris Carr, author of *Crazy Sexy Cancer Tips*

Carr's second book offers more smart and spunky tips for overcoming the fear and uncertainty of cancer. Chock full of exercises, meditations, brainstorming and stories to inspire anyone diagnosed with cancer (or the people close to them), Carr encourages patients to be empowered participants in their healing and to "live like they mean it!"

**Media**

***Frosted Pink With a Twist***

Enjoy a night of charitable entertainment with ABC's Frosted Pink show at 4 P.M. ET October 12. Olympic gymnasts and musical stars will raise awareness for the event's founding partners, which include the Gynecologic Cancer Foundation, the National Coalition for Cancer Survivorship, the National Breast Cancer Coalition and the Ovarian Cancer National Alliance.

***In the Family***

Premiering on PBS on October 1, the documentary follows 31-year-old Joanna Rudnick's struggle after learning she carries the BRCA1 gene mutation. The cameras follow Joanna as she decides whether to have a mastectomy and hysterectomy in an effort to slash her risk of developing breast and ovarian cancer.



*Spread the word, prevention is best kind of cure!*

