

**Dealing With
Practical Matters
After
Cancer Treatment**



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“My boss has been good about the time off I’ve taken—so far. But I still worry that questions about my health will hurt my future here.”

Lisa, leukemia survivor, 53



“Now if I change insurance companies and [cancer comes back], am I going to be covered?”

Charles, colon cancer survivor, 63



“I don’t have insurance—it was hard enough getting my treatment paid for. Now, how can I pay for the medicines I need?”

Elena, ovarian cancer survivor, 56

Being a cancer survivor can affect your job, your health insurance, your finances, and other practical matters. Often, your doctor, nurse, or social worker can be a good source for answers to your questions. There may be resources in your community that can help you get the services you need. This section lists groups and organizations to help you learn more about these issues and solve problems you may have.

You can use the phone or Internet to contact these groups. When you call, have a pen and paper ready to write down important information. If you talk with someone, ask for his or her name in case you want to call back later. If you want to use the Internet but don’t have a computer at home, you may want to use one at your public library. The librarian can help you find sites and print out information that you want to take home.

General Cancer Resources

The organizations listed below are a good starting point to answer your questions about cancer. If you want to find a group that deals with a certain kind of cancer, most of these organizations will be able to help you.

General Cancer Resources	
Contact Information	Description
<p>National Cancer Institute Cancer Information Service (CIS)</p> <p><i>To speak with a CIS information specialist:</i> Tel: 1-800-4-CANCER (1-800-422-6237) 9:00 a.m. to 4:30 p.m. local time, Monday through Friday TTY: 1-800-332-8615</p> <p><i>To get assistance on line:</i> http://cancer.gov/cis Click on the <i>LiveHelp</i> link between 9:00 a.m. and 5:00 p.m., Eastern time, Monday through Friday.</p> <p>For information 24 hours a day, 7 days a week:</p> <ul style="list-style-type: none"> • Tel: 1-800-4-CANCER and select option 4 to hear recorded information • http://cancer.gov 	<p>The Cancer Information Service (CIS) is the National Cancer Institute's link to the public, interpreting and explaining research findings in a clear and understandable manner. The CIS can respond to your specific questions about cancer, including ways to prevent cancer, how to quit smoking, symptoms and risks, diagnosis, current treatments, and research studies.</p> <p>Whether you use the phone or the Internet, you can speak with knowledgeable, caring staff who are trained to explain medical information in terms the public can easily understand. You can also get:</p> <ul style="list-style-type: none"> • Free written materials on many different cancer topics. • Referrals to clinical trials and cancer-related services such as treatment centers, mammography facilities, or other cancer organizations. • Assistance in quitting smoking from information specialists trained in smoking cessation counseling.
<p>Office of Cancer Survivorship http://dccps.nci.nih.gov/ocs/default.html</p>	<p>NCI's Office of Cancer Survivorship provides information on new and innovative research in cancer survivorship and links to information on Follow-Up Medical Care After Cancer Treatment, Late Effects, Health & Well-Being, and Getting Involved After Cancer Treatment.</p>

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

General Cancer Resources (continued)

Contact Information

American Cancer Society

(ACS National Headquarters)

1599 Clifton Road, NE
Atlanta, GA 30329-4251
<http://www.cancer.org>

National Cancer Information Center

To speak with a cancer information specialist:
Tel: 1-800-ACS-2345 (1-800-227-2345)

Call 24 hours a day, 7 days a week.
Staff can accept calls in either English or Spanish and can distribute publications in English and Spanish.

Description

The ACS is a volunteer health organization that offers a variety of prevention and early detection programs, as well as cancer information and support to patients, their families, and caregivers. The ACS also supports research, provides printed materials, and conducts educational programs. A local ACS unit may be listed in the white pages of the phone book under "American Cancer Society."

ACS-Supported Programs:

- **Cancer Survivors Network** (<http://www.acscsn.org>)
This is both a telephone and Web-based service for cancer survivors, their families, caregivers, and friends. The telephone component (1-877-333-HOPE) provides survivors and families access to prerecorded discussions. The Web-based component offers live online chat sessions, virtual support groups, prerecorded talk shows, and personal stories.
- **Look Good ... Feel Better** (<http://www.lookgoodfeelbetter.org>)
In partnership with the Cosmetic, Toiletry, and Fragrance Association Foundation and the National Cosmetology Association, this free program teaches women cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.
- **Hope Lodge**
Housing is provided in some areas through funds raised specifically to purchase lodging for patients during their treatment; 17 lodges are in operation.

General Cancer Resources (continued)

Contact Information

American Cancer Society (continued)

Description

- **I Can Cope**

This program consists of a series of classes in which doctors, nurses, social workers, and community representatives provide information about cancer diagnosis and treatment as well as assistance in coping with the challenges of a cancer diagnosis.

- **“tlc”**

“tlc” is a “magalog” designed to provide needed medical information and special products for women newly diagnosed with breast cancer and for breast cancer survivors. Many featured products are appropriate for *any* woman experiencing treatment-related hair loss. Free copies are available by calling 1–800–850–9445.

Cancer Care, Inc., National Office

275 Seventh Avenue
New York, NY 10001
Tel: 1–800–813–HOPE (1–800–813–4673)
Fax: 212–719–0263
<http://www.cancercare.org>

Cancer Care is a national nonprofit agency that offers free support, information, financial assistance, and practical help to people with cancer and their loved ones. Services are provided by oncology social workers and are available in person, over the telephone, and through the agency's Web site. Cancer Care's reach also extends to professionals, providing education, information, and assistance. A section of the Cancer Care Web site and some publications are available in Spanish, and staff can respond to calls and e-mails in Spanish.

National Coalition for Cancer Survivorship (NCCS)

1010 Wayne Avenue
Suite 770
Silver Spring, MD 20910–5600
Tel: 1–877–NCCS–YES (1–877–622–7937)
<http://www.cansearch.org>
e-mail: info@cansearch.org

NCCS is a network of groups and individuals that offer support to cancer survivors and their loved ones. It provides information and resources on cancer support, advocacy, and quality-of-life issues. A section of the NCCS Web site and a limited selection of publications are available in Spanish.

Employment and Legal Rights

Could I now be passed over for a promotion? Can my office make special accommodations to make it easier for me to do my job now? These are some of the questions cancer survivors may have when they return to work after treatment. The resource list below offers some general information and specific resources to consult for answers.

NOTE: Legal rights change frequently. Check all the material you read to be sure you are getting accurate and up-to-date information from a reliable source.

Disability and Discrimination

Contact Information

Equal Employment Opportunity Commission (EEOC)

1801 L Street, NW
 Washington, DC 20507
 Tel/TTY: 1-800-669-6820
<http://www.eeoc.gov>

Federal Laws Prohibiting Job Discrimination: Questions & Answers

<http://www.eeoc.gov/facts/qanda.html>

The ADA: Your Responsibilities as an Employer

<http://www.eeoc.gov/facts/ada17.html>

Description

The EEOC is the Federal agency that coordinates the investigation of employment discrimination. People can bring complaints against employers if they believe they have experienced discrimination.

← This fact sheet can answer your questions about who is protected by the ADA, workplace accommodation, and other important information.

← This fact sheet describes the responsibilities of an employer toward his/her employees with disabilities.

Department of Justice (USDOJ)

950 Pennsylvania Avenue, NW
 Washington, DC 20530-0001
 Tel: 1-800-514-0301
<http://www.usdoj.gov>

The DOJ provides information to assist persons with disabilities with legal issues, questions about the ADA, mediation services, and other employment issues.

Disability and Discrimination (continued)

Contact Information

U.S. Department of Labor (DOL)
Office of Disability Employment Policy (ODEP)
 1331 F Street NW, Suite 300
 Washington, DC 20004
 Tel: 202-376-6200
 TTY: 202-376-6205
<http://www.dol.gov/dol/odep>

Description

This agency provides fact sheets on a wide variety of disability issues, including discrimination, workplace accommodation, and legal rights.

Job Accommodation Network

West Virginia University
 PO Box 6080
 Morgantown, WV 26506-6080
 Tel/TTY: 1-800-526-7234
<http://www.jan.wvu.edu>

This service of the U.S. Department of Labor offers ideas on how to change a workplace to make it easier for an employee with a disability to do his/her job.

At your workplace:

- The Human Resources department
- A union representative

The Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 (ADA) protect people against employment discrimination based on a disability. These laws often cover cancer survivors.

Legal Assistance

National Employment Lawyers Association (NELA)
 44 Montgomery Street
 Suite 2080
 San Francisco, CA 94104
 Tel: 415-296-7629
<http://www.nela.org>

NELA can help find a lawyer experienced in job discrimination cases.

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Legal Assistance (continued)

Contact Information

Local Bar Association

Check your local phone book.

Description

Many local bar associations provide information about how to find a lawyer and learn about legal assistance in the local area.

Legal Aid or Legal Services Group

Check your local phone book.

Many cities have legal aid groups that help provide free or low-cost legal services.

General Legal Information

National Coalition for Cancer Survivorship (NCCS)

1010 Wayne Avenue
Suite 770
Silver Spring, MD 20910-5600
Tel: 1-877-NCCS YES (1-877-622-7937)
<http://www.cansearch.org>
e-mail: info@cansearch.org

Cancer information, including a book titled *Working It Out: Your Employment Rights as a Cancer Survivor*

American Cancer Society (ACS)

1599 Clifton Road, NE
Atlanta, GA 30329-4251
Tel: 1-800-ACS-2345 (1-800-227-2345)
<http://www.cancer.org>

Contact ACS for legal information.

Cancer Care, Inc., National Office

275 Seventh Avenue
New York, NY 10001
Tel: 1-800-813-HOPE (1-800-813-4673)
<http://www.cancercare.org>
e-mail: info@cancercare.org

Cancer Care has information on a wide range of cancer topics, including employment issues.

Health Insurance Concerns

During treatment, your focus was on getting your health plan to approve your treatments and pay for your care. Now that treatment is over, many people have questions about how their cancer will affect their insurance. Here are some common topics of interest to cancer survivors in the first six months after treatment. Resources for finding out more or getting help are listed for each topic below.

General Information About Your Health Insurance Policy

Contact Information

National Coalition for Cancer Survivorship (NCCS)

1010 Wayne Avenue, Suite 770
Silver Spring, MD 20910-5600
Tel: 1-877-NCCS-YES (1-877-622-7937)
<http://www.cansearch.org>
e-mail: info@cansearch.org

Description

What Cancer Survivors Need to Know About Health Insurance is a resource that describes types of insurance, how to buy, how to submit claims, and how to handle claim rejection.

Your Private Insurer

Your insurance company should be able to answer questions about your policy and what it covers.
Be sure to ask for answers to questions in writing.

Your State Insurance Office

Check the phone book for contact information under "State Government"

Contact your state insurance office about how/where to get new health insurance.

Health Insurance Coverage of Clinical Trials

National Cancer Institute

Tel: 1-800-4-CANCER (1-800-422-6237)
<http://www.cancer.gov> (click on clinical trials area)
TTY: 1-800-332-8615

For more information on health insurance coverage, see the National Cancer Institute's Web site, or call the Cancer Information Service (CIS).

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Health Insurance—Legal Rights

Contact Information

**U.S. Department of Labor (DOL)
Pension and Welfare Benefits Administration
Office of Public Affairs**
200 Constitution Avenue, NW, Room N-5656
Washington, DC 20210
Tel: 202–693–8664
<http://www.dol.gov/dol/pwba> (COBRA and ERISA)

Description

Contact the DOL Pension and Welfare Benefits Administration to find out about or confirm your rights under COBRA and ERISA (Federal laws about pensions and keeping insurance coverage when you change jobs).

The Health Insurance Portability and Accountability Act of 1996 (HIPAA)

Centers for Medicare and Medicaid Services (CMS)
7500 Security Boulevard
Baltimore, MD 21244
Tel: 1–800–MEDICARE (1–800–633–4227)
www.hcfa.gov (click on HIPAA)

Read here about the Health Insurance Portability and Accountability Act of 1996, which says companies cannot exclude you from group coverage. They also cannot charge more because of past or present medical problems.

State Health Insurance Counseling and Assistance Programs (SHIPS) and other state programs
To contact your state programs, call the Medicare hotline.
Tel: 1–800–MEDICARE
<http://medicare.gov>

Many states have counseling and assistance programs that can answer your questions and help you understand your health care choices, choose a Medicare plan and/or additional health insurance to meet your needs, and help you understand your rights and protections.

You can also contact your state insurance commission by checking the phone book under “State Government.” Ask your doctor, social worker, or pharmacist about programs for which you may be eligible.

Help With Medical Costs

How can I pay for medicines I need? What about free or low-cost in-home medical care or equipment?

For people who do not have health insurance or who need financial assistance to cover health care costs, resources are available, including government-sponsored programs and services supported by volunteer organizations. For more information, contact the organizations listed here.

Financial Assistance	
Contact Information	Description
<p>National Cancer Institute Tel: 1-800-4-CANCER (1-800-422-6237) <i>NCI Fact Sheet: Financial Assistance for Cancer Care</i> http://cis.nci.nih.gov/fact/8_3.htm</p>	<p>This fact sheet provides information on financial assistance.</p>
<p>American Cancer Society (ACS) 1599 Clifton Road, NE Atlanta, GA 30329-4251 Tel: 1-800-ACS-2345 (1-800-227-2345) http://www.cancer.org</p>	<p>Contact your local unit for information about financial resources in your community. Local ACS units should be listed in the white pages of the phone book under "American Cancer Society."</p>
<p>Cancer Care, Inc., National Office 275 Seventh Avenue New York, NY 10001 Tel: 1-800-813-HOPE (1-800-813-4673) Fax: 212-719-0263 http://www.cancercare.org</p> <ul style="list-style-type: none"> • AVONcares Program • Novartis Program for Men with Cancer • Hirshberg Fund • Regional/Local Assistance 	<p>Provides financial assistance and relevant education and support to low-income, under- and uninsured, underserved men and women throughout the country in need of diagnostic and/or related services (transportation, childcare, and social support) for a variety of cancers. Details and eligibility vary for each program.</p>

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Financial Assistance (continued)

Contact Information

The Leukemia and Lymphoma Society (LLS)

1311 Mamaroneck Avenue
White Plains, NY 10605-5221
Tel: 1-800-955-4572

<http://www.leukemia-lymphoma.org>

e-mail: infocenter@leukemia-lymphoma.org

Description

Provides information and financial aid to patients who have leukemia, non-Hodgkin's lymphoma, Hodgkin's disease, or multiple myeloma. Callers may request a booklet describing LLS' Patient Aid Program or the telephone number for their local LLS office. Some publications are available in Spanish.

Hill-Burton

Tel: 1-800-638-0742

<http://www.hrsa.gov/osp/dfcr/obtain/obtain.htm>

The program through which hospitals receive construction funds from the Federal Government. Hospitals that receive Hill-Burton funds are required by law to provide some services to people who cannot afford to pay for their hospitalization. A brochure about the program is available in Spanish.

Tax Deductions

Internal Revenue Service (IRS)

Tel: 1-800-829-1040

7:00 a.m. to 10:30 p.m., Monday through Friday

<http://www.irs.gov>

Medical costs not covered by insurance policies can sometimes be deducted from annual income before taxes. Examples of tax-deductible expenses can include mileage for trips to medical appointments and out-of-pocket costs for treatment, prescription drugs, or equipment. The local IRS office, tax consultants, or certified public accountants can determine what medical costs are tax-deductible. These telephone numbers can be found in the local phone book.

Transportation Assistance

Your local unit of the American Cancer Society

Your state or local Department of Social Services

You hospital social worker

Nonprofit organizations and some government agencies may arrange free or reduced-cost air transportation for cancer patients traveling to distant cancer treatment centers. Financial need is not always a requirement. To find out about these programs, talk with a hospital social worker.

Transportation Assistance (continued)

Contact Information

American Cancer Society (ACS)
 1599 Clifton Road, NE
 Atlanta, GA 30329-4251
 Tel: 1-800-ACS-2345 (1-800-227-2345)
<http://www.cancer.org>

Description

Call to find your local unit. (See page 87 for more information.)

The Leukemia and Lymphoma Society (LLS)

1311 Mamaroneck Avenue
 White Plains, NY 10605-5221
 Tel: 1-800-955-4572
<http://www.leukemia-lymphoma.org>
 e-mail: infocenter@leukemia-lymphoma.org

Call to find your local chapter. (See page 95 for more information.)

Eldercare Locator

A service of the National Association of Area Agencies
 on Aging
 Tel: 1-800-677-1116
 Call from 9:00 a.m. to 8:00 p.m., Eastern time

This agency can help coordinate travel for older persons.
 Also, see agencies on aging (page 99-100).

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Help Paying for Medicines

Contact Information

Cancer Information Service (CIS)

Tel: 1-800-4-CANCER (1-800-422-6237)

TTY: 1-800-332-8615

Description

Call the CIS to request information about drug companies that assist cancer patients with low incomes.

Pharmaceutical Research and Manufacturers of America (PhRMA)

1100 Fifteenth Street, NW

Washington, DC 20005

Tel: 1-800-762-4636

<http://www.phrma.org>

To make it easier for physicians to identify the growing number of programs available for needy patients, PhRMA created a *Directory of Prescription Drug Patient Assistance Programs*. It lists programs that provide drugs to physicians whose patients could not otherwise afford them. The *Directory* is available on the Web or can be requested over the phone.

Indigent Patient Programs NeedyMeds

<http://www.needymeds.com>

Most of the large drug companies have what is called an "Indigent Patient Program." These programs help provide medications to people who cannot afford them. NeedyMeds, an Internet Web site, lists medicine assistance programs available from drug companies.

NOTE: Usually, patients cannot apply directly for these programs. You can ask your doctor, nurse, or social worker to contact them.

State Prescription Drug Assistance Programs

Tel: 1-800-MEDICARE (Medicare Hotline)

<http://www.medicare.gov>

Some states have a pharmaceutical assistance program that will help pay for needed medicines.

For a listing of Prescription Drug Assistance Programs in your state, call or visit the Medicare Web site. You can also ask your doctor or social worker about programs for which you may be eligible.

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Credit Counseling

Contact Information

National Foundation for Credit Counseling (NFCC)

801 Roeder Road, Suite 900

Silver Spring, MD 20910

Tel: 1-800-388-2227 (National Crisis Hotline)

<http://www.nfcc.org>

Description

NFCC is a national nonprofit network designed to provide assistance to people dealing with stressful financial situations.

You can find nonprofit consumer credit counseling services in your area. If you cannot find one in the phone book, the National Foundation for Consumer Credit, Inc., can direct you to a certified consumer credit counselor in your area.

Hospital Payment Plans

Patient Advocate

Financial Aid Counselor

Social Worker

Patient Representative (in the Business Office)

Ask one of these hospital employees about setting up monthly payment plans for hospital bills.

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Resources for Specific Groups

The following resources address concerns of specific groups and include information about aging, resources for minority groups, and women's health.

Aging	
Contact Information	Description
<p>AARP 601 E St., NW Washington, DC 20049 Tel: 1-800-424-3410 http://www.aarp.org</p>	<p>This organization provides many services, including counseling groups, assistance to the homebound, and benefits and entitlement information.</p>
<p>Administration on Aging (AoA) (US Department of Health and Human Services) 330 Independence Avenue, SW Washington, DC 20201 Tel: 202-619-7501 TTY: 1-800-877-8339 Fax: 202-260-1012 http://www.aoa.gov e-mail: aoainfo@aoa.gov</p>	<p>AoA is the Federal focal point and advocate agency for older persons. Through information and referral and outreach efforts at the community level, AoA seeks to educate older people and their caregivers about the benefits and services available to help them. AoA works closely with its nationwide network of regional offices and state and area agencies on aging to plan, coordinate, and develop community-level services systems that meet their unique needs.</p>
<p>National Association of Area Agencies on Aging 927 15th Street, NW, 6th Floor Washington, DC 20005 Tel: 202-296-8130, Fax: 202-296-8134 http://www.n4a.org</p> <p>Eldercare Locator (a service of the National Association of Area Agencies on Aging) Tel: 1-800-677-1116 Call from 9:00 a.m. to 8:00 p.m., Eastern time</p>	<p>The National Association of Area Agencies on Aging (NAAAA) provides Eldercare Locator, a nationwide directory assistance service designed to help older persons and caregivers find local support resources. Eldercare Locator has links to state and local agencies on aging where one can get information about services such as transportation, meals, home care, housing alternatives, legal issues, and social activities.</p>

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Aging (continued)

Contact Information

**National Institute on Aging (NIA)
(National Institutes of Health)**

Building 31, Room 5C27
31 Center Drive, MSC 2292
Bethesda, MD 20892
Tel: 1-800-222-2225
<http://www.nih.gov/nia>

Description

The National Institute on Aging is involved in research, education, training, information, and referral. This organization provides a broad range of written materials on issues concerning older adults.

The NIA also produces *Menopause: One Woman's Story, Every Woman's Story—A Guide for Making Healthy Choices*.

Health Information for Minorities

Cancer Care, Inc., National Office

275 Seventh Avenue
New York, NY 10001
Tel: 1-800-813-HOPE (1-800-813-4673)
<http://www.cancercares.org>
e-mail: info@cancercares.org

Cancer Care is a national nonprofit agency that offers free support to people with cancer. See page 88 for a description of their services.

Intercultural Cancer Council

1720 Dryden, PMB-C
Houston, TX 77030
Tel: 713-798-4617
<http://iccnetwork.org>
e-mail: info@iccnetwork.org

The Council promotes policies, programs, partnerships, and research to address the unequal rates of cancer among minority groups. The Web site provides resources and information on this issue.

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Health Information for Minorities (continued)

Contact Information

National Asian Women's Health Organization (NAWHO)

250 Montgomery Street
 Suite 900
 San Francisco, CA 94104
 Tel: 415-989-9747
<http://www.nawho.org>
 e-mail: nawho@nawho.org

Description

NAWHO is working to improve the health status of Asian women and families through research, education, leadership, and public policy programs. They have resources for Asian women in English, Cantonese, Laotian, Vietnamese, and Korean. Publications on subjects such as reproductive rights, breast and cervical cancer, and tobacco control are available.

Office of Minority Health Resource Center (OMHRC)

(a service of the U.S. Department of Health and Human Services' Office of Minority Health)
 P.O. Box 37337
 Washington, DC 20013-7337
 Tel: 1-800-444-6472
 TDD: 301-230-7199
<http://www.omhrc.gov>

The Center is one of the nation's largest sources of minority health information. It offers fact sheets, publications, and a newsletter on issues related to minority health. The Center can also refer you to other sources of information.

Women's Health

Office on Women's Health (National Women's Health Information Center)

8550 Arlington Boulevard, Suite 300
 Fairfax, VA 22031
 Tel: 1-800-994-9662
 TTY: 1-888-220-5446
<http://www.4women.org>

This center offers information on various women's health issues, including body image, nutrition, mammography, pregnancy, and older women's issues.

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Other Resources by Topic

Here are some groups that can help you with other questions you might have, including information about such specific topics as alternative medicine, diet, genetic counseling, and rehabilitation.

Complementary and Alternative Medicine

Contact Information

National Center for Complementary and Alternative Medicine (NCCAM)

NCCAM Clearinghouse

P.O. Box 7923

Gaithersburg, MD 20898

Tel: 1-888-644-6226

TTY: 1-866-464-3615

<http://www.nccam.nih.gov>

e-mail: info@nccam.nih.gov

Description

The Center provides reliable information about the safety and effectiveness of complementary and alternative medicine (CAM) practices.

The Clearinghouse is the public's point of contact and access to information about CAM and NCCAM's programs. Resources are available in English and Spanish.

Consumer Health

Healthfinder

(a service of the U.S. Department of Health and Human Services)

<http://www.healthfinder.gov>

The U.S. Department of Health and Human Services' Healthfinder gives reliable consumer health information. It links to online publications, clearinghouses, databases, Web sites, and support and self-help groups, as well as government agencies and not-for-profit organizations that produce reliable information for the public.

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Diet Guides

Contact Information

U.S. Department of Agriculture (USDA)
 14th Street and Independence Avenue, SW
 Washington, DC 20250
Dietary Guidelines for Americans 2000
 Federal Consumer Information Center
 Tel: 1-888-878-3256
http://www.usda.gov/cnpp/dietary_guidelines.htm

Description

Dietary Guidelines for Americans 2000 (cost \$4.75 + \$2.00 S&H) provides details about healthy diets. To order, call the Federal Consumer Information Center. The pamphlet and other information can also be found on the U.S. Department of Agriculture's (USDA) Web site. The Web-based version of the pamphlet is free.

Genetic Counseling

Cancer Genetics Web Site
http://www.cancer.gov/cancer_information/prevention
Cancer Genetics Services Directory
http://www.cancer.gov/search/genetics_services
 Tel: 1-800-4-CANCER

These resources can provide information on cancer genetics or help you locate a cancer genetics counselor.

Rehabilitation

National Rehabilitation Information Center (NARIC)
 1010 Wayne Avenue, Suite 800
 Silver Spring, MD 20910
 Tel: 1-800-346-2742
 TTY: 301-495-5626
<http://www.naric.com>

The Center provides information and referrals to the public and those involved in the care of people with physical or mental disabilities.

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Additional Resources

The following groups can offer additional information, such as where to find a support group, more detailed information about specific types of cancer, and various services for cancer survivors and their families.

For a complete list of groups, see the NCI Fact Sheet: *National Organizations That Offer Services to People With Cancer and Their Families* or call 1-800-4-CANCER.

Organization	Description
<p>American Cancer Society (ACS) 1599 Clifton Road, NE Atlanta, GA 30329-4251 Tel: 1-800-ACS-2345 (1-800-227-2345) http://www.cancer.org</p>	<p>Contact your local unit for more information. See page 87 for more information about services.</p>
<p>American Foundation for Urologic Disease (AFUD) 1128 North Charles Street Baltimore, MD 21201 Tel: 1-800-242-2383 http://www.afud.org e-mail: admin@afud.org</p>	<p>The AFUD supports research; provides education to patients, the general public, and health professionals; and offers patient support services for those who have or may be at risk for a urologic disease or disorder. They provide information on urologic disease and dysfunctions, including prostate cancer treatment options, bladder health, and sexual function. They also offer prostate cancer support groups (Prostate Cancer Network). Some Spanish-language publications are available.</p>
<p>American Institute for Cancer Research (AICR) 1759 R Street, NW Washington, DC 20009 Tel: 1-800-843-8114 http://www.aicr.org e-mail: aicrweb@aicr.org</p>	<p>The AICR provides information about cancer prevention, particularly through diet and nutrition. They offer a toll-free nutrition hotline, pen pal support network, and funding of research grants. The AICR also has a wide array of consumer and health professional brochures, plus health aids about diet and nutrition and their link to cancer and cancer prevention. The AICR also offers the AICR CancerResource, an information and resource program for cancer patients. A limited selection of Spanish-language publications is available.</p>

There may be a charge for publications listed in this guide. Ask if there is a cost when ordering.

Organization	Description
<p>Cancer Care, Inc., National Office 275 Seventh Avenue New York, NY 10001 Tel: 1–800–813–HOPE (1–800–813–4673) http://www.cancercare.org e-mail: info@cancercare.org</p>	<p>Cancer Care is a national nonprofit agency that offers free support, information, financial assistance, and practical help to people with cancer and their loved ones. Services are provided by oncology social workers and are available in person, over the telephone, and through the agency’s Web site. Cancer Care’s reach also extends to professionals—providing education, information, and assistance. Some services are available in Spanish.</p>
<p>Cancer Hope Network Suite A Two North Road Chester, NJ 07930 Tel: 1–877–HOPENET (1–877–467–3638) http://www.cancerhopenetwork.org e-mail: info@cancerhopenetwork.org</p>	<p>The Cancer Hope Network provides individual support to cancer patients and their families by matching them with trained volunteers who have undergone and recovered from a similar cancer experience. Such matches are based on the type and stage of cancer, treatments used, side effects experienced, and other factors.</p>
<p>Cancer Information and Counseling Line (CICL) (a service of the AMC Cancer Research Center) 1600 Pierce Street Denver, CO 80214 Tel: 1–800–525–3777 Call from 8:30 a.m. to 5:00 p.m., Mountain time. http://www.amc.org e-mail: cicl@amc.org</p>	<p>The CICL, part of the Psychosocial Program of the AMC Cancer Research Center, is a toll-free telephone service for cancer survivors, their family members and friends, and the general public. Professional counselors provide up-to-date medical information, emotional support through short-term counseling, and resource referrals to callers nationwide.</p>
<p>Gilda’s Club, Inc. 322 Eighth Avenue New York, NY 10001 Suite 1402 Tel: 917–305–1200 (call for your local chapter) http://www.gildasclub.org</p>	<p>Gilda’s Clubs provide social and emotional support to cancer patients, their families, and friends. Lectures, workshops, networking groups, special events, and a children’s program are available.</p>

Organization	Description
<p>Lance Armstrong Foundation P.O. Box 161150 Austin, TX 78716–1150 Tel: 512–236–8820 http://www.laf.org</p>	<p>The Lance Armstrong Foundation (LAF) seeks to enhance the quality of life for those living with, through, and beyond cancer. Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, the LAF's mission is to enhance the quality of survival for those diagnosed with cancer. LAF seeks to promote the optimal physical, psychological, and social care and recovery of cancer survivors and their loved ones. The Foundation focuses its activities on the following areas: survivor services and support, groundbreaking survivorship programs, and medical and scientific research grants.</p>
<p>National Coalition for Cancer Survivorship (NCCS) 1010 Wayne Avenue Suite 770 Silver Spring, MD 20910–5600 Tel: 1–877–NCCS YES (1–877–622–7937) http://www.cansearch.org e-mail: info@cansearch.org</p> <p>To order the <i>Cancer Survival Toolbox</i>, call: Tel: 1–877–TOOLS–4–U (1–877–866–5748) http://www.cansearch.org/programs</p>	<p>NCCS is a network of groups and individuals offering support to cancer survivors and their loved ones. It provides information and resources on cancer support, advocacy, and quality-of-life issues. A section of the NCCS Web site and a limited selection of publications are available in Spanish. Offerings include a free audio program that teaches cancer survivorship skills, the <i>Cancer Survival Toolbox</i>.</p>
<p>National Lymphedema Network (NLN) 1611 Telegraph Avenue Suite 1111 Oakland, CA 94612–2138 Tel: 1–800–541–3259 http://www.lymphnet.org e-mail: nlm@lymphnet.org</p>	<p>The NLN provides education and guidance to lymphedema patients, health care professionals, and the general public by providing information on the prevention and management of primary and secondary lymphedema. The Network provides a toll-free support hotline; a referral service to lymphedema treatment centers and health care professionals; a newsletter; and a computer database. Some Spanish-language materials are available.</p>

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Organization	Description
<p>Patient Advocate Foundation (PAF) 753 Thimble Shoals Boulevard, Suite B Newport News, VA 23606 Tel: 1-800-532-5274 http://www.patientadvocate.org e-mail: help@patientadvocate.org</p>	<p>The PAF provides education, legal counseling, and referrals to cancer patients and survivors concerning managed care, insurance, financial issues, job discrimination, and debt crisis matters.</p>
<p>R. A. Bloch Cancer Foundation, Inc. 4435 Main Street Suite 500 Kansas City, MO 64111 Tel: 1-816-WE-BUILD (816-932-8453) http://www.blochcancer.org e-mail: hotline@hrblock.com</p>	<p>The R. A. Bloch Cancer Foundation matches newly diagnosed cancer patients with trained, home-based volunteers who have been treated for the same type of cancer. They also distribute informational materials, including a multidisciplinary list of institutions that offer second opinions. Information is available in Spanish.</p>
<p>United Ostomy Association 19772 MacArthur Boulevard, Suite 200 Irvine, CA 92612-2405 Tel: 1-800-826-0826 (6:30 a.m. to 4:30 p.m., Pacific time) http://www.uoa.org e-mail: uoa@deltanet.com</p>	<p>The United Ostomy Association helps ostomy patients through mutual aid and emotional support. It provides information to patients and the public and sends volunteers to visit with new ostomy patients.</p>
<p>The Leukemia and Lymphoma Society (LLS) 1311 Mamaroneck Avenue White Plains, NY 10605-5221 Tel: 1-800-955-4572 http://www.leukemia-lymphoma.org e-mail: infocenter@leukemia-lymphoma.org</p>	<p>The goal of LLS is to find cures for leukemia, lymphoma, Hodgkin's disease, and multiple myeloma and to improve the quality of life of patients and their families. LLS supports medical research and provides health education materials and services for patients and families.</p>
<p>The Wellness Community (National) 35 East Seventh Street, Suite 412 Cincinnati, OH 45202 Tel: 1-888-793-WELL (1-888-793-9355) http://www.wellness-community.org e-mail: help@wellness-community.org</p>	<p>The Wellness Community provides free psychological and emotional support to cancer patients and their families. They offer support groups facilitated by licensed therapists, stress reduction and cancer education workshops, nutrition guidance, exercise sessions, and social events.</p>