

Web and Phone Resources

* En Espanol

BASICS FOR THE NEWLY DIAGNOSED

- ***Susan G. Komen Breast Cancer Foundation, www.komen.org.** Breast cancer related news stories, calendar of Komen events, list of local Komen affiliates and survivors' personal stories, age-related screening guidelines. Educational materials and podcasts are available.
- **American Cancer Society, www.cancer.org.** Supports research, provides printed materials, and conducts educational programs and events. 1-800-227-2345.
- **ACS /Cancer Survivors Network, www.acscsn.org.** Discussion boards, resources, support, clinical trials.
- **Breast Cancer, www.breastcancer.org.** Information about breast cancer and help to make decisions about treatment and life after cancer. Many publications available.
- **Breast Friends, www.breastfriends.com.** Helping women survive the trauma of cancer one friend at a time. Provides emotional support for women at the beginning of treatment, and programs to help her live a life beyond cancer at the end of treatment. Other programs include humorous hats for chemo patients, DVD's and guides for talking to the patient's family, friends, and children. We also maintain a wig and prosthetic closet for those without insurance or other financial resources. 503-598-8048.
- ***Cancer Care, www.cancer.org.** Counseling, financial advice, and an online support group staffed by social work professionals. Many links. 1-800-813-HOPE
- ***Cancer Net, www.cancer.net.** Patient website for the American Society of Clinical Oncologists. Accurate cancer information, podcasts and news stories.
- **Dia de la Mujer Latina, www.diadelamujerlatina.org.** Information and support for Latinas affected by cancer.
- ***IBC Support, www.ibcsupport.org.** Information and support for those with inflammatory breast cancer.
- **Inflammatory Breast Cancer Research Foundation, www.ibcresearch.org** offers research, news, information and email support group. 1-877-786-7422.
- ***Livestrong, www.livestrong.org.** Lance Armstrong foundation's site offering information, support and advocacy for people affected by cancer. 866-673-7205.
- **Mautner Project, National Lesbian Health Organization, www.mautnerproject.org.** Resources for LGBT community. 202-332-5536.
- ***MedLine Plus Tutorials, www.medlineplus.gov.** Over 165 slide shows that explain diseases, tests and diagnostic procedures, and surgery and treatment practices.
- ***National Cancer Institute (NCI), www.cancer.gov.** Official web site of the Federal government's principal agency for cancer research. The site has authoritative cancer information arranged topically for easy navigation. 1-800-4CANCER.
- ***National Center for Complementary and Alternative Medicine (NCCAM), National Institute of Health, nccam.nih.gov.** The web site includes publications, news, events, information for researchers, and links to other CAM-related resources.
- **National Institutes of Health Clinicaltrials.gov.** Current information for locating federally and privately supported clinical trials for a wide range of diseases and conditions.
- **National LGBT Cancer Network, www.cancer-network.org.** LGBT advocacy, education, research and support.
- **Native American Survivors Network, www.natamcancer.org.** Information and support for survivors and their loved ones.

- ***Nueva Vida**, www.nueva-vida.org. Information and support for Latinas affected by cancer.
- **RT Answers**, www.rtanswers.org. Answers questions about radiation therapy and side effects. 1-800-962-7876.
- **Sharsheret**, www.sharsheret.org. National, nonprofit organization connecting Jewish women at high risk or recently diagnosed with breast cancer with survivors who can share their experiences. 1-866-474-2774.

FOR YOUNG SURVIVORS

- **Hope for Two**, www.pregnantwithcancer.org. Support, registry, news and events. 1-800-743-4471.
- **Planet Cancer**, planetcancer.org. Fun website for young survivors, enables them to contact others their age under treatment.
- **Ulman Cancer Fund**, ulmanfund.org. Offers support, advocacy and scholarships for young adults who are diagnosed with cancer. 1-888-393-FUND.
- **Vital Options for Young Survivors**, vitaloptions.org/youngadultswithcancer.html. Site with support and advocacy for young adults diagnosed with cancer.
- ***Y-Me National Breast Cancer Organization**, www.networkofstrength.org. Provides information and support during all stages of breast disease. 1-800-221-2141, Spanish 1-800-986-9505.
- **Young Couples**, www.youngcancerspouses.org. Coping, care-giving, relationships and financial/legal problems for the young couple with cancer.
- ***Young Survivor Coalition**, www.youngsurvival.org. International network dedicated to the issues of women under age 40 diagnosed with breast cancer. 1-877-YSC-1011.

FOR CO-SURVIVORS

- **Men Against Breast Cancer**, www.menagainstbreastcancer.org Support for men who have a loved one with breast cancer.
- **Well Spouse Association**, www.wellspouse.org. Information, support and conferences for spouses and children of those with a serious disease.

NEWS AND RESEARCH ON CANCER

- **American Association for Cancer Research**, www.aacr.org. Respected cancer research organization. News, advocacy, research, information and podcasts.
- **American Society of Clinical Oncologists**, www.asco.org. Site of cancer doctors, news, research, events in medical language.
- **CR Magazine**, www.CRmagazine.org. Published by the American Association for Cancer Research, news, back issues, podcasts. 1-866-860-7088.
- **CURE Magazine**, curetoday.com. Offers back issues of magazine, breaking cancer news, and search capability. 1-800-210-CURE.
- ***Living Beyond Breast Cancer**, lbbc.org. Provides educational materials, a Young Survivors Network and a toll-free helpline. 1-888-753-5222.
- **MAMM Magazine**, www.mamm.com. Back issues of the magazine, news, links, support groups. 1-877-668-1800.
- ***National Breast Cancer Coalition**, www.stopbreastcancer.org. Advocacy effort to teach women with breast cancer how to influence the policy decision-making process.
- ***National Coalition for Cancer Survivorship**, canceradvocacy.org. Information and advocacy for survivors. Journey Forward tool to track treatment. 1-877-622-7937.
- **San Antonio Breast Cancer Symposium**, www.sabcs.org. Information on past symposia, research news, podcasts and abstracts.
- **Silent Spring Institute**, www.silentspring.org. Institute investigating the environmental links to breast cancer, lists research, news, activities and publications.

RISK REDUCTION

- **FORCE**, www.facingourrisk.org. Information on BRCA testing and genetic risk for breast and ovarian cancer, support, news and research. 1-866-824-RISK.
- **Harvard School of Public Health Disease Risk Index**, www.diseaseriskindex.harvard.edu. Assess your risk of developing cancer and other disease.
- **National Cancer Institute Breast Cancer Risk Assessment Tool**, www.cancer.gov/bcrisktool/. Assess your risk of development breast cancer.

TREATMENT AND SIDE EFFECTS

- **About Herbs**, www.mskcc.org/mskcc/html/11570.cfm. Memorial Sloan-Kettering Cancer Center site that lets you investigate the research on your favorite herbs.
- ***American Chronic Pain Association**, www.theacpa.org. Information and support for those faced with chronic pain. 800-533-3231.
- **American Institute for Cancer Research**, www.aicr.org. Information on diet, nutrition and cancer; provides research and consumer education programs. 1-800-843-8114.
- **American Pain Foundation**, www.painfoundation.org. Features a Pain Action Guide, and offers information, support and advocacy. 1-888-615-PAIN.
- **American Society of Plastic Surgeons**, plasticsurgery.org. Information on the methods of plastic surgery and breast reconstruction.
- **Fertile Hope**, fertilehope.org. Positive reproductive information, support and hope to cancer patients whose treatment presents the risk of infertility. 1-866-965-7205.
- **National Lymphedema Network**, www.lymphnet.org. Information, education, referral service to treatment centers and support groups. 1-800-541-3259.
- **National Osteoporosis Foundation**, www.nof.org. Prevention and treatment information and practical tips. 1-800-231-4222.
- *** North American Menopause Society**, menopause.org. Site of the, a source of accurate information on research and treatments for menopause symptoms.
- **Red Hot Mamas**, www.redhotmamas.org. Fun site with menopause information and support.
- **Susan B. Love, M.D. Web Site**, www.dslrf.org. Excellent source for ongoing breast cancer and menopause information. Join the Army of Women to prevent breast cancer.
- **Triple Negative Breast Cancer**, www.tnbcfoundation.org. Information, events, support. 877-880-8622.
- ***Wellness Community**, www.thewellnesscommunity.org. Offers education and psychosocial support to survivors and co-survivors. 1-888-793-WELL.

METASTATIC BREAST CANCER RESOURCES

- **Brain Mets**, www.brainmetsbc.org. Information and support.
- **Her2Support Group**, her2support.org. information by site of distant recurrence, treatments, links, resources, news, clinical trials, message board.
- **Living Beyond Breast Cancer**, lbbc.org. News, clinical trials, message board, treatments.
- **Message Board**, www.bcmets.org. Communicate with other survivors.
- **Metastatic Breast Cancer Network**, www.mbcnetwork.org. Offers advocacy, information, support and outreach. 1-888-500-0370.
- **Practical Helps**, www.survivorshipatoz.org/cancer.
- **Recurrence**, www.advancedbc.org. Musa Mayer's site for those who are living with metastatic disease. Information, chats, resources, news. Website: www.SusanLoveMD.org

PROFESSIONAL RESOURCES

- **Association of Oncology Social Workers**, www.aosw.org.
- **Intercultural Cancer Council**, www.iccnetwork.org. Fact sheets, Symposia, information.
- **Legal Helps**, disabilityrightslegalcenter.org/about/healthcareprofessionals.cfm. Information to help cancer patients with legal problems. Free webinars for professionals.
- **Office of Cancer Survivorship**, dccps.nci.nih.gov/ocs. Reports, research, education on survivorship issues.
- **Oncology Nursing Society**, www.ons.org. Professional cancer nursing organization.

- ***Working with Cancer**, www.cancerandcareers.org. Offers tips to continue working, how to manage treatments, finances, co-worker relationships.

PODCASTS

Komen.org, sabcs.org, www.susanlovemd.org, www.livestrong.org/ayapodcasts, www.cancer.net, www.CRmagazine.org.

OTHER RESOURCES

- **Breastcancerstories.org**, founded for women to share their experiences with breast cancer.
- **Lotsa Helping Hands**, www.lotsahelpinghands.com/caregiving/home. Web tool to organize family and friends to help women while going through treatment.