



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, The local friends and family network for support and inspiration. Offers tips for co-survivors, volunteer matching program for women needing support, and a support group for women behind bars. Call 503-598-8048 for information.

* **Cancer Care**, www.cancercare.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.

Clinical Trials, clinicaltrials.gov. Current information for locating federally and privately supported clinical trials for a wide range of diseases and conditions.

Co-Survivor Support, www.wellspouse.org. Has information, support and conferences for spouses and children of those with a serious disease. Website: menagainstbreastcancer.org, support for men who have a loved one with breast cancer.

* **Inflammatory Breast Cancer**, ibcsupport.org. Information and support for those with this kind of cancer. Website: www.ibcresearch.org offers research, news, information and email support group. 1-877-786-7422.

Lab Tests Online, www.labtestsonline.org. Provides better understanding of lab tests during routine care as well as diagnosis and treatment.

Lesbians, www.mautnerproject.org. Resources for LGBT community. 202-332-5536. Website: www.cancer.network.org LGBT advocacy, education, research and support.

* **Livestrong**, www.livestrong.org. Lance Armstrong Foundation's site that offers information, support and advocacy. 866-673-7205.

* **Look Good during Treatment**, www.lookgoodfeelbetter.org. Web site of the American Cancer Society program to help women improve their appearance during treatment.

* **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) Part of the National Institute of Health, nccam.nih.gov.** The web site includes publications, news, events, information for researchers, and links to other CAM-related resources.

Native American B. C. Survivors Network, natamcancer.org. Information and support for survivors and their loved ones.

***Nueva Vida, nueva-vida.org.** Information and support for Latinas affected by cancer.

Website: www.diadelamujerlatina.org.

Organize Helpers, www.lotsahelpinghands.com/caregiving/home/. Web tool to organize family and friends to help women while going through treatment.

Pathology Report, www.mybiopsy.org. Slides of breast tumor cells, information on types of cancer, how to read a pathology report.

Radiation Therapy, www.rtanswers.org. Explains radiation therapy and side effects. 1-800-962-7876.

Reconstruction, plasticsurgery.org. Information on the methods of plastic surgery and breast reconstruction.

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.

Side Effects, www.thecancerjourney.org. Oncology Nursing Society gives ways to manage treatment symptoms and opportunity to ask nurses for individual answers.

Sisters Network, sistersnetworkinc.org. A site for African American women who want to do something to reduce the impact of breast cancer. 1-866-781-1808. Website:

www.circleofhope.org. Susan G. Komen site about breast cancer in African Americans.

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 Survivor Coalition, www.youngsurvival.org.** International network dedicated to the issues of women under age 40 diagnosed with breast cancer. 1-877-YSC-1011.

Young Survivor Site, planetcancer.org. Fun website for young survivors, enables them to contact others their age under treatment.

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.

Cancer Action Network, www.acscan.org. Advocacy group of the American Cancer Society.

CR Magazine, www.CRmagazine.org. Published by the American Association for Cancer Research, news, back issues, podcasts. 1-866-860-7088.

CURE Magazine, curetoday.org. Offers back issues of magazine, breaking cancer news, and search capability. 1-800-210-CURE.

***Living Beyond Breast Cancer, lbcc.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

Risk Tools, www.cancer.gov/bcrisktool/, www.diseaseriskindex.harvard.edu. Each of these sites has a tool to help you understand your breast cancer risk.

Genetic Risk Information, www.facingourrisk.org. FORCE- Information on BRCA testing and genetic risk for breast and ovarian cancer, support, news and research. 1-866-824-RISK.

Risk Reduction, www.aicr.org, www.cancer.net, www.cancer.org, www.breastcancer.org. Sites that have information on reducing risk by behavioral changes and medical interventions.

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. Website: www.painfoundation.org. Features a Pain Action Guide, and offers information, support and advocacy. 1-888-615-PAIN.

Fertile Hope, fertilehope.org. Positive reproductive information, support and hope to cancer patients whose treatment presents the risk of infertility. 1-866-965-7205.

HER2 Support Group, Her2support.org. A support group and source of research information for those diagnosed with HER2 over-expression.

Lymphedema, www.lymphnet.org. Information, education, referral service to treatment centers and support groups. 1-800-541-3259.

***Menopause**, menopause.org. Site of the North American Menopause Society, a source of accurate information on research and treatments for menopause symptoms. Website: www.redhotmamas.org. Fun site with menopause information and support.

Nutrition, www.aicr.org. National cancer charity focusing on diet, nutrition and cancer; provides research and consumer education programs. 1-800-843-8114.

Osteoporosis, www.nof.org. National Osteoporosis Foundation site with prevention and treatment information and practical tips. 1-800-231-4222.

Pregnancy, www.pregnantwithcancer.org. Hope for two. Support, registry, news and events. 1-800-743-4471.

Share your Story, breastcancerstories.org, founded for women to share their experiences with breast cancer.

Susan B. Love, M.D. Web Site, www.SusanLoveMD.org. Excellent source for ongoing breast cancer and menopause information. Join the Army of Women to prevent breast cancer.

Survivors Retreat, www.survivorsretreat.com. Spas, retreats, camps for healing the spirit.

Triple Negative Breast Cancer, www.tnbcfoundation.org. Information, events, support. 877-880-8622.

Teen Co-Survivors, www.cancerreallysucks.org. For teens, by teens, coping, news, information, counseling. Website: imtooyoungforthis.org. Support for teens and young adults with cancer. Practical and lots of fun.

Ulman Cancer Fund, ulmanfund.org. Offers support, advocacy and scholarships for young adults who are diagnosed with cancer. 1-888-393-FUND.

***University of Pennsylvania Cancer Site**, oncolink.com. Helpful site for information about cancer, treatment, clinical trials, news, podcasts, support, CEU's for nurses.

Video Stories, www.womenstories.org. Post your story of your breast cancer diagnosis.

Young Couples, www.youngcancerspouses.org. Coping, care-giving, relationships and financial/legal problems for the young couple with cancer.

***Wellness Community**, www.thewellnesscommunity.org. Offers education and psychosocial support to survivors and co-survivors. 1-888-793-WELL.

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

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.

University of Pennsylvania Cancer Site, www.oncolink.org/resources, CEU credits for health professionals.

PODCASTS

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