







CANCER SUPPORT GROUPS AND RESOURCES GUIDE

Support for You and Your Family



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GENERAL CANCER INFORMATION

These groups offer a wide range of information about cancer. This includes education, support, coping with treatment and more.

American Cancer Society (ACS) 800-227-2345

A nationwide, community-based health organization dedicated to preventing cancer, saving lives and diminishing the suffering from cancer.

www.cancer.org

American Cancer Society Virginia

Provides links to programs and services for patients with cancer in the state of Virginia, including transportation, advocacy, cancer information and lodging.

www.cancer.org/about- us/local/virginia

CancerCare 800-813-4673

Provides free professional support services to people whose lives are affected by cancer. They offer individual and group counseling, online and telephone support groups, financial assistance and teleconferences.

www.cancercare.org

Cancer.Net (American Society for Clinical Oncology) 888-651-3038

Provides information about cancer treatment, clinical trials, coping, and side effects as well as a "find an oncologist" database and online message boards.

www.cancer.net

Cancer Support Community 1-888-793-9355

Information on living with cancer, whether you are newly diagnosed, a survivor, or a family member or friend of someone who is living with cancer.

www.cancersupportcommunity.org

Centers for Disease Control and Prevention (CDC) 800-232-4636

Cancer prevention and control information, statistics and what CDC is doing about this.

www.cdc.gov

Chemocare.com

844-268-3901

Drug information, side effect management and practical tools.

www.chemocare.com

National Cancer Institute (NCI)

1-800-422-6237

The nation's trusted source for cancer information. Provides information about cancer and how to find quality care. Offers education material online or mailed to your home at no charge.

www.cancer.gov/cancertopics/types/commoncancers

National Comprehensive Cancer Network (NCCN) Guidelines for Patients

215-690-0300

Easy to understand resources to help you better communicate with your physician and health care team.

www.nccn.org/patients/guidelines/cancers

OncoLink

215-349-8895

Through OncoLink you can get comprehensive information about specific types of cancer, updates on cancer treatments and news about research advances. The information is updated daily and provides information at various levels, from introductory to indepth. For more information, please visit the website, which is available in both English and Spanish. www.oncolink.org

GENERAL CANCER INFORMATION

Caregiver Support Group (local) 540-981-2350

Group for those caring for people with

chronic conditions.

Meeting time: 2nd Tuesday of each month, 1 p.m. Address: 2321 Roanoke Blvd., Salem VA, 24142

www.accrv.org

Cancer Support Group Blue Ridge Cancer Center

Meeting time: 2nd Tuesday of each month, 2 - 3:30 p.m.

Contacts: Amy Thomason

amy.thomason@usoncology.com

or 540-982-0237 ext 1700

Teresa Poole

tpoole@carilionclinic.org or 540-981-7377

Meeting Information:

https://uson.webex.com/uson/j.php?MTID=me

85bd9788fc0bbd94081ec1c4daefa13

Meeting Number: 133 046 6782

Password: M2VqTmq34RP

Host Key: 928550

Join by video:

Dial 1330466782@uson.webex.com

You can also dial 173.243.2.68 and enter your

meeting number.

Join by phone:

844-297-3062

Access code: 133 046 6782

Homeboyz Against Cancer

A network of support for anyone who has experienced or been affected by cancer, presented in TED-talk style.

Meeting time: every Sunday night, 7-8 p.m. Address: The Hope Center, 506 11th St. N.W.,

Roanoke, VA 24017

The groups below focus on certain types of cancer. It usually depends on where your cancer begins. They may offer information about special treatments, research and programs in your community.

BRAIN

American Brain Tumor Association (ABTA) 1-800-886-2282

Offers brain tumor information and support. www.abta.org

National Brain Tumor Society 617-237-1731

Information, support and counseling for brain tumor patients and their families.

www.braintumor.org

BREAST

Breastcancer.org 610-642-6550

Nonprofit organization dedicated to providing the most reliable, complete and up-to-date information about breast cancer.

www.breastcancer.org

FORCE (Facing Our Risk of Cancer Empowered) 866-288-7475

FORCE is dedicated to improving the lives of individuals and families affected by hereditary breast and ovarian cancer.

www.facingourrisk.org

Living Beyond Breast Cancer 855-807-6386

Dedicated to empowering all affected by this disease. Includes a newsletter, transcripts and an email list. www.lbbc.org/node/1578

National Breast Cancer Coalition 800-622-2838

Advocacy and educational coalition for breast cancer. www.breastcancerdeadline2020.org

National Breast Cancer Foundation

News, links, education and help for the underserved. www.nationalbreastcancer.org

SHARE

844-275-7427

Education and support for women facing breast and ovarian cancer.

www.sharecancersupport.org

Sisters Network, INC. 866-781-1808

Committed to increasing local and national attention to the devastating impact that breast cancer has in the African-American community.

www.sistersnetworkinc.org

Susan G. Komen for the Cure® 877-465-6636

Offers a toll-free helpline and online breast cancer information.

http://ww5.komen.org

Triple Negative Breast Cancer Foundation 877-880-8622

Dedicated to supporting research and providing information for patients living with triple negative breast cancer.

tnbcfoundation.org

YSC (Young Survival Coalition) 877-972-1011

Support for young women, ages 18 to 40, with breast cancer, including downloadable forms.

www.youngsurvival.org

Carilion Breast Cancer Support Group 540-224-6939

Meeting time: 1st and 3rd Tuesday of each month, 6:30-8 p.m.

Address: Carilion Clinic Breast Care Center, Diagnostic Center, 102 Highland Ave., Roanoke, VA 24013

Contact: Catherine Hagan-Aylor, CCBCC Nurse Specialist

Lewis Gale Cancer Support Group for Women 540-776-4883

Meeting time: 1st Thursday of each month, 7 p.m. Adress: 1900 Electric Road, Salem, VA 24153

Contact: Kathy Montgomery

cathy.montgomery@hcahealthcare.com

www.lewisgale.com/patients-and-visitors/classes-and-

events.dot

METASTATIC BREAST

Metastatic means your cancer has spread to other parts of your body.

Advanced Breast Cancer Community Support

Tools to assist in understanding advanced breast cancer, for patients and caregivers.

www.advancedbreastcancercommunity.org

Brain Mets Breast Cancer

Website offers patients with metastatic breast cancer and their families a place to learn about brain metastases from a patient perspective.

www.brainmetsbc.org

Living Beyond Breast Cancer 855-807-6386

Dedicated to empowering all affected by this disease. Includes a newsletter, transcripts and an email list. http://www.lbbc.org/node/1578

MBC Info Center

For patients with metastatic breast cancer and their caregivers.

www.mbcinfocenter.com

Metavivor 818-860-1226

Dedicated to the specific fight of women and men living with stage 4 metastatic breast cancer.

www.metavivor.org

Story Half Told

An initiative to spotlight the misperceptions that surround metastatic breast cancer and focus on supporting women living with this disease.

www.storyhalftold.com

Susan G.Komen 877-465-6636

Susan G. Komen has added a section to their website on Metastatic Breast Cancer. Click on "Understanding breast cancer>metastatic breast cancer."

www.komen.org

GASTROINTESTINAL (GI, COLON, COLORECTAL, PANCREATIC)

Colon Cancer Alliance 877-422-2030

Provides information and a network for patients with a genetic predisposition to the disease, and other individuals touched by colorectal cancer.

www.ccalliance.org

Colonoscopy Assist 847-986-8999

The Colonoscopy Assist program promotes screening for colon cancer among the uninsured community. Tests are provided at discounted rates. Financial assistance is provided to patients unable to afford the tests. The program focuses on removing financial barriers to CRC screening.

www.cheapcolonoscopy.com

Fight Colorectal Cancer 877-427-2111

Fight Colorectal Cancer (Fight CRC) brings together and empowers a community of patients, survivors, caregivers and professionals to push for better policies and support research, education and awareness for all those touched by colon and rectal (colorectal) cancers. www.fightcolorectalcancer.org

No Stomach for Cancer 608-692-5141

A worldwide leader in raising awareness, advancing stomach cancer education and supporting individuals and families affected by all forms of stomach cancer. www.nostomachforcancer.org

Pancreatic Cancer Action Network 877-272-6226

Provides information and support for patients and caregivers.

www.pancan.org

Stop Colon Cancer Now 877-706-726

Free screening colonoscopies. www.stopcoloncancernow.com

United Ostomy Associations of America (UOAA) 800-826-0826

National Network of ostomy support groups. They offer listings of local support groups, online discussion, chat rooms and a magazine.

www.ostomy.org

GENITOURINARY CANCER (BLADDER, KIDNEY, PROSTATE, TESTICULAR)

American Bladder Cancer Society 413-684-4240

This service provides online chat support and information for bladder cancer patients and their families. The website also includes links to blogs of patients and families with bladder cancer.

www.bladdercancersupport.org

Bladder Cancer Advocacy Network (BCAN) 888-901-2226

Provides bladder cancer information, clinical trial listings, a quarterly online newsletter and a weekly online chat room where survivors share their experiences.

www.bcan.org

Kidney Cancer Association 800-850-9132

International charity dedicated specifically to ending death and suffering from renal cancers.

www.kidneycancer.org

TC-Cancer.com

Offers testicular cancer online information and a support forum.

www.tc-cancer.com

Testicular Cancer Foundation 855-390-8231

Provides education and support to young adult males to raise awareness about testicular cancer.

www.testicularcancer.org

Testicular Cancer Resource Center

Provides information about all aspects of testicular cancer, including treatment, side effects, fertility and survivorship. This site also hosts an email support group.

www.thetcrc.org

United Ostomy Associations of America (UOAA) 800-826-0826

National Network of ostomy support groups. <u>www.ostomy.org</u>

Urology Care Foundation 800-828-7866

Provides educational materials and programs. <u>www.urologyhealth.org</u>

Us TOO International Prostate Cancer Education and Support Network

800-808-7866

Peer-to-peer support and educational materials to help men and their caregivers make informed decisions about prostate cancer.

www.ustoo.org

Prostate Cancer Support Group

Meets: 2nd Wednesday of each month, 6-7 p.m.

Contacts: Amy Thomason

amy.thomason@usoncology.com or

540-982-0237 ext 1700 or

Teresa Poole at tpoole@carilionclinic.org or

540-981-7377

Meeting Information: https://uson.webex.com/uson/j. php?MTID=mc dbbe1cbe7be4e7b30f9b4df4d4e0a5b

Meeting Number: 133 003 8011

Password: jZNJVFnb653

Host Key: 166981 Join by video

Dial 1330038011@uson.webex.com

You can also dial 173.243.2.68 and enter your

meeting number.

Join by phone

844-297-3062

Access code: 133 003 8011

GYNECOLOGICAL (CERVICAL, OVARIAN, UTERINE, VULVAR)

FORCE (Facing Our Risk of Cancer Empowered) 866-288-7475

FORCE is dedicated to improving the lives of individuals and families affected by hereditary breast and ovarian cancer.

www.facingourrisk.org

Foundation for Women's Cancer (formerly Gynecologic Cancer Foundation) 312-578-1439

Foundation dedicated to increasing public awareness of gynecologic cancer risk awareness, prevention, early detection and optimal treatment.

www.foundationforwomenscancer.org

National Cervical Cancer Coalition 800-685-5531

Dedicated to providing education for women who are at risk for HPV and cervical cancer.

www.nccc- online.org/hpvcervicalcancer/cervical-cancer- overview/

National Ovarian Cancer Coalition (NONN) 888-682-7426

Support for women with ovarian cancer or metastatic ovarian cancer.

www.ovarian.org

Ovarian Cancer National Alliance 866-399-6262

Advocacy organization for women with ovarian cancer in the US.

www.ocrahope.org

SHARE (Self-Help for Women with Breast or Ovarian Cancer)

844-275-7427

Peer/telephone support for women with breast or ovarian cancer. Provides telephone support, support groups, educational programs and advocacy activities. www.sharecancersupport.org

HEAD AND NECK: (ORAL, THYROID)

Head and Neck Cancer Alliance (formerly Yul Brynner Head and Neck Cancer Foundation) 866-916-5107

Provides information for patients and caregivers. Also provides gas card program, ambassador program and patient helpline.

www.headandneck.org

International Association of Laryngectomees (IAL) 866-425-3678

Support for patients and families. Provides a resources, newsletter and fundraising opportunities.

www.theial.com

Oral Cancer Foundation 949-723-4400

Provides education, resources and screening events. <u>www.oralcancerfoundation.org</u>

S P O H N C – Support for People with Oral and Head and Neck Cancer

800-377-0928

Provides education and resources for patients. www.spohnc.org

ThyCa: Thyroid Cancer Survivors' Association 877-588-7904

Provides education, newsletter and events. www.thyca.org

LEUKEMIA, LYMPHOMA, AND MULTIPLE MYELOMA (BLOOD AND MARROW-RELATED)

Aplastic Anemia and MDS International Foundation 800-747-2820

This organization provides information and online peer support to those with myelodysplastic syndromes (MDS) and bone marrow disease.

www.aamds.org

Be the Match – National Marrow Donor Program 800-627-7692

Education, resources and support. www.bethematch.org

Blood & Marrow Transplant Information Network 888-597-7674

Education, resources and event information. www.bmtinfonet.org

Cutaneous Lymphoma Foundation 248-644-9014

Promotes awareness, education, patient care, and research. It also provides educational forum, online support groups and a listserv.

www.clfoundation.org

International Myeloma Foundation Hotline: 1-800-452-2873

IMF provides treatment information through a toll-free hotline, packets, seminars, conferences and a newsletter.

www.myeloma.org

International Waldenstrom's Macroglobulinemia Foundation

941-927-4963

Provides information, resources, a communication network, encouragement, and experience on how to live for those affected by this disease.

www.iwmf.com

Leukemia and Lymphoma Society (LLS) 800-955-4572

Helping patients though support groups, education, a tool-free phone service and financial assistance. www.lls.org

Multiple Myeloma Research Foundation 203-229-0464

Education, research and resources for patients. www.themmrf.org

MELANOMA (SKIN)

Melanoma International Foundation 866-463-6663

This foundation works to create effective melanoma prevention and treatment programs. They offer information about melanoma and a toll-free patient hotline.

www.melanomaintl.org

Melanoma Research Foundation 800-673-1290

Education about the latest research on melanoma. www.melanoma.org

Morning Cancer Advocacy and Support Group, Multiple Myeloma *on hold due to COVID 540-725-515 or 540-343-1920

Meets: 3rd Saturday of each month, 10 a.m. – noon

Location: Our Lady of the Nazareth

Address: 2502 Electric Road S.W., Roanoke, VA 24018

Contact: Sharon Madagan and Bill Stokes

Email: BStokes47@aol.com

LUNG AND CHEST (THORACIC)

Lung Cancer Research Foundation 844-835-4325

Offers a free lung cancer support line. Also focuses on funding research, creating awareness and patient education materials.

Lung Cancer Alliance 800-298-2436

Provides education, resources and a helpline. www.lungcanceralliance.org

CHILDREN, ADOLESCENT, AND YOUNG ADULTS

Children, teens and young adults need different types of support depending on their age and life stage.

These groups can help you cope and connect to help.

Children's Brain Tumor Foundation (CBTF) 866-228-4673

Funds basic research on pediatric brain tumors. Offers additional support including a parent-to-parent support network and telephone support group. www.cbtf.org

Cure Search for Children's Cancer 800-458-6223

Resources and education so no child faces a cancer diagnosis without a fully equipped support team. www.curesearch.org

Fertility Preservation

Information about the freezing of human reproductive tissues.

www.fertilitypreservation.com

Genevieve's Helping Hands 516-500-3702

Support for young women with breast cancer; personalized help to find needed financial resources, connections to other groups, family and caregiver support groups, other cancer patients, nutritional support and more.

www.genshelpinghands.org

Hope for Young Adults with Cancer

Provide direct financial support to young adults, ages 18-40, through our "Giving Hope Fund" www.hope4yawc.org

I'm Too Young for This! Stupid Cancer Foundation 877-735-4673

Largest young adult cancer charity. www.stupidcancer.org

NCCN Guidelines "Caring for Adolescent and Young Adult Patients"

Online electronic version of guidelines. <u>www.nccn.org/patients/guidelines/content/PDF/aya-patient.pdf</u>

Young Survival Coalition 877-972-1011

Post-Treatment-Breast Cancer in Young Women www.youngsurvival.org

The SAMFUND 617-938-3484

Financial support for young adult cancer survivors. www.thesamfund.org

Ulman Cancer Fund for Young Adults 410-964-0202

Support for young adults facing cancer. www.ulmanfund.org

CLINICAL TRIALS

Clinical Trials are studies that involve people. You can learn about research and testing of new cancer treatments.

BreastCancerTrials.org 415-476-5777

Specifically designed for breast cancer patients, this site offers information about clinical trials and a clinical trials matching service.

www.breastcancertrials.org

Cancer.net (American Society of Clinical Oncology): Clinical Trials 888-651-3038

Site offers oncologist-approved information on many types of cancer and treatment, side effects, coping, clinical trials and more.

www.cancer.net/research-and-advocacy/clinical-trials

Cancer Research Institute 800-992-2623

Funds cancer and immunology research and provides information on clinical trials.

www.cancerresearch.org

Centerwatch 866-219-3440

Clinical trials listing service. Comprehensive resources on clinical trials. Lists available clinical trials and has an email notification service that can inform you of a new clinical trial for your disease.

www.centerwatch.com

Clinical Trials from the National Institute of Health

This government site is a registry of federally and privately supported clinical trials conducted in the United States and around the world, and also provides information about understanding clinical trials. www.clinicaltrials.gov

EmergingMed 877-601-8601

Provides a free, confidential, clinical trials matching and referral service for cancer patients.

https://app.emergingmed.com/cca/home

National Cancer Institute 800-422-6237

NCI supported clinical trials and cancer related information.

www.cancer.gov/research/infrastructure/clinical-trials

FINANCIAL RESOURCES & HEALTH INSURANCE

Many people affected by cancer worry about paying for care and other living costs. These programs can answer questions and link you to financial support. Support may depend on your type of cancer or personal needs.

Insurance has gone through a number of changes over the past few years. Understanding these changes can be overwhelming. If you do not have insurance and are not eligible for Medicare or Medicaid, contact the NC Navigator Consortium at 855-733-7311 or visit www.NCNavigator.net to get help enrolling in the Affordable Care Act Marketplace health insurance. Open enrollment times vary, but you may be eligible to enroll during other times of the year if you have experienced a "qualifying life event," such as:

- » Losing coverage
- » Getting married
- » Turning 26 years of age
- » Moving

You can also try healthcare.gov

Medicare

Medicare is a health insurance program for:

- » People 65 years old or older.
- » People under 65 years old with certain disabilities.
- » People on kidney dialysis, regardless of age

There are several parts to Medicare. Call 1-800-MEDICARE or visit www.medicare.gov. for information and questions.

If you're a senior, the Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D and long-term care insurance. Call 855-408-1212 or visit www.ncdoi.com/SHIIP

Medicaid

Medicaid is a health insurance program for low-income people and their families. Each state has different rules about who is eligible for services and what services are covered. In general, you must:

- » Be a U.S. citizen or a non-citizen in certain recognized categories
- » Meet certain resource and income limits, which vary by eligibility group.

To apply, contact your county's department of social services.

Social Security Disability: 800-772-1213

The website has detailed information about how to apply and the appeals process if you are denied. www.socialsecurity.gov

Ambry Genetics Financial Assistance Program 984-900-5794

Financial assistance program for the uninsured and under-insured, to promote equal access to genetic testing. Patients who participate in Medicare or Medicaid are excluded.

www.ambrygen.com/patients/billing-and-insurance

American Cancer Society:

Health insurance and financial assistance for cancer patients. Get information on issues surrounding private and government insurance plans, as well as other possible sources of financial help.

www.cancer.org/treatment/finding-and-paying-for-treatment.html

Cancer.Net (American Society for Clinical Oncology): Financial Considerations 888-651-3038

Education and resources related to understanding the cost of cancer care.

<u>www.cancer.net/navigating-cancer-care/financial-considerations</u>

FINANCIAL RESOURCES & HEALTH INSURANCE

Assurance Wireless Cell Phone Assistance Program 888-321-5880

Provides discounted phone service to low-income households that qualify based on federal or state-specific eligibility criteria.

www.assurancewireless.com

Blue Hope Financial Assistance 877-422-2030

For qualifying individuals, Blue Hope Financial Assistance will cover the cost of a screening test, or a \$300 one-time financial stipend to help cover screening-related expenses, or a \$200 one-time stipend to cover treatment-related expenses for those currently in treatment for colon or rectal cancer.

<u>www.ccalliance.org/patient-family-support/financial-assistance-programs</u>

Call 211

Many communities have a 211 information and referral service funded by the United Way. For help with food, housing, employment, health care, counseling and more. Available in English and Spanish.

www.211.org

CancerCare 800-813-4673

Funding is available for transportation, home care and child care. Counseling support is available. A state-specific resource guide for people living with cancer. www.cancercare.org

LEGAL RESOURCES

Cancer Legal Resource Center The Cancer Legal Resource Handbook 866-843-2572

This is a staff favorite and is available in both English and Spanish. It covers work, medical leave of absence, health insurance, appealing denials, paying bills and end-of-life decision making.

https://thedrlc.org/cancer/publicationsweb inars/patient-legal-handbook/

Cancer Support Community: "Frankly Speaking About Cancer: Coping with the Cost of Care" 888-793-9355

A free booklet that discusses how to navigate health insurance; employment, disability, income and debt issues; paying for medication; and includes a comprehensive list of national resources and support organizations for cancer patients.

www.cancersupportcommunity.org

Catholic Charities 703-549-1390

Provides help with advocacy. www.catholiccharitiesusa.org

HealthWell Foundation 800-675-8416

Can provide financial assistance to help with prescription copays, health insurance premiums, deductibles and coinsurance, and travel costs. www.healthwellfoundation.org

Job Accommodation Network 800-526-7234

Provides information on confidential guidance on workplace accommodations and disability employment issues.

www.askjan.org

Legal Aid of VA 866-534-5243

Legal Aid of Virginia is a statewide, nonprofit law firm that provides free legal help to low-income Virginians in civil cases involving basic human needs like safety, shelter, income and more.

www.valegalaid.org

National State Health Insurance Assistance Programs (SHIP) Resource Center 800-253-7154, option 2

www.shiptacenter.org

Patient Advocate Foundation 800-532-5274

Copay relief; access to care, maintenance of employment and preservation of financial stability as it relates to a chronic, life-threatening or debilitating disease.

www.patientadvocate.org/gethelp

Patient Access Network Foundation 866-316-7263

Provides copay, deductible and medication financial assistance.

www.panfoundation.org

Patient Services, Inc 800-366-7741

Provide education, advocacy, and financial support and guidance for qualified patients with specific, rare chronic diseases.

www.patientservicesinc.org

Salvation Army

*May provide assistance with utility bills. www.salvationarmyusa.org/usn/

Social Security Disability Option 800-772-1213

Information on disability benefits and how to apply. www.ssa.gov

LEGAL RESOURCES

Stomp the Monster

One-time financial assistance for financially eligible patients in active treatment. Transportation, lodging, utilities and food.

www.stompthemonster.org

American Cancer Society: Understanding Legal Matters 800-227-2345

Provides information on legal rights that may come up during treatment including Advance Directives, Informed Consent, the Patient's Bill of Rights, the Family and Medical Leave Act, working during and after treatment, and the Americans with Disabilities Act. www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters. httml

INSPIRATIONS

Talking to someone, or even just seeing them, can be inspiration in and of itself. Please contact the Patient Family Resource Center and ask them about other cancer survivors they can connect you with. Below are some other resources that may be helpful.

NC Cancer Stories

At UNC Lineberger Comprehensive, the patients are at the center of everything. Visit this page to read stories and see videos about UNC Lineberger cancer survivors. Their stories are shared to offer comfort and hope to those who are facing cancer.

https://unclineberger.org/category/patient-stories/

Oncolink Creative Inspiration 215-349-8895

Inspiration and encouragement from other survivors through their art, writing, poetry and tips.

www.oncolink.org/support/resources/creative-inspiration

OncoLink Poetry

Collection of poetry submitted by survivors and caregivers to provide hope and inspiration. www.oncolink.org/support/resources/creative-inspiration/oncolink-reading-room

Survivor's Stories, Artwork And Poetry For Hope And Inspiration

www.lillyoncology.com/lilly-oncology-on-canvas

Cancer.Net

www.cancer.net/survivorship/survivorartwork

CURE

www.curetoday.com/gallery