

Resources

You may be overwhelmed with the information that exists on the Internet. The resources listed in this chapter are believed to be trusted. However, the information provided is not meant to replace the expertise and clinical judgment of your medical team. Please be sure to discuss the information you find with your doctors and health care team.



These resources are grouped into the following categories:

- Colon and Rectal Cancer Specific Information
- General Cancer and Medical Information
- Financial and Career Information
- Diet and Nutrition
- Getting Support
- Young Adults With Cancer
- Complementary and Alternative Information
- Research and Clinical Trial Information
- Recommended Reading

There is additional information about cancer and our programs at [sutterhealth.org](https://www.sutterhealth.org).

Learning About Colon or Rectal Cancer

When you are diagnosed with cancer, there can be many words and terms to learn. A comprehensive glossary can be found at <https://www.ccalliance.org/colorectal-cancer-information/glossary-of-terms>.

Colon and Rectal Cancer Specific Information

American Cancer Society

Cancer information covering all types of issues (risk through treatment and survivorship). Information is also available in 14 other languages.
cancer.org • 1-800-ACS-2345

Notes

American Society of Clinical Oncologists (ASCO) Patient Education Site

Timely, comprehensive, oncologist-approved information.
cancer.net

Colorectal Cancer Alliance

Colon and rectal cancer information and support.
ccalliance.org/colorectal-cancer-information/resources-for-patients

Fight Colorectal Cancer

Colon and rectal cancer information, support and advocacy.
fightcolorectalcancer.org
Free downloadable guide:
fightcolorectalcancer.org/fight/library/your-guide-in-the-fight/

Inspire (Ostomy Support)

Leading social network for health that connects patients and caregivers in a safe permission-based manner.
inspire.com/groups/ostomy

National Cancer Institute

Comprehensive information on cancer prevention, screening, diagnosis treatment, research and clinical trials.
cancer.gov

National Comprehensive Cancer Network

Information on treatment guidelines and supportive care.
nccn.org/patients

United Ostomy Associations of America

Support, education, resources and advocacy for those living with an ostomy.
ostomy.org

Your Local Community Resources

Most communities have helpful resources for those who have been diagnosed with and are going through treatment for cancer. Please ask your health care team for a list of local recommendations.

General Cancer and Medical Information

	Notes
LIVESTRONG Tools and information regarding all cancers. <i>livestrong.org</i>	
Mayo Clinic Information on cancer and treatments. <i>mayoclinic.org</i>	
Medline Plus Notes Information from the National Institute of Health regarding, drugs, supplements and general health. <i>medlineplus.gov</i>	
National Coalition for Cancer Survivorship Advocacy organization for quality cancer care. <i>canceradvocacy.org</i>	
National Lymphedema Network Information on lymphedema prevention and treatment. <i>lymphnet.org</i> • 800-541-3259	
Oncolink University of Pennsylvania cancer education website. <i>oncolink.org</i>	
Prevent Cancer Foundation Research and education directed towards preventing cancer. <i>preventcancer.org</i>	
PubMed National Library of Medicine search engine for literature. <i>ncbi.nlm.nih.gov/pubmed</i>	
Springboard Beyond Cancer Information and resources to help you cope and be in control. <i>survivorship.cancer.gov</i>	
The Advocacy Connector A list of not-for profit, mostly non-governmental resources. <i>advocacyconnector.com</i>	

Financial and Career Information

	Notes
<p>Cancer and Careers Empowers and educates people with cancer to thrive in their workplace. <i>cancerandcareers.org/en</i></p>	
<p>Cancercare Counseling, education, financial assistance and practical help provided by trained oncology social workers. <i>cancercare.org</i></p>	
<p>Cancer Financial Assistance Coalition Provides financial help to patients with cancer using a searchable database. <i>cancerfac.org</i></p>	
<p>Good Days Provides assistance to underinsured patients who are diagnosed with chronic or life-altering diseases (including cancer) so that they get access to the medications they need. <i>mygooddays.org</i> • 877-968-7233</p>	
<p>Healthwell Foundation Provides financial assistance to eligible individuals to cover coinsurance, copayments, insurance premiums, deductibles, and out-of-pocket expenses for certain medications and therapies. <i>healthwellfoundation.org</i> • 800-675-8416</p>	
<p>National Cancer Institute: Organizations That Offer Support Services A database of government agencies and national organizations that provide financial and other assistance to patients with cancer and their families; provides information about patient assistance programs. <i>supportorgs.cancer.gov/home.aspx</i> • 800-422-6237 (1-800-4-Cancer)</p>	
<p>Patient Advocate Foundation Provides mediation and arbitration services to patients, providers, family members and caregivers of those dealing with significant medical issues. Programs include case management, grants, co-pay relief and outreach for eligible patients. <i>patientadvocate.org</i></p>	
<p>Patient Advocate Foundation: Co-Pay Relief Program Direct financial support to financially and medically eligible patients, including Medicare Part D beneficiaries. <i>copays.org</i> • 866-512-3861 • 757-952-0118</p>	
<p>The Assistance Fund (Look for Colorectal Cancer Copay Assistance Program) Helps patients and families facing high medical out-of-pocket costs by providing financial assistance for their copayments, coinsurance, deductibles, and other health-related expenses. <i>tafcares.org/</i>; Colorectal Cancer Copay Assistance Program - <i>tafcares.org/patients/apply/</i> • 855-845-3663</p>	
<p>Triage Cancer National, nonprofit organization that provides educational and practical and legal support for cancer survivors and their caregivers. <i>trriagecancer.org</i> • 424-258-4628</p>	

Diet and Nutrition

American Institute of Cancer Research

Research findings on diet and cancer.

aicr.org

Notes

Forks Over Knives

Changing the way the world understands nutrition.

forksoverknives.com

Getting Support

Cancer Hope Network

Matching patients and/or family members with trained volunteers throughout the US who have recovered from similar cancer experiences.

cancerhopenetwork.org

Notes

Cancer Support Community

Provides free professional programs of emotional support, education and hope.

cancersupportcommunity.org

Cancer Survivor Network

Offshoot of the American Cancer Society. The purpose of the CSN is peer support and all content is contributed by its members.

csn.cancer.org

GiveInKind.com

Meal and help scheduling, wish list and financial donations.

giveinkind.com

MealTrain.com

Organize meals for a friend after surgery or illness.

mealtrain.com

TakeThemAMeal.com

Simplifying meal coordination so friends can show they care.

takethemameal.com

Young Adults With Cancer

LIVESTRONG (Fertility)

Provides information on fertility risks and options and fertility preservation discounts.

livestrong.org/we-can-help/livestrong-fertility

Notes

Stupid Cancer

Addresses young adult cancer.

stupidcancer.org

Complementary and Alternative Information

American Cancer Society

Complementary and alternative medicine guide.
cancer.org/treatment/treatments-and-side-effects/complementary-and-alternative-medicine.html

Notes

Consumer Lab

Independent testing of non-prescription supplements.
consumerlab.com

Memorial Sloan Kettering Medical Center

Guide to herbal medicines.
mskcc.org/cancer-care/treatments/symptom-management/integrative-medicine

National Center for Complementary & Alternative Medicine

Describes treatments and methods of evaluation for complementary and alternative modalities.
nccih.nih.gov

Natural Medicines

Objective product information, on dietary supplements, natural medicines, and complementary alternative and integrative therapies.
naturalmedicines.therapeuticresearch.com

Research and Clinical Trials Information

Clinical Trials.Gov

A database of publicly and privately supported clinical studies.
clinicaltrials.gov

Notes

Sutter Health - Research and Clinical Trials

Sutter's world-class research institutes are home to hundreds of clinical trials to investigate underlying causes of diseases and discover effective new ways to predict, prevent and treat them.
sutterhealth.org/research

Recommended Reading

And in Health: A Guide for Couples Facing Cancer Together

Dan Shapiro
EMOTIONAL SUPPORT

Anticancer: A New Way of Life

David Servan-Schreiber
SURVIVORSHIP

Before and After Cancer Treatment: Heal Faster, Better, Stronger

Julie K. Silver
TREATMENT

Crazy Sexy Cancer

Kris Carr
EMOTIONAL SUPPORT

Couples Confronting Cancer Keeping Your Relationship Strong

Joy Fincannon, & Katherine Bruss
Published by the American Cancer Society, found at acs.bookstore.ipgbook.com/
INTIMACY, EMOTIONAL SUPPORT

Eating Well Through Cancer

Holly Clegg
Favorite Recipes Press
COOKBOOKS, NUTRITION

Happiness in a Storm: Facing Illness and Embracing Life as a Healthy Survivor

Wendy Schlessel Harpham
EMOTIONAL SUPPORT

Living Well With Lymphedema

Ann B. Ehrlich
LYMPHEDEMA

Lymphedema: Understanding and Managing Lymphedema After Cancer Treatment

American Cancer Society
LYMPHEDEMA

Men Cancer Sex

Anne Katz
INTIMACY, EMOTIONAL SUPPORT

Nourishing Connections

C. Couch, J. DeNicola, etc. published by The Ceres Community Project
COOKBOOKS, NUTRITION

Overcoming the Emotional Challenges of Lymphedema

by Elizabeth McMahon, PhD
Published by Lymph Notes
LYMPHEDEMA, EMOTIONAL SUPPORT

Radical Remission: Surviving Cancer Against All Odds

Kelly A. Turner, PhD
SURVIVORSHIP

The Cancer Fighting Kitchen

Rebecca Katz
COOKBOOKS, NUTRITION

The Healing Consciousness: A Doctor's Journey to Healing

Beth Baughman DuPree
EMOTIONAL SUPPORT, SURVIVORSHIP

The Longevity Kitchen

Rebecca Katz and Mat Edelson
COOKBOOKS, NUTRITION

The Spirited Walker: Fitness Walking For Clarity, Balance, and Spiritual Connection

Carolyn S. Kortge
SURVIVORSHIP, FITNESS

When Life Becomes Precious: The Essential Guide for Patients, Loved Ones and Friends of Those Facing Serious Illness

Elise Babcock
EMOTIONAL SUPPORT

Women Cancer Sex

Anne Katz
INTIMACY, EMOTIONAL SUPPORT

100 Questions & Answers about Lymphedema

Saskia R.J. Thiadens, Paula J Stewart & Nicole L. Stout
LYMPHEDEMA

Recommended Reading for Helping Children When a Loved One Has Cancer

(We recommend reviewing any book you choose before reading it to a child.)

When a Parent Has Cancer, Wendy Schlessel-Harpham

How to Help Children Through a Parent's Serious Illness, Kathleen McCue

Just You and Me, Judy Richmond

Preparing the Children, Kathy Nussbaum

Can I Still Kiss You, Neil Russell

Helping Children Understand,
The American Cancer Society

Our Family Has Cancer, Too!, Christine Clifford

A Mom of Many Hats, Debbie Fink, Lisa Perea Hane
and Caroline Smith Heming

What About Me?, Allan Peterkin

When Mommy is Sick, Ferne Sherken-Langer

Someone Special is Very Sick, Jim and Joan Boulden

Little Tre, Joyce Mills

Zink, Cherie Bennett

Sort of Forever, Sally Warner

Sammy's Mommy Has Cancer, Sherry Kohlenberg

Gentle Willow, Joyce Mills

Promises, Elizabeth Winthrop

Gran-Gran's Best Trick, L. Dwight Holden, M.D.

The Paper Chain, Clair Blake, Eliza Blanchard,
Kathy Parkinson

It Helps to Have Friends, American Cancer Society

Henry and the White Wolf, Tim Karu & Tyler Karu

When Your Parent Has Cancer, A Guide for Teens,
National Cancer Institute, U.S. Department of Health &
Human Services