



## Resources for Breast Cancer Patients

This handout is intended to provide you with reputable resources to obtain information and support. This list is only a sample of the information available. Please contact your nurse navigator with any questions or if there is a topic that you feel you need more information regarding.

### RECOMMENDED READING PRIOR TO YOUR FIRST APPOINTMENT

#### Talking with Your Doctor

- <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/talking-with-your-doctor-english-pdf.pdf>

#### Frankly Speaking About Breast Cancer

- [https://www.cancersupportcommunity.org/sites/default/files/fields/resource/file/2018-03/fsac\\_breast\\_cancer\\_2018.pdf](https://www.cancersupportcommunity.org/sites/default/files/fields/resource/file/2018-03/fsac_breast_cancer_2018.pdf)

### RECOMMENDED BOOKS ABOUT BREAST CANCER

#### Breast Cancer Clear & Simple, Second edition. All Your Questions Answered

- <https://acs.bookstore.ipgbook.com/breast-cancer-clear---simple--second-edition-products-9781604432367.php>

#### Breast Cancer Treatment Handbook

- <https://educareinc.com/order.php>

#### ASCO Answers Breast Cancer

- [https://www.cancer.net/sites/cancer.net/files/asco\\_answers\\_guide\\_breast.pdf](https://www.cancer.net/sites/cancer.net/files/asco_answers_guide_breast.pdf)

### WEBSITES TO LEARN ABOUT BREAST CANCER

#### American Cancer Society (ACS)

- PH: 1-800-ACS-2345 (1-800-227-2345) / [www.cancer.org/](http://www.cancer.org/)

#### American Society of Clinical Oncology

- <https://www.cancer.net/cancer-types/breast-cancer>
- ASCO's patient information website -- Cancer.Net (www.cancer.net) -- brings the expertise and resources of ASCO to people living with cancer and those who care for and care about them

#### Breast360

- <https://breast360.org/>
- Breast360.org's goal is to engage, educate and empower our readers so that they will be better able to make informed decisions for their breast health care.

#### BreastCancer.org

- <https://www.breastcancer.org/>
- Breast cancer education site including articles, news, newsletters and chats.

## WEBSITES TO LEARN ABOUT BREAST CANCER - CONTINUED

### Living Beyond Breast Cancer

- <https://www.lbbc.org/>
- Living Beyond Breast Cancer is a national nonprofit organization that seeks to create a world that understands there is more than one way to have breast cancer. To fulfill our mission of providing trusted information and a community of support to those impacted by the disease, Living Beyond Breast Cancer offers in-person experiences and on-demand emotional, practical and evidence-based content that is meaningful to those newly diagnosed, in-treatment, post-treatment and living with metastatic disease.

### National Cancer Institute

- <https://www.cancer.gov/>
- Cancer.gov is the central website for the National Cancer Institute (NCI), the U.S. government's principal agency for cancer research. NCI is mandated by U.S. law to disseminate information about cancer and cancer research. This website serves as an important means to achieving that mission.

### National Breast Cancer Foundation, Inc.

- <https://www.nationalbreastcancer.org/about-breast-cancer/>
- National Breast Cancer Foundation was founded in 1991 by breast cancer survivor, Janelle Hail. She was diagnosed with breast cancer in 1980 at the age of 34. At the time of her diagnosis, there was little information about the disease, and she was forced to make a decision about her health with few options. After her treatment, Janelle made a commitment to help women around the world by educating them about breast cancer and the importance of early detection.

## BREAST RECONSTRUCTION

### American Cancer Society (ACS)

- <https://www.cancer.org/cancer/breast-cancer/reconstruction-surgery.html>
- 1-800-ACS-2345 (1-800-227-2345)

### BreastCancer.org

- <https://www.breastcancer.org/>
- Pictures of breast cancer patients with different types of breast reconstruction. You may also visit [breastcancer.org/treatment/surgery/reconstruction/no-reconstruction](https://www.breastcancer.org/treatment/surgery/reconstruction/no-reconstruction) to explore information regarding deciding against reconstruction.

### Breast Free

- <https://breastfree.org/>
- BreastFree.org is a non-profit website for women who want to learn more about living breast-free.

### My Hope Chest

- <http://www.myhopechest.org/>
- My Hope Chest was formed and became a 501c3 in December of 2003, and is the only "national" breast reconstruction organization working to help "uninsured" and under insured women heal completely.

### National Cancer Institute

- [www.cancer.gov/types/breast/reconstruction-fact-sheet](http://www.cancer.gov/types/breast/reconstruction-fact-sheet)
- Pictures of breast cancer patients with different types of breast reconstruction.

## CLINICAL TRIAL INFORMATION

### TriHealth Hatton Research

- <https://www.trihealth.com/research-and-education/trihealth-hatton-research-institute/>
- The TriHealth Hatton Research Institute seeks to advance the detection and treatment of disease and enhance patient care, thereby supporting TriHealth's guiding mission: To improve the health status of the people we serve.

### Cancer.gov: Breast Cancer Clinical Trials

- [www.cancer.gov/clinicaltrials](http://www.cancer.gov/clinicaltrials)
- Information on choosing and participating in clinical trials, results of recent trials and resources for finding a trial.

## COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)

- **TriHealth Fitness & Health Pavilion 513-246-2636**
- <https://www.trihealth.com/hospitals-and-practices/trihealth-fitness-and-health-pavilion/>
- From acupuncture to aromatherapy and healing touch, TriHealth Fitness & Health Pavilion on the northeast side of Cincinnati offers alternative and complimentary methods of treating common conditions.

### National Council Against Health Fraud

- <https://www.ncahf.org/>
- Provides links to position papers and information about alternative and unproven treatments.

### Office of Dietary Supplements (ODS), NIH

- <https://ods.od.nih.gov/>
- Site offering research resources, frequently asked questions and fact sheets about supplements.

## EMOTIONAL SUPPORT FOR PATIENTS, CHILDREN AND FAMILIES

### TriHealth Behavioral Health

- PH: 513-862-2850
- TriHealth Department at TriHealth provides professional, compassionate mental health treatment for Adults and Senior Adults experiencing a wide range of symptoms associated with depression, anxiety and other mental health disorders or substance abuse.

### Angel Foundation

- <https://mnangel.org/resources/>
- PH: 612-627-9000
- At Angel Foundation, we know parenting through cancer is hard, but we are here to help you discuss your diagnosis and treatment with your children. Angel Foundation guidebooks and resources provide accurate, developmentally appropriate information to share with your children.

### Cancer Family Care

- PH: 513-731-3364 / <https://www.cancerfamilycare.org/>
- Cancer Family Care is a nonprofit organization that helps children and adults cope with the effects of a cancer diagnosis in the family. We are known throughout the Greater Cincinnati region as a force of compassion and strength in the face of cancer-related illness and loss. For more than 40 years, we have provided therapeutic counseling, education, support, and hope to all people touched by cancer. Additional services include free wigs, therapeutic massage and Healing Touch sessions for cancer patients and at reduced rates to caregivers.

## EMOTIONAL SUPPORT FOR PATIENTS, CHILDREN AND FAMILIES - CONTINUED

### Caring Bridge

- <https://www.caringbridge.org/>
- Non-profit web service that provides a free website to anyone going through a health crisis, treatment or recovery.

## FERTILITY

### TriHealth Bethesda Fertility Center

- 1-800-634-1222 or 513-865-1675
- <https://www.bethesdafertility.com/>
- Established in 1987 as Cincinnati's first fertility center, we continue to be first in the city, and often the region, to offer new infertility treatments and technologies.

### International Council on Infertility Information Dissemination, Inc. (INCIID)

- PH: 703-379-9178 / <https://www.inciid.org/>
- A nonprofit organization that helps individuals and couples explore their family building options.

### Livestrong Fertility Services

- 1-855-220-7777
- <https://www.livestrong.org/we-can-help/livestrong-fertility>

## GENETIC COUNSELING

### TriHealth Genetic Counseling

- 513-853-1300
- <https://www.trihealth.com/institutes-and-services/trihealth-cancer-institute/patient-care-essentials/articles/Genetic-Counseling>
- TriHealth Cancer Institute offers genetic counseling and genetic testing for individuals concerned about the risk of an inherited cancer predisposition.

## HEREDITARY BREAST CANCER

### TriHealth Genetic Counseling and Hereditary Multi-disciplinary Clinic

- 513-853-1300
- <https://www.trihealth.com/institutes-and-services/trihealth-cancer-institute/patient-care-essentials/articles/Genetic-Counseling>
- TriHealth Cancer Institute offers genetic counseling and genetic testing for individuals concerned about the risk of an inherited cancer predisposition.

### Facing Our Risk Empowered

- 1-866-288-7475
- <https://www.facingourrisk.org/index.php>
- FORCE is a national non-profit organization devoted to hereditary breast and ovarian cancer.

## INFLAMMATORY BREAST CANCER

### General Information

- American Cancer Society
- <https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-diagnosis/types-of-breast-cancer/inflammatory-breast-cancer.html>

### Inflammatory Breast Cancer Research Foundation

- <http://www.ibcresearch.org/>
- Our mission is to improve the lives of those touched by inflammatory breast cancer through the power of action and advocacy. We do this by fostering innovative inflammatory breast cancer research, educating stakeholders, and tirelessly advocating for both patients and survivors.

## INSURANCE AND FINANCIAL ASSISTANCE

### TriHealth Billing Department

- 513-569-6117

### TriHealth Financial Assistance

- 513-865-5148

### Cancer.net

- <https://www.cancer.net/>
- 1-888-651-3038
- List of financial resources available through local and national service organizations for travel, and housing assistance, medication and treatment cost assistance and general financial information.

### Cancer Financial Assistance Coalition

- <https://www.cancerfac.org/>
- CFAC is a coalition of financial assistance organizations joining forces to help cancer patients experience better health and well-being by limiting financial challenges.

### Patient Advocate Foundation

- 800-532-5274
- <https://www.patientadvocate.org/>
- The Patient Advocate Foundation links patients to co-pay assistance, case management, and other financial resources.

### The Pink Fund

- 1-877-234-PINK
- <https://www.pinkfund.org/>
- The Pink Fund helps breast cancer patients focus on healing, raising families and returning to the work place. The Pink Fund will provide short term financial aid for a brief period of treatment and recovery.

## LOCAL ORGANIZATIONS PROVIDING ASSISTANCE & SUPPORT GREATER CINCINNATI AREA

### **Pink Ribbon Girls (PRG)**

- PH: 877-269-5367 / <https://www.pinkribbongirls.org/>
- Our organization was founded by breast cancer survivors who have a passion for supporting and empowering others who are currently in the fight against breast and women's reproductive cancers. We don't want to just TALK about cancer; we want to TAKE ON cancer. We are here to make the burden lighter. We strive to balance the fear and uncertainty that breast and women's reproductive cancers bring to individuals and families by providing FREE direct services of healthy meals, housecleaning, rides to treatment, and peer support to our clients throughout Ohio, to ensure that No One Travels This Road Alone...™

### **Cancer Family Care**

- PH: 513-731-3364 / <https://www.cancerfamilycare.org/>
- Cancer Family Care is a nonprofit organization that helps children and adults cope with the effects of a cancer diagnosis in the family. We are known throughout the Greater Cincinnati region as a force of compassion and strength in the face of cancer-related illness and loss. For more than 40 years, we have provided therapeutic counseling, education, support, and hope to all people touched by cancer. Additional services include free wigs, therapeutic massage and Healing Touch sessions for cancer patients and at reduced rates to caregivers.

### **The Karen Wellington Foundation for LIVING with Breast Cancer**

- <https://www.karenwellingtonfoundation.org/>
- Our mission is very simple. We put FUN on the calendars of women and families LIVING with breast cancer by sending them on special vacations, relaxing spa days, dinners out, concerts and other FUN-ONLY activities.

### **Cancer Support Community (CSC)**

- PH: 513-791-4060 / <https://mycancersupportcommunity.org/>
- CSC offers separate weekly groups for people living with cancer, as well as for family and friends who are supporting a loved one with cancer.

### **Chicks & Chucks, Inc.**

- PH: 513-841-6756 / <http://chicksandchucks.org/>
- Chicks & Chucks mission is to provide support and assistance to local breast cancer patients and their loved ones. Various types of FUNdraining and generous donations from Chicks & Chucks in our local communities enable Chicks & Chucks to be that resource.

## LYMPHEDEMA RESOURCES

### **TriHealth Lymphedema Care**

- TriHealth Pavilion Physical Therapy – PH: 513-85-6750
- Good Samaritan Hospital Outpatient Physical Therapy – PH: 513-862-3475

### **National Lymphedema Network**

- <https://lymphnet.org/>
- The National Lymphedema Network is dedicated to promoting the awareness of lymphedema and empowering people with lymphedema to live life to the fullest.

## MALE BREAST CANCER

### BreastCancer.org

- [https://www.breastcancer.org/symptoms/types/male\\_bc](https://www.breastcancer.org/symptoms/types/male_bc)

### The Male Breast Cancer Coalition

- <https://malebreastcancercoalition.org/>
- The Male Breast Cancer Coalition (MBCC), a not-for-profit patient advocacy organization, brings everyone together to educate the world about male breast cancer.

### National Breast Cancer Foundation

- <https://www.nationalbreastcancer.org/male-breast-cancer>

### HIS Breast Cancer Awareness

- <https://www.hisbreastcancer.org/>
- This informative web site was created to assist men and women (girlfriends, wives, sisters & brothers, mothers & fathers, and friends), health care professionals, and anyone who is interested in learning about the risk, treatment(s), emotional aspect and stigmatism of men dealing with this disease.

## MASTECTOMY PROSTHESIS RESOURCES – GREATER CINCINNATI

### Bernen's Medical

- 5053 Glenway Ave Cincinnati, OH 45238
- PH: (513) 471-7575

### Durrett's Orthotics & Prosthetics

- 20 Medical Village Drive, Ste 100 Edgewood, KY 41017
- PH: 859-341-7688
- Contact: Nikki Greulich, CFm – certified fitter

### JAGS Boutique

- 630 Nilles Road Fairfield, Ohio 45014
- PH: (513) 829-8988
- Monday - Friday by appointment

### Kempf Surgical

- 10567 Montgomery Rd Cincinnati, OH 45242
- PH: (513) 984-5758

### Mullaney's Pharmacy + Medical Supply

- 6096 Montgomery Road Cincinnati, Ohio 45213
- PH: 513-587-7648
- Monday – Friday by appointment
- Contact: Bonnie Naegele

### Nordstrom's

- Kenwood Towne Center
- PH: 513-699-4190

### Personal Symmetrics

- A Division of RJ Rosenberg Orthopedic Lab
- 3366 Central Parkway Cincinnati, OH 45225
- PH: (513) 221-7200
- Contact: Tammy Franklin, CFm
- Monday – Friday by appointment

## NATIONAL ORGANIZATIONS PROVIDING ASSISTANCE & SUPPORT

### Susan G. Komen

- <https://ww5.komen.org/> / PH: 1-877-465-6636
- Our mission - Save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.

### Livestrong

- <https://www.livestrong.org/>
- At LIVESTRONG, we fight for the more than 32.6 million people around the world affected by cancer now. We provide direct services, we connect people and communities with the services they need, and we call for state, national and world leaders to help fight this disease. This is LIVESTRONG.

### Pink Link

- <https://pinklink.org/>
- When you or a loved one is diagnosed with breast cancer, the challenges to daily life can feel overwhelming. We've collected some resources here – links to other not-for-profits and organizations – that can help you along the way. Whether you're looking for financial assistance, services, or just information, start here! This page is not only for survivors – here you'll find help for caregivers, spouses, and children, as well. If you know of any resources that you think belong here, let us know!

### Reach to Recovery

- American Cancer Society
- <https://www.cancer.org/treatment/support-programs-and-services/reach-to-recovery.html>
- Our Reach To Recovery volunteers are specially trained to help people through their experience by offering a measure of comfort and an opportunity for emotional grounding and informed decision making.

### Sisters Network Incorporated

- <http://www.sistersnetworkinc.org/>
- Sisters Network® Inc. is committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community.

## NIPPLE /AREOLA RESTORATION

### TriHealth Cosmetic Surgery and Rejuvenation Center

- 513-246-2636 – Call to schedule free consultation with Joan Daniel

### Feeling Whole Again

- <https://feelingwholeagain.com/>
- Specializes in nipple prosthetics for breast cancer survivors.

### Housley Institute for Restorative Ink

- <https://housleyinstitute.com/>
- 513-454-6911

### Living Story Tattoo

- <https://www.livingstorytattoo.com/>
- Located in Columbus, OH

### The Vinnie Myers Team

- <http://www.vinniemyersteam.com/>



## NUTRITION

### TriHealth Outpatient Nutrition Services

- <https://www.trihealth.com/institutes-and-services/outpatient-nutrition-dietitian/outpatient-nutrition-services>
- We provide a comprehensive range of services delivered by compassionate and highly trained professionals. During each visit, we offer high-quality care based on a personalized touch, with a strong emphasis on patient education and communication.

### Eating Hints for Cancer Patients; Before, During and After Treatment

- <https://www.cancer.gov/publications/patient-education/eating-hints>
- Eating Hints is for people who are having or are about to have cancer treatment

## SEXUALITY

### Patty Brisben Foundation

- <http://pattybrisbenfoundation.org/>
- The Patty Brisben Foundation serves to enhance women's sexual health and well-being through research and education. By focusing on four key areas that have a dramatic impact on women's sexual health, we're able to provide support and fund research where it is needed most, to help improve the lives of the highest number of women.

### American Association of Sexuality Educators, Counselors and Therapists (AASECT)

- <https://www.aasect.org/>
- Founded in 1967, the American Association of Sexuality Educators, Counselors and Therapists (AASECT) are devoted to the promotion of sexual health by the development and advancement of the fields of sexual therapy, counseling, and education. AASECT's mission is the advancement of the highest standards of professional practice for educators, counselors and therapists.

## SUPPORT GROUPS IN THE CINCINNATI AREA

### CancerCare Online Support Groups

- [https://www.cancercare.org/support\\_groups](https://www.cancercare.org/support_groups)
- Connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by oncology social workers.
- Online support groups take place using a password-protected message board format (not live chat) and are led by professional oncology social workers who offer support and guidance. Groups are held for 15 weeks at a time, and group members must register to join. After completing the registration process (which can take up to 2-3 business days), members can participate by posting in the groups 24 hours a day, 7 days a week.

### Cancer Support Community

- <https://mycancersupportcommunity.org/>
- PH: 513-791-4060

### Metastatic Stage IV Breast Cancer Community Support Program

- A professionally led support group providing information and peer support to patients with Stage IV Breast Cancer. **This meeting is open to the community.**
- Rsvp to [cancersupport@thechristhospital.com](mailto:cancersupport@thechristhospital.com) or by calling 513-585-4002

## SURVIVORSHIP

### Casting for Recovery

- <https://castingforrecovery.org/about-casting-for-recovery/>
- Casting for Recovery (CfR) provides healing outdoor retreats for women with breast cancer, at no cost to the participants. CfR's retreats offer opportunities for women to find inspiration, discover renewed energy for life, and experience healing connections with other women and nature. The retreats are open to women with breast cancer of all ages, in all stages of treatment and recovery. For over 20 years, women from all walks of life have benefitted from CfR's inspiring program model.

### Coping With Cancer

- PH: 615-790-2400
- <https://www.copingmag.com/>
- America's consumer magazine for people whose lives have been touched by cancer.

### CURE

- PH: 800-210-2873
- <https://www.curetoday.com/>
- A magazine for cancer patients and their families, providing information on recent advancements in diagnosis, treatment and prevention of cancer.

### Survivorship A-Z: Practical Information for Living Successfully After a Diagnosis

- <https://www.survivorshipatoz.org/>
- Provides practical information survivors need to thrive in the "new normal: that exists after a life changing diagnosis.

### Surviving Breast Cancer

- <https://www.survivingbreastcancer.org/>
- The mission of SurvivingBreastCancer.org is to empower breast cancer survivors, and their caregivers, from day one and beyond. Founded on October 4, 2017, by a young breast cancer survivor, Survivingbreastcancer.org is committed to providing the resources and platform for navigating a breast cancer diagnosis.

## WELLNESS

### TriHealth Cancer Wellness Program

- PH: 513-246-2622
- A twelve week, twice per week, small group exercise class for people who are receiving cancer treatment or are within one year of completing treatment.

### LiveStrong at the YMCA

- To register or for more information please contact your local YMCA branch.
- Our ongoing dialogue with cancer survivors through our surveys and research led us to discover that a top concern among survivors was the difficulty of returning to physical activity after treatment. In response, LIVESTRONG partnered with the YMCA of the USA in 2007 to create LIVESTRONG at the YMCA, a 12-week physical activity program designed to get survivors back on their feet.

### Cancer Support Community

- PH: 513-791-4060 / <https://mycancersupportcommunity.org/>
- Various exercise and cooking classes available

## WIG & TURBAN PROVIDERS – GREATER CINCINNATI

### Allusions

- 9200 Montgomery Rd; Building A, Suite 2; Cincinnati, OH 45442
- <https://allusionshair.com/>
- PH: (513) 891-5411

### American Cancer Society

- (513) 891-1600 Ohio
- (859) 647-2226 Northern Kentucky
- [www.americancancersociety.org](http://www.americancancersociety.org)

### Cancer Family Care

- 4790 Red Bank Expressway Cincinnati, OH 45227
- Free wigs, scarves & turban
- [www.cancerfamilycare.org](http://www.cancerfamilycare.org)
- PH: (513) 731-3346
- By Appointment Only

### Embellishments – Hair Restoration Studio

- 2923 Glendale Milford Rd, Suite 350 Cincinnati, Ohio 45241
- PH: 513-386-7255

### Hair I Am @Collage

- Barb Shinkle
- 773 Ohio Pike
- PH: (513) 752-1111
- By Appointment Only (Tuesdays and Thursdays)

### JAGS Boutique

- 630 Nilles Road Fairfield, Ohio 45014
- PH: 513-829-8988
- [www.jagsboutique.com](http://www.jagsboutique.com)

## WORK ISSUES / DISABILITY

### Cancer Legal Resource Center

- 866-999-3752
- <https://thedrlc.org/>
- The CLRC provides information and education about cancer related legal issues to the public through its national telephone assistance line.

### Job Accommodation Network (JAN)

- 800-526-7234
- <https://askjan.org/info-by-role.cfm#for-individuals>
- A free consulting service of the Office of Disability and Employment Policy that provides information about job accommodations, the ADA and the employability of people with disabilities.

### Family Medical Leave Act

- 1-866-487-9243
- <https://www.dol.gov/agencies/whd/fmla>
- Information about FMLA.

## YOUNG ADULTS WITH BREAST CANCER (TYPICALLY 40 YRS. AND YOUNGER)

### Young Survival Coalition

- <https://www.youngsurvival.org/>
- Young Survival Coalition (YSC) strengthens the community, addresses the unique needs, amplifies the voice and improves the quality of life of young adults affected by breast cancer, locally, nationally and internationally.

### Stupid Cancer

- <https://stupidcancer.org/>
- Each year, 77,000 young adults (ages 15-39) are diagnosed with cancer in the United States alone. That's one every eight minutes. This neglected group faces age-specific challenges - such as, infertility, loss of identity and independence, lack or loss of insurance, increased isolation, and stalled career development - with limited resources. **Stupid Cancer's mission** is to empower young adults affected by cancer by ending isolation and building community.