



## Help for Patients, Survivors, and Caregivers

The American Cancer Society offers support in your community and online to help you during and after cancer treatment. Visit [cancer.org](https://www.cancer.org) or call us at **1-800-227-2345** for more information.

### Free cancer information center

The American Cancer Society National Cancer Information Center offers help as you're dealing with cancer by connecting you to our caring, trained staff to answer questions about a diagnosis, identify resources, or provide a listening ear and guidance. We offer health insurance assistance, American Cancer Society programs, and referrals to other services. Call us at **1-800-227-2345** or visit [cancer.org](https://www.cancer.org) to live chat with us. We can assist in English, Spanish, and more than 200 other languages via a translation service.

### Printed materials about cancer

Our materials can help you and your loved ones understand your diagnosis, treatment, and potential side effects, and provide detailed information on our programs and services. Our printed materials are available for free at **1-800-227-2345** or through your cancer care team.

### Places to stay during treatment

Our Hope Lodge® program provides a free, nurturing home away from home for cancer patients and their caregivers when they have to travel for treatment. In some areas where we don't have a Hope Lodge community or it is full, our Hotel Partners Program lets patients and caregivers stay for free or at reduced rates in hotels close to where they get treatment.

### Rides to treatment

Lack of transportation can be one of the biggest roadblocks to treatment. That's why the American Cancer Society started the Road To Recovery® program. It is at the very heart of our work of removing barriers to quality health care by providing patients transportation to treatment through volunteer drivers, partners, and community organizations.

### Patient navigation

Our patient navigators, available at many hospitals nationwide, help patients get the services they need so the rest of their cancer care team can focus on treatment. Patient navigators can also provide cancer and treatment information customized for each patient's diagnosis, help them find local resources to help make sure they get the treatment they need, and more.

### Cancer Survivors Network<sup>SM</sup>

Visit [csn.cancer.org](https://www.csn.cancer.org) to join our online community for people with cancer and their families. Find and connect with others in treatment, long-term survivors, or caregivers through our member search, discussion boards, chat rooms, and private email.

### Reach To Recovery<sup>®</sup>

The Reach To Recovery program connects breast cancer patients with trained volunteers to receive peer-to-peer support on everything from practical and emotional issues to helping them cope with their disease, treatment, and long-term survivorship issues.

### "tlc" – Tender Loving Care<sup>®</sup>

Our "tlc" (*Tender Loving Care*) publication offers affordable hair loss and mastectomy products for women coping with cancer, as well as advice on how to use them. Products include wigs, hairpieces, hats, turbans, and breast forms, as well as mastectomy bras, camisoles, and swimwear. Call **1-800-850-9445**, or visit the "tlc"<sup>TM</sup> website at [tlcdirect.org](https://www.tlcdirect.org) to order products or catalogs.

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## American Cancer Society books

We have more than 40 award-winning books on specific cancers, general cancer information, caregiving, coping with cancer and side effects, emotional support, books for families and children, and more. You can purchase American Cancer Society books and e-books at [cancer.org/bookstore](https://cancer.org/bookstore), or book retailers nationwide.

## Survivorship guidelines and resources

We have materials and resources for survivors to help with quality-of-life and other needs during and after cancer treatment. Our cancer survivorship guidelines for specific cancers help doctors manage the unique needs of survivors, and our nutrition and physical activity guidelines for survivors help you know how to live your best life and reduce your risk for cancer coming back.

## Springboard Beyond Cancer

This online tool for cancer survivors, created by the American Cancer Society and the National Cancer Institute, is available at [survivorship.cancer.gov](https://survivorship.cancer.gov). Patients and survivors can create personalized Action Decks, collections of selected information to help them better communicate with caregivers and their care teams to manage their physical and emotional care after a cancer diagnosis.

## Caregiver Support Resources

As part of our commitment to support family members and friends providing care to loved ones with cancer, the American Cancer Society developed the *Caregiver Resource Guide* ([cancer.org/caregiverguide](https://cancer.org/caregiverguide)). In addition to information about the caregiving process and what to expect with a cancer diagnosis and its treatment, the tool focuses on caregiver self-care, communication, coping, and caregiver resources. Another helpful resource is our *Caregiver Support Video Series* ([cancer.org/caregivervideos](https://cancer.org/caregivervideos)), which provides educational support to caregivers as they assist with everyday needs of loved ones and provides self-care techniques to improve their own quality of life.

## Clinical trials

If you would like to learn more about clinical trials that might be right for you, start by asking your doctor if your clinic or hospital conducts clinical trials or contact us at **1-800-227-2345** and speak with one of our caring, trained staff.

## cancer.org

Our website offers access to the most recent and accurate cancer information and helps you find programs and services in your area. A few pages of note are:

- [cancer.org/survivors](https://cancer.org/survivors) – a hub for support and treatment topics, treatment and survivorship tools, and stories of hope to inspire you
- [cancer.org/videos](https://cancer.org/videos) – features to-the-point videos on cancer-related topics, including cancer basics, cancer treatments, clinical trials, American Cancer Society programs and services, the effects of survivorship, personal stories, and more
- [cancer.org/treatmentdecisions](https://cancer.org/treatmentdecisions) – cancer treatment decision tools and resources to help you get through cancer diagnosis and treatment
- [cancer.org/support](https://cancer.org/support) – more information about the American Cancer Society and other programs and services in your area
- [cancer.org/phm](https://cancer.org/phm) – information and tracking worksheets to help patients organize and navigate their cancer experience
- [cancer.org/languages](https://cancer.org/languages) – links non-English speakers to cancer information in other languages
- **Live Chat** with our caring, trained staff simply by going to [cancer.org](https://cancer.org) and clicking on “Live Chat”



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