



Practical Matters of Cancer Survivorship

Patient Education Resource Center (PERC)
Information Guide

Brochures

- Leukemia & Lymphoma Society. **Coping with Survival: Support for People Living with Adult Leukemia, Lymphoma and Myeloma.** Access a printable version at: <http://www.leukemia-lymphoma>
- National Cancer Institute. **Facing Forward: Life after Cancer Treatment.** A printable version is available at the cancer.gov site. A printable version is available at: <https://cissecure.nci.nih.gov/ncipubs/>
- National Coalition for Cancer Survivorship.
 - **Working it out: Your Employment Rights as a Cancer Survivor.**
 - **Self-Advocacy: A Cancer Survivor's Handbook.**
 - **What Cancer Patients Need to Know about Health Insurance.**

A printer-friendly version of these publications is available at:
<http://www.canceradvocacy.org/resources/publications/>

Books

- Feuerstein, Michael, and Patricia Findley. **The Cancer Survivor's Guide : The Essential Handbook to Life After Cancer.** New York: Marlowe & Co, 2006.
- Hoffman, Barbara, J.D, and National Coalition for Cancer Survivorship (U.S.). **A Cancer Survivor's Almanac : Charting Your Journey.** 3rd ed. Hoboken, N.J: John Wiley & Sons, 2004.
- Northrop, Dorothy E. **Health Insurance Resources: Options for People with a Chronic Disease or Disability.** New York, NY: Demos Medical Publishing, Inc, 2003.
- Tolley, Diane Pammenter **Finding the Money : A Guide to Paying Your Medical Bills.** Bend, OR: Diane Pammenter Tolley, 2001.

The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at:
http://www.cancer.med.umich.edu/support/information_guides.shtml

Audiovisual Resources

- The ***Cancer Survival Toolbox***[®] -
A free audio program designed to help cancer survivors and caregivers develop practical skills to deal with the diagnosis, treatment and challenges of cancer. Provided by the National Coalition for Cancer Survivorship (NCCS). Available in English, Spanish and Chinese at:
<http://www.canceradvocacy.org/toolbox/>

Web Resources

- **Cancerandcareers.org**
<http://www.cancerandcareers.org/>
A resource for working women with cancer includes information for patients, employers, coworkers and caregivers. Covers legal, employment, insurance and emotional issues.
- **Lance Armstrong Foundation**
<http://www.livestrong.org/>
This site presents information addressing various physical, emotional and practical issues. Each topic includes a concise summary, a more detailed overview, a list of suggestions and a list of additional resources. To access click on the link to "Take Control".
- **Managing Day to Day - on the American Cancer Society Site**
Documents on the patient's bill of right, Cobra, Americans with Disability Act, medical insurance and financial assistance for cancer patients.
 - Go to <http://www.cancer.org>
 - Click on "Patients, Family, and Friends"
 - Click on "Coping with Treatment"
 - Click on "Managing Day to Day"
- **A Consumer's Guide to Getting and Keeping Health Insurance in Michigan** <http://www.healthinsuranceinfo.net/mi00.html>
- **National Coalition for Cancer Survivorship (NCCS)**
<http://www.canceradvocacy.org>

Comprehensive information on all practical aspects of living with cancer including: patient-doctor communication, insurance, employment and more. The site also include

- **Patient Advocate Foundation**

Access at: <http://www.patientadvocate.org/>

This organization offers several programs and services that can help people with cancer cope with employment, financial and insurance problems.

Email Groups (Listservs)

- **LT-SURVIVORS** is an **email discussion group for long-term survivors of cancer**, hosted by the Association of Cancer Online Resources ACOR (<http://www.acor.org>).

To subscribe go to: <http://listserv.acor.org/archives/lt-survivors.html>

Organizations

- **Cancer Legal Resource Center**
<http://www.disabilityrightslegalcenter.org/about/cancerlegalresource.cfm>
Phone: (866) 843-2572, Fax: (213) 736-1455
- **LIVESTRONG** <http://www.livestrong.org>
1-866-235-7205
Online and phone assistance to help survivors face the everyday physical, emotional and practical challenges of cancer.
- **Patient Advocate Foundation** <http://www.patientadvocate.org>
Phone: (800) 532-5274, Fax: (757) 873-8999
- **National Coalition for Cancer Survivorship (NCCS)**
<http://www.canceradvocacy.org/>
Phone: (877)-622-7937, Fax: (301) 565-9670

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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