The purpose of this guide is to help you find information and support on cancer survivorship. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of the materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center, Level B2.

**Brochures and Fact Sheets**

- **American Institute for Cancer Research**
  - *Nutrition and the Cancer Survivor*
    
    Available online at:
    
    [http://preventcancer.aicr.org/site/PageServer?pagename=pub_nutrition_cs](http://preventcancer.aicr.org/site/PageServer?pagename=pub_nutrition_cs)

- **Cancer.Net by the American Society of Clinical Oncology**
  - *Cancer Survivorship: Trusted Information About Life After Treatment*
    
    Available online at:
    
    [http://cancer.net/sites/cancer.net/files/cancer_survivorship.pdf](http://cancer.net/sites/cancer.net/files/cancer_survivorship.pdf)

- **Leukemia & Lymphoma Society**
  - *Coping with Survival: Support for People Living with Adult Leukemia, Lymphoma and Myeloma.*
    
    Available online at:
    
    [http://lls.org](http://lls.org)

- **National Cancer Institute**
  - *Facing Forward: Life after Cancer Treatment.*
    
    Available online at:
    

- **National Coalition for Cancer Survivorship**
  - *Working it out: Your Employment Rights as a Cancer Survivor.*
  - *What Cancer Survivors Need to Know about Health Insurance.*
    
    Available online at:
    
    [http://canceradvocacy.org/resources/publications](http://canceradvocacy.org/resources/publications)
Books


Audiovisual Resources

  A free audio program designed to help cancer survivors and caregivers develop practical skills to deal with the diagnosis, treatment, and challenges of cancer. Available in English and Spanish.
- Cancer.Net by the American Society of Clinical Oncologists
  **Podcasts on Survivorship**
  [http://goo.gl/rxUawp](http://goo.gl/rxUawp)

- **CR Magazine's Surviving & Thriving: Life with Cancer Podcasts**
  CR is the award-winning magazine published by the American Association for Cancer Research (AACR), the world’s oldest and largest professional organization devoted to cancer research.
  [http://crmagazine.org/archive/Crpodcasts/Pages/SurvivingThriving.aspx](http://crmagazine.org/archive/Crpodcasts/Pages/SurvivingThriving.aspx)

### Web Resources

- **American Cancer Society**
  [http://cancer.org](http://cancer.org)
  - Offers support services via online discussion boards and in-person support groups through local chapters.
  - Provides education materials both online and in print about cancer.
  - *Road to Recovery*, a program offered locally by some chapters, has volunteer drivers who transport patients to and from treatment appointments.
  - The *Look Good, Feel Better* program for adults and teens helps with self-image during chemotherapy and radiation treatments.
  - *American Cancer Society's Wig Bank* provides free wigs from limited supply to needy patients suffering hair loss due to cancer treatment. Intended for those with insufficient insurance coverage for wigs.
  - *Hope Lodges* are temporary housing accommodations for patients traveling far from home for treatment.

- **American Cancer Society Cancer Survivors Network**
  [http://csn.cancer.org](http://csn.cancer.org)
  Provides a way to find and communicate with others who share your interests and experiences. You can also view CSN members’ personal web pages, email other CSN members, post to the discussion boards, and have private chats.

- **Cancer and Careers**
  Cancer and careers empowers and educates people with cancer to thrive in their workplace by providing expert advice, interactive tools, and educational events.

- **CancerCare**
  [http://cancercare.org](http://cancercare.org)
  Their mission is to provide free, professional support services to individuals, families, caregivers, and the bereaved to help them cope with and manage the emotional and practical challenges of cancer.
• **Cancer.Net** by the American Society of Clinical Oncologists – Section on Survivorship  
  [http://cancer.net/survivorship](http://cancer.net/survivorship)  
  This section provides helpful information for cancer survivors and their friends and family.

• **Centers for Disease Control and Prevention: Cancer Survivorship**  
  [http://cdc.gov/cancer/survivorship](http://cdc.gov/cancer/survivorship)  
  The CDC works with public, non-profit, and private partners to create and implement strategies to help the millions of people in the U.S. who live with, through, and beyond cancer.

• **Coping with Cancer**  
  This site is in an easy-to-use format and provides information by specific cancer type, general knowledge about living with cancer, and wellness and inspirational topics.

• **Disability Rights Legal Center: Cancer Legal Resource Center (CLRC)**  
  CLRC is a joint program of the Disability Rights Legal Center and Loyala Law School, Los Angeles. The CLRC provides information and education about cancer-related legal issues to the public through its national telephone assistance line. The CLRC also conducts national education and outreach programs for community groups, employers, and healthcare professionals, and is actively involved in community activities to raise public awareness of cancer-related legal and public policy issues.

• **Imerman Angels**  
  [http://imermanangels.org](http://imermanangels.org)  
  To provide personalized connections that enable one-on-one support among cancer fighters, survivors, and caregivers. They provide a unique matching program in which a “Mentor Angel” is partnered with an individual seeking cancer support.

• **Journey Forward**  
  [http://journeyforward.org](http://journeyforward.org)  
  Journey Forward is an award-winning program that provides information to help you create your own survivorship care plan.

• **LIVESTRONG Foundation**  
  [http://livestrong.org](http://livestrong.org)  
  The LIVESTRONG Foundation’s website covers survivorship topics on the physical, emotional, and practical issues of cancer.
• National Cancer Institute – section on Survivorship – Living With and Beyond Cancer
http://cancer.gov/cancertopics/coping/survivorship
Provides information that focuses on your life and health after a cancer diagnosis and once treatment is over.

• National Coalition for Cancer Survivorship (NCCS)
http://canceradvocacy.org
NCCS advocates for quality cancer care for all individuals touched by cancer and provides resources to help you with survivorship.

• National Cancer Survivorship Resource Center
http://goo.gl/kNYThw

• NCCN Life After Cancer
http://nccn.org/patients/resources/life_after_cancer
This site includes resources to assist cancer survivors, their families, and caregivers with issues that arise post-treatment.

• Office of Cancer Survivorship (OCS)
http://cancercontrol.cancer.gov/ocs/
OCS was created by the National Cancer Institute (NCI) to provide information to help improve the quality and length of survival of all persons diagnosed with cancer and to minimize or stabilize adverse effects experienced during cancer survivorship.

• Patient Advocate Foundation (PAF)
http://patientadvocate.org
This foundation’s goal is to provide professional case management services to Americans with chronic, life-threatening and debilitating illnesses. PAF Case Managers serve as active liaisons between the patient and their insurer, employer, and/or creditors to resolve insurance, job retention, and/or debt crisis matters as they relate to their diagnosis.

• Survivorship A to Z: Information for Living with Cancer
http://survivorshipatoz.org/cancer
Provides information and tools for living well with a diagnosis.

University of Michigan Resources

• University of Michigan Comprehensive Cancer Center Survivorship Section
http://mcancer.org/support/after-treatment-survivorship
Includes links to all the Cancer Center's survivorship programs and resources.
Email Groups (Listservs)

- **LT-SURVIVORS** – email discussion group for long-term survivors of cancer
  

  This discussion group is hosted by the Association of Cancer Online Resources (ACOR)
  
  [http://acor.org](http://acor.org)