



Patient Care Services  
300 Pasteur Drive  
Stanford, CA 94305

## **Cancer Survivorship Resources Patient Information**

### **Stanford Hospital & Clinics Resources:**

**Cancer Supportive Care Program** 650-725-9456

<https://stanfordhealthcare.org/for-patients-visitors/cancer-supportive-care-program.html>

Offers personal consultation, support groups, nutrition consults, fitness classes, survivorship workshops and lectures.

**Stanford Health Library** 650-736-1713

[healthlibrary.stanford.edu/](http://healthlibrary.stanford.edu/)

Consumer health information library open to the public which offers free personalized research services and lecture series.

Questions/research requests may be submitted online, by phone, or in person.

**Stanford Center for Integrative Medicine** 650 498-5566

<https://stanfordhealthcare.org/medical-clinics/integrative-medicine-center.html>

Offers complementary and alternative therapy integrated with traditional medicine and psychology.

### **Other Resources:**

**American Cancer Society** 800-227-2345

[cancer.org](http://cancer.org)

A nationwide voluntary health organization that provides cancer resources online and in the community.

- Look for the [Guidelines on Nutrition and Physical Activity for Cancer Prevention](http://www.cancer.org/healthy/eathealthygetactive/index):

<http://www.cancer.org/healthy/eathealthygetactive/index>

**CancerCare** 800-813-4073

[cancercare.org](http://cancercare.org)

A national nonprofit group that provides free professional support services

online and by phone for anyone affected by cancer.

**Cancer and Careers** Website only.

[cancerandcareers.org](http://cancerandcareers.org)

Provides support to women who are either working during cancer treatment or returning to work after treatment. The organization's website hosts discussion boards on which women can talk to career coaches about the challenges they face returning to the workplace. Resources available in Spanish.

**Cancer Legal Resource Center** 213-736-1334

<http://www.disabilityrightslegalcenter.org/cancer-legal-resource-center>

Provides free information and resources on cancer related legal issues to cancer survivors, caregivers, health care professionals, employers and others coping with cancer. Resources available in Spanish.

**Cancer.Net** 888-651-3038

<http://www.cancer.net/survivorship>

The American Society of Clinical Oncology's professional website has a section devoted to survivorship including information about long-term effects of cancer and cancer treatment, rehabilitation, learning how to become a patient advocate and ways to improve nutrition and physical activity. A section on cancer treatment summaries provides resources that can be downloaded and completed with an oncology health care provider. Resources available in Spanish.

**Cancer Prevention Institute of California (CPIC)** 510-608-5000

[cpic.org](http://cpic.org)

A non-profit research organization that manages a statewide breast and cervical cancer referral service for low income women and community education programs.

**Cancer Support Community** 202-659-9709

[cancersupportcommunity.org](http://cancersupportcommunity.org)

A network that provides support groups, activities, and other resources online and in their many community sites. A cancer transitions program was developed in concert with the Lance Armstrong Foundation.

**Gilda's Club** 212-647-9700

195 West Houston Street, New York, NY

<http://www.gildasclubnyc.org/>

The mission of Gilda's Club is to provide a place where people living with cancer, their families and friends can join others to build social and emotional support as a supplement to medical care. In addition to the flagship facility in New York, there are Clubs in other cities across the country.

**Center for Disease Control (CDC)** 800-232-4636

[cdc.gov/HealthyLiving/](http://cdc.gov/HealthyLiving/)

Provides information about healthy living including diet, exercise, bone health,

safe travel and vaccinations.

**Facing Forward** 855-220-7777

<http://cancercontrol.cancer.gov/ocs/resources/ffseries.html>

Designed to educate cancer survivors, family members, and health care providers about the challenges associated with life after cancer treatment.

**Lance Armstrong Foundation** 877-236-8820

[www.livestrong.org](http://www.livestrong.org)

Provides information and survivorship resources online and in the community.

**National Cancer Institute Office of Cancer Survivorship**

[cancercontrol.cancer.gov/ocs/](http://cancercontrol.cancer.gov/ocs/)

Provides current information on survivorship research, resources and publications.

**National Coalition for Cancer Survivorship** 888-650-9127

[canceradvocacy.org](http://canceradvocacy.org)

Offers online resources for people living with, through and beyond cancer.

**National Center for Complementary and Integrative Health (NCCIH)**

888-644-6226

<https://nccih.nih.gov/>

The federal government's agency on CAM gives science based information on complementary and alternative medicine (CAM) such as dietary supplements and yoga.

**National Comprehensive Cancer Network** 215-690-0300

[http://www.nccn.org/patients/resources/life\\_after\\_cancer/](http://www.nccn.org/patients/resources/life_after_cancer/)

In conjunction with Dana Farber Cancer Institute provides Information about what to expect after treatment.

**National Lymphedema Network** 800-541-3259

[www.lymphnet.org](http://www.lymphnet.org)

Provides education about the prevention and treatment of lymphedema as well as a list of lymphedema specialists by zip code.

## **Nutrition Information about Healthy Diets:**

**American Cancer Society**

<http://www.cancer.org/healthy/eathealthygetactive/>

Includes information about the benefits of good nutrition, regular physical activity, staying at a healthy weight and tips to help you choose nourishing food options. Provides links to recipes and shopping lists to help you implement your good intentions.

**American Institute for Cancer Research**

<http://www.aicr.org/patients-survivors/>

Practical, reliable advice on what to eat and how to get active once your cancer

treatment is over. They offer support groups, recipes and tips for healthy living.

***All the resources listed above, whether hosted by Stanford or otherwise, are free of charge except the Stanford Integrative Medicine Clinic.***

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