

# Advocacy

Breast Cancer Action: bcaction.org

California Breast Cancer Research Program: <a href="mailto:cbcrp.org">cbcrp.org</a>
Metastatic Breast Cancer Network: <a href="www.mbcn.org">www.mbcn.org</a>
National Breast Cancer Coalition: <a href="mailto:stopbreastcancer.org">stopbreastcancer.org</a>

National Coalition for Cancer Survivorship: www.canceradvocacy.org

Research Advocacy Network: <a href="http://researchadvocacy.org">http://researchadvocacy.org</a>

Sisters Network Inc: www.sistersnetworkinc.org

Susan G. Komen Advocate in Science: <a href="https://www.komen.org/how-to-help/">www.komen.org/how-to-help/</a> Young Survival Coalition: <a href="https://www.youngsurvival.org/be-an-advocate">www.youngsurvival.org/be-an-advocate</a>

#### **Breast Reconstruction**

American Society of Plastic Surgeons: <a href="https://www.plasticsurgery.org">www.plasticsurgery.org</a>

Breast Free – The Alternative to Reconstruction:

https://www.cancer.org/cancer/types/breast-cancer/reconstruction-surgery/breast-rec

onstruction-alternatives.html

Breast Implants (FDA): <a href="www.fda.gov/MedicalDevices">www.fda.gov/MedicalDevices</a>
Breastoration Ink: <a href="https://www.breastorationink.org/">https://www.breastorationink.org/</a>
Breast Reconstruction.org: <a href="www.breastreconstruction.org">www.breastreconstruction.org</a>

Breast Reconstruction After Mastectomy (American Cancer Society):

https://www.cancer.org/cancer/types/breast-cancer/reconstruction-surgery.html

Breast Reconstruction Awareness Campaign: <a href="www.breastreconusa.org">www.breastreconusa.org</a>
My Hope Chest-Funding Reconstruction for Breast Cancer Survivors:

www.myhopechest.org

Not Putting on a Shirt: <a href="https://www.notputtingonashirt.org">www.notputtingonashirt.org</a>

Reshaping You: Breast Reconstruction for Breast Cancer Patients (MD Anderson):

www.mdanderson.org

Transformation Galleries (Center for Restorative Breast Surgery):

https://www.breastcenter.com/result-photos/galleries/ Women's Health and Cancer Rights Act: www.cancer.org

#### Cancer Risk

American Institute for Cancer Research: www.aicr.org

Breast Cancer Risk Assessment Tool (National Cancer Institute):

www.cancer.gov/bcrisktool

Breast Cancer Prevention Partners: www.bcpp.org

Bright Pink: www.brightpink.org

Campaign for Safe Cosmetics: www.safecosmetics.org

Environmental Working Group: www.ewg.org

Physicians Committee for Responsible Medicine: www.cancerproject.org

Silent Spring Institute: <a href="https://silentsprinhttp://ewg.org/g.org">https://silentsprinhttp://ewg.org/g.org</a>

The Women's Health Initiative: www.whi.org

Think Pink, Live Green (Breastcancer.org): breastcancer.org

Zero Breast Cancer: www.zerobreastcancer.org

## Chemotherapy

Chemocare: www.chemocare.com

Chemotherapy (American Cancer Society):

https://www.cancer.org/cancer/managing-cancer/treatment-types/chemotherapy.ht

<u>ml</u>

Chemotherapy (Macmillan Cancer Support):

https://www.macmillan.org.uk/cancerinformation

FDA Drug Database: www.accessdata.fda.gov

MedlinePlus Drugs, Herbs, Supplements: www.nlm.nih.gov/medlineplus

# Choosing Your Medical Team

American College of Surgeons Find A Surgeon Tool:

www.facs.org/search/find-a-surgeon

American Medical Association: <a href="https://apps.ama-assn.org/doctorfinder/home.jsp">https://apps.ama-assn.org/doctorfinder/home.jsp</a>

Cancer Treatment Facilities by State (Patient Resource): www.patientresource.com

Find a Cancer Doctor (Cancer.net): <a href="https://www.cancer.net/find-cancer-doctor">www.cancer.net/find-cancer-doctor</a>

U.S. News and World Report Hospital Rankings:

http://health.usnews.com/best-hospitals

Stanford Second Opinion Program: stanfordhealthcare.org/second-opinion

MD Anderson Pathology Second Opinion: mdanderson.org

Medical Board of California: <a href="www.mbc.ca.gov">www.mbc.ca.gov</a> - California-specific resource

The Second Opinion: www.thesecondopinion.org - California-specific resource

CalhospitalComapre.org: www.calhospitalcompare.org - California-specific resource

#### Clinical Trials

American Cancer Society Clinical Trials Matching Service: www.cancer.org

BreastCancerTrials.org: www.breastcancertrials.org

Center Watch: www.centerwatch.com

Clinical Trials Information for Patients and Caregivers (National Cancer Institute):

www.cancer.gov

Clinicaltrials.gov: www.clinicaltrials.gov

Emerging Med: <a href="https://app.emergingmed.com/emed/home">https://app.emergingmed.com/emed/home</a>

Lazerex Cancer Foundation: <a href="https://www.lazarex.org">https://www.lazarex.org</a>

Leal Health: leal.health

Metastatic Trial Talk: https://metastatictrialtalk.org/

Stanford Clinical Trials Directory: <a href="https://med.stanford.edu/clinicaltrials">https://med.stanford.edu/clinicaltrials</a>

Tower Cancer Research Collective: <a href="https://www.towercancer.org/tcrc-studies/">https://www.towercancer.org/tcrc-studies/</a>

UCSF Cancer Center Clinical Trials: <a href="http://cancer.ucsf.edu/clinical-trials">http://cancer.ucsf.edu/clinical-trials</a>

# **Community Support**

Caring Bridge: www.caringbridge.org

Jasper: <u>www.hellojasper.com</u>

Lotsa Helping Hands: www.lotsahelpinghands.com

Meal Train: www.mealtrain.com

My Cancer Circle: <a href="https://mycancercircle.lotsahelpinghands.com">https://mycancercircle.lotsahelpinghands.com</a>

MyLifeLine.org: <a href="https://www.MyLifeLine.org">www.MyLifeLine.org</a>
Wellnest: <a href="https://www.inspirewellnest.com">www.inspirewellnest.com</a>

We're In This Together: <a href="https://wittforever.com/">https://wittforever.com/</a>

# Complementary and Integrative Medicine

About Herbs, Botanicals, and Other Products by Memorial Sloan Kettering Cancer

Center: www.mskcc.org

CAM-Cancer: <a href="http://cam-cancer.org">http://cam-cancer.org</a>

Cancer Choices: <a href="https://cancerchoices.org/">https://cancerchoices.org/</a>

Charlotte Maxwell Complementary Clinic: <a href="www.charlottemaxwell.org">www.charlottemaxwell.org</a> Commonweal Cancer Help Program (in Bolinas): <a href="www.commonweal.org">www.commonweal.org</a> Complementary and Alternative Medicine (American Cancer Society):

https://www.cancer.org/cancer/managing-cancer/treatment-types/complementary-a

nd-integrative-medicine.html

Guide to Understanding Complementary Therapies (Living Beyond Breast Cancer): <a href="https://www.lbbc.org">www.lbbc.org</a>

Guided Imagery Podcasts (Kaiser Permanente): <a href="https://thrive.kaiserpermanente.org">https://thrive.kaiserpermanente.org</a></a> Free Guided Meditations (UCLA Health): <a href="https://marc.ucla.edu/mindful-meditations">https://marc.ucla.edu/mindful-meditations</a>

Harmony Hill Retreat Center: <a href="www.harmonyhill.org/cancer">www.harmonyhill.org/cancer</a>

Headspace (Guided meditation app):

https://www.headspace.com/meditation?origin=navigation

MedlinePlus Drugs, Herbs, Supplements: <a href="https://www.nlm.nih.gov/medlineplus">www.nlm.nih.gov/medlineplus</a>

National Center for Complementary and Integrative Health: <a href="https://nccih.nih.gov">https://nccih.nih.gov</a>

Natural Medicines: https://naturalmedicines.therapeuticresearch.com

Office of Dietary Supplements (NIH): http://ods.od.nih.gov

Oncology Association of Naturopathic Physicians: <a href="https://oncanp.org">https://oncanp.org</a>

Society for Integrative Oncology: https://integrativeonc.org

Society for Oncology Massage: <u>www.s4om.org</u>

Stanford Health Library; Health Journeys:

https://www.healthjourneys.com/partneraccess/

The Foundation for Living Beauty: <a href="https://www.livingbeauty.org/">https://www.livingbeauty.org/</a>

Thinking About Complementary and Alternative Medicine (National Cancer

Institute):

https://www.cancer.gov/about-cancer/treatment/cam#:~:text=Cancer%20patients%20

who%20want%20to,what%20it%20claims%20to%20do.

Unite for HER: uniteforher.org

## Detection & Diagnosis

Are You Dense? www.arevoudense.org

Breast Cancer Screening (National Cancer Institute): <a href="www.cancer.gov/cancertopics">www.cancer.gov/cancertopics</a>
Breast Cancer Tests: Screening, Diagnosis and Monitoring (Breastcancer.org): <a href="www.breastcancer.org/symptoms">www.breastcancer.org/symptoms</a>

Breast and Cervical Cancer Treatment Program: <u>www.dhcs.ca.gov</u> - California-specific resource

Every Woman Counts Cancer Screening and Diagnostic Service: <u>www.dhcs.ca.gov</u> - California-specific resource

How Is Breast Cancer Diagnosed? (American Cancer Society):

https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection.html#:~:text=A%20biopsy%20is%20done%20when,for%20sure%20if%20it's%20cancer.

Mammograms and Other Breast Imaging Procedures (American Cancer Society): <a href="https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/mammograms.html">https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/mammograms.html</a>

Mammography Facility Database (FDA): <a href="https://www.accessdata.fda.gov">www.accessdata.fda.gov</a>

Mammogram Fact Sheet (National Cancer Institute):

www.cancer.gov/cancertopics/factsheet

Understanding Breast Changes (National Cancer Institute): www.cancer.gov

When To Screen For Breast Cancer (Susan G. Komen):

ww5.komen.org/AboutBreastCancer/ScreeningandEarlyDetection

## **Emotional Support**

4th Angel Mentoring Program: <a href="https://4thangel.ccf.org/">https://4thangel.ccf.org/</a>

After Breast Cancer Diagnosis: www.abcdbreastcancersupport.org

Asian American Cancer Support Network: <a href="http://aacsn.org">http://aacsn.org</a>

Bay Area Young Survivors: www.baysnet.org - Bay Area-specific resource

BeWellLine: bewellline.com

Cactus Cancer Society: https://cactuscancer.org/

Cancercare: www.cancercare.org

Cancer CAREPoint: www.cancercarepoint.org

Cancer Support Community: www.cancersupportcommunity.org

Circulo de Vida: https://circulodevida.org/

Firefly Sisterhood: <a href="https://www.fireflysisterhood.org/">https://www.fireflysisterhood.org/</a>

Friend For Life: www.friend4life.org

HER2 Support.org: <a href="http://her2support.org/">http://her2support.org/</a> Imerman Angels: <a href="http://her2support.org/">www.imermanangels.org/</a>

Livestrong Cancer Navigation:

https://www.livestrong.org/videos/livestrong-cancer-navigation-services

Living Beyond Breast Cancer: www.lbbc.org

MyBCTeam: www.mybcteam.com

National LGBT Cancer Network: <a href="http://cancer-network.org">http://cancer-network.org</a>

New Hope Chinese Cancer Care Foundation: www.newhopecancer.org

Pilipino Seniors: <a href="https://www.pilipinoseniors.org/programs-1">https://www.pilipinoseniors.org/programs-1</a>

Rafiki Coalition: https://rafikicoalition.org/

Shanti's Margot Murphy Women's Cancer Program: <a href="www.shanti.org">www.shanti.org</a> - SF-specific

resource

SHARE: www.sharecancersupport.org

Sharsheret: http://sharsheret.org

Stanford Supportive Care Program: https://stanfordhealthcare.org

Stupid Cancer: www.stupidcancer.org

Support Connection: <a href="http://supportconnection.org">http://supportconnection.org</a> Survivingbreastcancer.org: <a href="survivingbreastcancer.org">survivingbreastcancer.org</a>

The Ida and Joseph Friend Cancer Resource Center: http://cancer.ucsf.edu

Wildfire Magazine: <a href="http://wildfirecommunity.org">http://wildfirecommunity.org</a> Women's Cancer Resource Center: <a href="http://www.wcrc.org">www.wcrc.org</a>

Women Care: http://fsa-cc.org/womencare - California-specific resource

Young Survival Coalition: www.youngsurvival.org

#### End of Life

Advanced Cancer (Cancer.net): www.cancer.net

Bill Wilson Center for Living with Dying: www.billwilsoncenter.org

Caring Info: <a href="www.caringinfo.org">www.caringinfo.org</a>
Coda Alliance: <a href="http://codaalliance.org/">http://codaalliance.org/</a>

Death with Dignity: www.deathwithdignity.org

End of Life Care: Questions and Answers (National Cancer Institute): www.cancer.gov

Five Wishes: www.agingwithdignity.org

Grief, Bereavement, and Coping with Loss PDQ (National Cancer Institute):

www.cancer.gov

Hospice Foundation of America: www.hospicefoundation.org

Hospice By the Bay: www.hospicebythebay.org - Bay Area-specific resource

Kara Grief Support: www.kara-grief.org

Mission Hospice & Home Care: <a href="www.missionhospice.org">www.missionhospice.org</a> - Bay Area-specific resource

National Association for Homecare and Hospice: <a href="www.nahc.org">www.nahc.org</a>
National Hospice and Palliative Care Organization: <a href="www.nhpco.org">www.nhpco.org</a>

Pathways: www.pathwayshealth.org

The Conversation Project: <a href="http://theconversationproject.org">http://theconversationproject.org</a>

## Family, Friends & Caregivers

Bright Spot Network: <a href="https://www.brightspotnetwork.org/">https://www.brightspotnetwork.org/</a>

Breathing Spaces: https://breathingspacesfc.com/

Camp Kesem: www.campkesem.org

Camp Erin: www.moverfoundation.org/camps-programs

Cancer Really Sucks:

https://www.aacr.org/patients-caregivers/patient-advocacy/resource/cancer-really-suc

ks/

Caregiver Action Network: <a href="http://caregiveraction.org">http://caregiveraction.org</a>

Caregiver Support Services (Cancercare): www.cancercare.org

Caregivers (Cancer Support Community):

https://www.cancersupportcommunity.org/caregivers

Caregivers and Family (American Cancer Society):

https://www.cancer.org/treatment/caregivers.html

Children's Treehouse Foundation CLIMB: www.childrenstreehousefdn.org

Coping with Cancer: For Caregivers, Family and Friends (National Cancer Institute):

www.cancer.gov/cancertopics

EmpowerHER: <a href="https://www.empoweringher.org/">https://www.empoweringher.org/</a>

Helping Children When a Family member Has Cancer: Dealing With Diagnosis

(American Cancer Society):

https://www.cancer.org/cancer/caregivers/helping-children-when-a-family-member-

has-cancer.html

Inheritance of Hope: <a href="https://inheritanceofhope.org/">https://inheritanceofhope.org/</a>

Kara Grief Support: <a href="https://kara-grief.org">https://kara-grief.org</a>
Publications About Caregiving (Cancercare):

https://www.cancercare.org/publications/tagged/caregiving
Telling Kids About Cancer: http://tellingkidsaboutcancer.com

# Fertility and Pregnancy

Breast Cancer During Pregnancy (Living Beyond Breast Cancer):

www.lbbc.org/get-support

Circle Surrogacy: <a href="https://circlesurrogacy.com/parents/cancer-survivor-parenting">https://circlesurrogacy.com/parents/cancer-survivor-parenting</a>

Hope For Two: www.hopefortwo.org

Fertility and Pregnancy After Breast Cancer(breastcancer.org):

https://www.breastcancer.org/managing-life/fertility-pregnancy-issues

Financial Assistance for Fertility Preservation: www.reprotech.com

Oncolactation Resource Guide (American Society of Breast Surgeons):

https://www.breastsurgeons.org/docs/statements/asbrs-rg-oncolactation.pdf

Pregnancy After Breast Cancer (Memorial Sloan Kettering):

https://www.mskcc.org/cancer-care/patient-education/pregnancy-after-treatment-early-stage-breast

RESOLVE: The National Infertility Association: www.resolve.org

Treating Breast Cancer During Pregnancy (American Cancer Society):

https://www.cancer.org/cancer/types/breast-cancer/treatment/treating-breast-cancer-during-pregnancy.html

#### Financial Resources

American Life Fund: https://www.americanlifefund.com/cancer-grant/

Benefits Check Up (National Council on Aging): www.benefitscheckup.org

Best Face Forward (Sharsheret): <a href="http:sharsheret.org/resource/best-face-forward-2-0/">http:sharsheret.org/resource/best-face-forward-2-0/</a>

Breast and Ovarian Cancer Emergency Fund:

https://www.bayareacancer.org/financial-assistance/

Breast and Cervical Cancer Treatment Program: <u>www.dhcs.ca.gov</u> - California-specific resource

Cancercare Financial Assistance Program: www.cancercare.org

Cancercare Financial Assistance Database: www.cancercare.org/helpinghand

Cancer Financial Assistance Coalition: www.cancerfac.org

Cancer For College: www.cancerforcollege.org

Cancer in the Family Relief Fund: www.cancerfamilyrelieffund.org

Disability Benefits Help: www.disability-benefits-help.org

Dream Foundation: www.dreamfoundation.org

Every Woman Counts: www.dhcs.ca.gov - California-specific resource

Genevieve's Helping Hands: www.genshelpinghands.org

Financial Considerations (American Society of Clinical Oncology):

#### www.cancer.net/all-about-cancer

Good Days Patient Assistance: <a href="www.mygooddays.org">www.mygooddays.org</a>
Hair To Stay: <a href="www.hairtostay.org/apply-for-a-subsidy/">www.hairtostay.org/apply-for-a-subsidy/</a>
Healthwell Foundation: <a href="www.healthwellfoundation.org">www.healthwellfoundation.org</a>

Jill's Wish: www.jillswish.org

Nancy's List: <a href="https://nancyslist.org/financial-assistance/">https://nancyslist.org/financial-assistance/</a>

National Financial Resources Directory (Patient Advocate Foundation):

www.patientadvocate.org

Needy Meds: <a href="https://www.needymeds.org/">www.needymeds.org/</a>

Patient Advocate Foundation Co-Pay Relief: www.copays.org

Patient Services Inc: <a href="http://remembersetv.com">www.patientservicesinc.org</a> Remember Betty: <a href="http://rememberbetty.com">http://rememberbetty.com</a>

Rx Assist: www.rxassist.org

San Francisco Women's Cancer Network: <a href="https://sfwcn.org/">https://sfwcn.org/</a>

Sense of Security: <a href="https://www.senseofsecurity.org/">https://www.senseofsecurity.org/</a>
Sisters Network Breast Cancer Assistance Program: <a href="http://www.sistersnetworkinc.org/programs.html">http://www.sistersnetworkinc.org/programs.html</a>

Social Security Disability Resource Center: www.ssdrc.com

Susan G. Komen Treatment Assistance Program:

https://ww5.komen.org/uploadedFiles/ The Pink Fund: www.pinkfund.org

The Provision Project: <a href="http://provisionproject.org">http://provisionproject.org</a>

The Sam Fund: www.thesamfund.org

Tim and Jeannie Hamann Foundation: https://www.hamannfoundation.org/

GoodRx: goodrx.com

# Genetics and Hereditary Cancer

ASK2ME: <a href="https://ask2me.org/">https://ask2me.org/</a> Bright Pink: <a href="https://ask2me.org/">www.brightpink.org/</a>

BRCA1 and BRCA2: Cancer Risk and Genetic Testing (National Cancer Institute):

www.cancer.gov

Decision Tool for Women with BRCA Mutations (Stanford):

www.brcatool.stanford.edu/

FORCE: Facing Hereditary Cancer Empowered: www.facingourrisk.org

Genetics Home Reference: www.ghr.nlm.nih.gov

Genetics of Breast and Ovarian Cancer PDQ (National Cancer Institute): https://www.cancer.gov/types/breast/hp/breast-ovarian-genetics-pdg

Genetic Testing for Breast and Ovarian Cancer (UpToDate): <a href="www.uptodate.com">www.uptodate.com</a> National Society of Genetic Counselors: <a href="www.aboutgeneticcounselors.com">www.aboutgeneticcounselors.com</a>

BRCA/Genetics Sharsheret: www.sharsheret.org

## Home Care, Transportation, and Practical Assistance

Air Charity Network: <a href="http://aircharitynetwork.org">http://aircharitynetwork.org</a>

Care Indeed: www.careindeed.com

Cleaning for a Reason: <a href="https://www.cleaningforareason.org">www.cleaningforareason.org</a> Corporate Angel Network: <a href="https://www.corpangelnetwork.org">www.corpangelnetwork.org</a> Ecumenical Hunger: <a href="https://www.ehpcares.org/">https://www.ehpcares.org/</a>

Findhelp.org: https://www.findhelp.org/

Golden Age Bay Area:

https://www.care.com/b/l/golden-age-bay-area/castro-valley-ca-20212-redwood-road-

<u>103a1</u>

Home Care Assistance: www.homecareassistance.com

Honor: www.joinhonor.com

Lifeline Pilots: www.lifelinepilots.org

Marin CIL: <a href="https://www.marincil.org/services/#meaningful-access-to-care">https://www.marincil.org/services/#meaningful-access-to-care</a> National Association of Hospital Hospitality Houses: <a href="https://www.hhnetwork.org">www.hhnetwork.org</a>

Nurse Registry: <u>nurseregistry.com</u>

Open Homes (AirBnB): <a href="https://www.pinkribbongood.org/">www.curetoday.com/articles/</a> Pink Ribbon Good: <a href="https://www.pinkribbongood.org/">https://www.pinkribbongood.org/</a>

Road to Recovery: <a href="https://www.cancer.org">www.cancer.org</a> Roadrunners Transportation:

www.elcaminohospital.org/services/roadrunners-transportation - Bay Area-specific

resource

Seniors At Home: www.seniorsathome.org

The Shanti Project: www.shanti.org

Visiting Angels: www.angelshomecare.com

## Hormonal Therapy

Guide to Understanding Hormonal Therapy (Living Beyond Breast Cancer):

www.lbbc.org/hormonaltherapyguide

Hormonal Therapy (Breastcancer.org): <a href="https://www.breastcancer.org/treatment/hormonal">www.breastcancer.org/treatment/hormonal</a>

Hormone Therapy (Dr. Susan Love Research Foundation):

www.drsusanloveresearch.org/hormone-therapy

# Inflammatory Breast Cancer

Inflammatory Breast Cancer (Dr. Susan Love Research Foundation):

www.drsusanloveresearch.org

Inflammatory Breast Cancer (National Cancer Institute):

www.cancer.gov/cancertopics

Inflammatory Breast Cancer Research Foundation: www.ibcresearch.org

The IBC Network Foundation: www.theibcnetwork.org

## Legal Resources

Bay Area Legal Aid: <a href="https://baylegal.org">https://baylegal.org</a>

Cancer and Careers: www.cancerandcareers.org

Cancer Legal Resource Center: <a href="http://cancerlegalresources.org">http://cancerlegalresources.org</a> LawHelpCA: <a href="http://lawhelpca.org">http://lawhelpca.org</a> - California-specific resource Patient Advocate Foundation: <a href="http://www.patientadvocate.org">www.patientadvocate.org</a>

#### LGBTOIA Resources

GLMA, Health Professionals Advancing LBGT Equality: www.glma.org

Screening for Breast Cancer in Transgender Men (UCSF):

http://transhealth.ucsf.edu/trans

Screening for Breast Cancer in Transgender Women (UCSF):

http://transhealth.ucsf.edu/

Support Groups for Survivors-National LGBT Cancer Network:

https://cancer-network.org/programs/support-groups-for-survivors/

The LGBT Cancer Project: <a href="https://lgbtcancer.org">https://lgbtcancer.org</a>

#### Lobular Breast Cancer

Lobular Breast Cancer Alliance: https://lobularbreastcancer.org

### Male Breast Cancer

A Man Diagnosed with Breast Cancer (Living Beyond Breast Cancer):

www.lbbc.org/man-diagnosed-breast-cancer

Breast Cancer in Men (American Cancer Society):

www.cancer.org/cancer/breast-cancer-in-men

HIS Breast Cancer Awareness: <a href="http://hisbreastcancer.org">http://hisbreastcancer.org</a>

#### Metastatic Breast Cancer

Living with Metastatic Breast Cancer (Living Beyond Breast Cancer):

www.lbbc.org/mets

Living with Metastatic Breast Cancer (Young Survival Coalition):

www.youngsurvival.org

MBCBrainMets: <a href="https://mbcbrainmets.org/">https://mbcbrainmets.org/</a>

Metastatic Breast Cancer Alliance: www.mbcalliance.org

Metastatic Breast Cancer Network:

https://inccn360.org/breast/for-vour-patients/metastatic-breast-cancer-network/

Metastatic Breast Cancer Project: www.mbcproject.org

METAVIVOR: www.metavivor.org

Metastatic Trial Search: www.breastcancertrials.org

METUP: <a href="http://metup.org">http://metup.org</a>

Our MBC Life (SHARE): https://www.sharecancersupport.org/our-mbc-life/

Recurrent and Metastatic Breast Cancer (Breastcancer.org): www.breastcancer.org

### Nutrition and Exercise

American Institute for Cancer Research: <a href="www.aicr.org">www.aicr.org</a> Cook for Your Life, Recipes: <a href="www.cookforyourlife.org">www.cookforyourlife.org</a>

Culinary Angels: www.culinaryangels.org

Eating Hints Before, During and After Cancer Treatment: www.cancer.gov

Eating Well During and After Your Cancer Treatment (Memorial Sloan Kettering): www.mskcc.org/cancer-care/patient-education/eating-well-during-and-after-your-tre

atment

LiveStrong at the YMCA: <a href="mailto:ymcasv.org/livestrong">ymcasv.org/livestrong</a>

Nutrition and Breast Cancer (UCSF): <a href="http://cancer.ucsf.edu">http://cancer.ucsf.edu</a>

Nutrition and Physical Activity During and After Cancer Treatment: Answers to Common Questions:

https://www.cancer.org/cancer/survivorship/be-healthy-after-treatment/nutrition-and-physical-activity-during-and-after-cancer-treatment.html

Nutrition and Physical Activity Guidelines for Cancer Survivors: www.cancer.org

Nutrition for the Person with Cancer During Treatment: www.cancer.org

Physicians Committee for Responsible Medicine Plant- based Diet: www.pcrm.org

Pink Power (Peninsula Jewish Community Center):

https://picc.org/programs/pink-ribbon/ Survivor's Table: www.survivorstable.com Stanford Health Care Cancer Wellness Classes:

https://stanfordhealthcare.org/for-patients-visitors/cancer-supportive-care-program.h

<u>tml</u>

The Cancer Fighting Kitchen, Recipe-Box: www.rebeccakatz.com

### Overview/Current Research Information

American Cancer Society: www.cancer.org

American Society of Clinical Oncology: www.cancer.net

Breast360: www.breast360.org

Breast Cancer Research News (BACC):

https://www.zotero.org/groups/960194/bay\_area\_cancer\_connections\_breast\_cancer\_

research\_news/library

Cancer.net: <u>www.cancer.net/cancer-types/breast-cancer</u>

CancerToday: <a href="https://www.cancertodaymag.org">www.cancertodaymag.org</a> Cure Magazine: <a href="https://www.curetoday.com">www.curetoday.com</a>

Disease InfoSearch: https://www.diseaseinfosearch.org/

Dr. Susan Love Research Foundation: https://drsusanloveresearch.org/

Living Beyond Breast Cancer: <a href="www.lbbc.org">www.lbbc.org</a> MedlinePlus: <a href="www.nlm.nih.gov/medlineplus">www.nlm.nih.gov/medlineplus</a>

Medscape Breast Cancer Resource Center: www.medscape.com

National Cancer Institute: www.cancer.gov/types/breast

National Comprehensive Cancer Network Guidelines for Patients: www.nccn.org

National Cancer Institute: <u>www.cancer.gov</u>

OncoLink Breast Cancer News: https://www.oncolink.org/cancers/breast

PubMed: www.ncbi.nlm.nih.gov/pubmed

SurvivorNet: www.survivornet.com

Susan G. Komen Foundation: www.komen.org

UpToDate: www.uptodate.com

#### Pathology

Breast Cancer Testing (Lab Tests Online): <a href="https://labtestsonline.org">https://labtestsonline.org</a>

Tumor Characteristics (Susan G. Komen):

http://ww5.komen.org/BreastCancer/TumorCharacteristics.html

Understanding a Breast Pathology Report (UCSF):

https://www.youtube.com/@understandingabreastpathol764

Understanding Your Pathology Report (National Cancer Institute): <a href="www.cancer.gov">www.cancer.gov</a> Your Guide to the Breast Cancer Pathology Report (Breastcancer.org): <a href="https://sharedhealthmb.ca/files/breast-cancer-path-report-guide.pdf">https://sharedhealthmb.ca/files/breast-cancer-path-report-guide.pdf</a>

#### Radiation Therapy

Brachytherapy (American Brachytherapy Society):

www.americanbrachytherapy.org/resources/for-patients/

**Breast Cancer Treatment:** 

www.radiologyinfo.org/en/info.cfm?pg=breast-cancer-therapy

Radiation Side Effects Chart PDF: <a href="https://www.rtanswers.org/uploadedFiles/">www.rtanswers.org/uploadedFiles/</a>

Radiation Therapy (Breastcancer.org): <a href="https://www.breastcancer.org/treatment/radiation">www.breastcancer.org/treatment/radiation</a>

Radiation (Dr. Susan Love Research Foundation):

www.drsusanloveresearch.org/radiation

Radiation Therapy (Susan G. Komen): <a href="https://www.susan.org/BreastCancer/Radiation.html">www.susan.org/BreastCancer/Radiation.html</a>

#### Side Effects

Chill, Cancer Related Hair Loss: www.scalpcooling.org

Chemo Diva: https://chemodiva.com

Ever You (American Cancer Society): <a href="https://everyou.com/">https://everyou.com/</a>

First Aid for People with Cancer:

https://pacificmedicalacls.com/first-aid-for-people-with-cancer.html

Friend to Friend Specialty Shop: <a href="https://www.friend2friend.org">www.friend2friend.org</a>- Bay Area-specific resource

Good Wishes: www.goodwishesscarves.org

HERS Breast Cancer Foundation: <a href="http://hersbreastcancerfoundation.org">http://hersbreastcancerfoundation.org</a>

Knitted Knockers: www.knittedknockers.org

Late Bloomers: <a href="https://late-bloomers.org/">https://late-bloomers.org/</a>- Bay Area-specific resource

Lipstick Angels: www.lipstickangels.org

Look Good, Feel Better: http://lookgoodfeelbetter.org

Lymphedivas: www.lymphedivas.com

Managing Cancer-related Side Effects: www.cancer.org

Mastectomy Bras and Prostheses Resources: <u>link</u>

National Breast Cancer Lymphedema Registry: https://lernregistry.stanford.edu/

National Lymphedema Network: www.lymphnet.org

Pain Management (American Society of Anesthesiologists):

www.asahq.or/whensecondscount/pain-management

Side Effects (Living Beyond Breast Cancer): www.lbbc.org

The Rapunzel Project: www.rapunzelproject.org

The Next Step: <a href="https://www.nextstepboutique.com">www.nextstepboutique.com</a>

Treatment Side Effects (Breastcancer.org): www.breastcancer.org

Understanding the Side Effects of Cancer Treatment (Patient Resource):

www.patientresource.com

Verma Foundation: <a href="https://vermafoundation.org">https://vermafoundation.org</a>

Wigs and Wishes: https://www.wigsandwishes.org/request-a-wig.php

Wig Resources: <u>link</u>

#### Surgery

Surgery (Breastcancer.org): <a href="https://www.breastcancer.org/treatment/surgery">www.breastcancer.org/treatment/surgery</a>

Surgery (Dr. Susan Love Research Foundation):

www.drsusanloveresearch.org/surgery

Surgery Choices for Women with DCIS or Breast Cancer (NCI): cancer.gov

Surgery (Susan G. Komen): komen.org/breast-cancer/surgery

Surgery for Breast Cancer (American Cancer Society):

https://www.cancer.org/cancer/types/breast-cancer/treatment/surgery-for-breast-cancer.html

#### Survivorship

After Treatment Ends: Tools for the Adult Cancer Survivor (Cancercare):

www.cancercare.org

American Institute for Cancer Research: www.aicr.org

Cancer Survivorship (American Society of Clinical Oncology): <a href="https://www.cancer.net">www.cancer.net</a> Follow up Care for Breast Cancer (American Society of Clinical Oncology):

www.cancer.net

Journey Forward: <a href="http://journeyforward.org">http://journeyforward.org</a>

OncoLink Survivorship Care Plan: www.oncolink.org

#### Targeted and Immunotherapies

Immunotherapy (Cancer Research Institute):

<u>www.cancerresearch.org/immunotherapy/what-is-immunotherapy</u>

Overview of Targeted Therapies for Cancer: <a href="https://www.mycancergenome.org/">https://www.mycancergenome.org/</a>

Personalized Cancer Therapy: <a href="https://pct.mdanderson.org/">https://pct.mdanderson.org/</a>

Targeted Cancer Therapies (National Cancer Institute):

https://www.cancer.gov/about-cancer/treatment/types/targeted-therapies/

#### Treatment Summaries

ASCO Guidelines for Breast Cancer:

https://old-prod.asco.org/practice-patients/guidelines/breast-cancer

Breast Cancer Treatment (American Cancer Society):

www.cancer.org/cancer/breast-cancer/treatment

Breast Cancer Treatment and Side Effects (Breastcancer.org):

www.breastcancer.org/treatment

Breast Cancer Treatment PDQ (National Cancer Institute):

www.cancer.gov/cancertopics

NCCN Guidelines for Patients: <a href="https://www.nccn.org/patients/guidelines">www.nccn.org/patients/guidelines</a>

#### Triple-Negative Breast Cancer

Guide to Understanding Triple Negative Breast Cancer (Living Beyond Breast

Cancer): <u>www.lbbc.org/get-support</u>

Triple Negative Breast Cancer Foundation: <a href="https://tnbcfoundation.org">https://tnbcfoundation.org</a>