

Cancer-Related Resources for Patients, Families, and Caregivers

Getting Started: “The Big Three”

1) www.cancer.gov - The National Cancer Institute (NCI) and their Cancer Information Service (CIS)

Cancer.gov: Expert-reviewed **treatment summaries** (patient and health professional versions); information about **treatments, side effects**, management of side effects; information about **clinical trials** (research studies), what they are, how they work, how to find them, and a search form for locating NCI-sponsored trials; resources related to **coping, communication** with family and the health care team, and **support**; a **database of organizations** that offer emotional support, financial assistance, and other services.

The CIS (a service of the NCI):

- Telephone – 1-800-4CANCER (1-800-422-6237) (Available only in United States)
- Live Internet Chat – www.cancer.gov/help (or click on “Live Chat” at the top of Cancer.gov)
- E-mail – cancergovstaff@mail.nih.gov

Information specialists research questions using a broad range of expert-approved resources; give referrals and guidance for finding second opinions, treatment facilities, financial assistance, emotional support, and other services; perform clinical trial searches; send information by e-mail or mail.

2) www.cancer.net - American Society of Clinical Oncology

Cancer.Net

- Summaries for many types of cancer, including information about diagnosis, treatment, follow-up care, and more.
- Suggestions and resources to help navigate and manage cancer care
- Support for coping with cancer
- Podcasts and stories from care providers and patients on *many* cancer-related topics
- Information about cancer research and latest findings
- Practical tips for cancer patients (such as food safety, traveling when one has cancer, etc.)

3) www.cancer.org - American Cancer Society

Cancer.Org: **General cancer information** about diagnosis, treatment, side effects, coping, living with cancer and the effects of treatment; **stories** of cancer survivors; blog **articles from experts**; information about **complementary medicine**, dietary supplements, and cancer; and worksheets/diaries for **tracking side effects, symptoms, and medication**.

The American Cancer Society also offers a variety of services for people with cancer and their families, such as assistance with transportation to treatment, support groups through local chapters, wig banks at local hospitals, and lodging for patients who need to travel for treatment.

- Phone: 1-800-227-2345 (National Cancer Information Center, available 24/7)
- Live internet chat: Link near search box on Cancer.Org

Other resources:

National Comprehensive Cancer Network (NCCN) <https://www.nccn.org> – provides evidence-based clinical guidelines for the treatment of many cancer types. These guidelines are intended for clinicians and are medically technical; a doctor should be consulted to confirm that the information is relevant to a patient’s situation. Free registration is required to view the guidelines.

MedlinePlus – <https://www.nlm.nih.gov/medlineplus/> - Information about cancer and non-cancer health topics. Nice summaries of information about drugs, including chemotherapies and targeted therapies used for cancer. Searching for a drug by either brand name or generic name (such as Herceptin or trastuzumab) will bring up the appropriate entry.

Lab Tests Online – <https://labtestsonline.org> – produced by the American Association for Clinical Chemistry – offers information about many laboratory tests, why they are ordered, what normal or abnormal results might indicate, and the limitations of tests.

National Center for Complementary and Integrative Healthcare - <https://nccih.nih.gov/> - Information about the evidence available on specific non-standard/integrative health practices, how to make informed decisions about complementary, alternative, and integrative medicine, and learning more about practitioners of these forms of medicine.

Finding International Resources:

International Cancer Information Service Group (ICISG) - <http://icisg.org/membership/membership-list/> - a worldwide network of more than 50 organizations that provide cancer information.

Union for International Cancer Control (UICC) – <http://www.uicc.org/membership> - organization devoted to all aspects of cancer prevention and control around the world. UICC members from 155 countries include major cancer societies, ministries of health, research institutes and patient groups. These organizations serve as resources for the public and may have helpful information about cancer, treatment facilities, and financial assistance.