



Talking with Your Doctor



A good relationship between you and your doctor is an important part of good health care. You may have a cancer care team consisting of a surgeon, a medical oncologist and a radiation oncologist. A good doctor-patient relationship is a two-way street and is worth the effort it takes to create it. Here are some ways that you can help maintain your role in that relationship:

- Keep notes so that you can report, as clearly as you can, any changes in body functions, from sleep and bowel habits to other changes such as headaches.
- Be honest about your lifestyle habits, like smoking or taking herbs and supplements. Never hold back information.
- Make a list of all your questions and concerns. No question is too small.
- Sometimes doctors and other health care professionals use terms their patients do not understand. If you do not understand something, ask your doctor to explain it to you.

Questions to ask your doctor during your visits

- What exactly is wrong with me?
- Can I have a copy of my pathology report?
- What treatment do you recommend? Why?
- Are there other treatments available here or elsewhere?
- What are the benefits of each of these treatments? What are the risks?
- How should I expect to feel during treatment? What side effects can I expect to have?
- When is it appropriate to call you in between appointments? After hours?

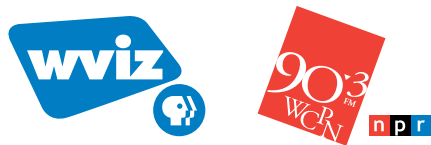
During a challenging time such as this, you may not hear or remember all that is being said. There are several ways you can make sure that you remember everything your doctor tells you accurately:

- Take notes to help you recall what your doctor says.
- Ask if you can tape-record your discussion for later review.
- Have a family member or friend there with you.

Information provided by the American Cancer Society.

Living with Cancer Resource Guide

This resource guide will help you locate resources and services that can help you and your family cope better while on the cancer journey. We hope that by reading this guide and familiarizing yourself with the agencies listed, your personal experience with cancer will be a little easier.



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NATIONAL CANCER WEBSITES

- American Cancer Society:**
www.cancer.org
- National Cancer Institute:**
www.cancer.gov
- People Living With Cancer:**
www.plwc.org
- C.U.R.E. Magazine:**
www.curetoday.com
- Cancer Care:**
www.cancercares.org
- Chemotherapy Care:**
www.chemocare.org
- National Coalition for Cancer Survivorship:**
www.canceradvocacy.org



Living with Cancer Resource Guide



SUPPORT SERVICES

SPECIFIC CANCER INFORMATION

Bladder Cancer:
www.blcwebcafe.org

Blood Cancers:
www.lls.org
www.lymphomation.org
www.myeloma.org
www.lymphoma.org
www.multiplemyeloma.org

Bone Tumors:
www.bonetumor.org

Brain Tumors:
www.brainumor.org
www.abta.org

Breast Cancer:
www.breastcancer.org
www.komen.org
www.susanlovemd.com
www.ibchelp.org (Inflammatory)

Colorectal Cancer:
www.ccalliance.org

Esophageal Cancer:
www.ecaaaware.org

Head and Neck Cancers:
www.spohnc.org

Kidney Cancer:
www.kidneycancer.org

Lung Cancer:
www.alcase.org
www.lungcancer.org

Ovarian Cancer:
www.ovarian.org
www.ovariancancer.org

Pancreatic Cancer:
www.pancan.org
www.pancreatica.org

Prostate Cancer:
www.pcacoalition.org
www.prostate-cancer.org

Skin Cancer:
www.skincancer.org
www.mpip.org
www.melanomafoundation.org

Soft Tissue Sarcomas:
www.sarcoma.org
www.sarcomaalliance.org
www.curesarcoma.org

Thyroid Cancer:
www.thyca.org

SPECIFIC POPULATIONS WITH CANCER

Out with Cancer (LGBT):
www.outwithcancer.org

MAMM : Magazine For Women With Cancer
www.mamm.com

Young Adults:
www.imtooyoungforthis.org

COMPLEMENTARY & ALTERNATIVE MEDICINE
http://nccam.nih.gov
www.cancer.gov/cam
www.quackwatch.org
www.mdanderson.org/departments/cimer

LOCAL SUPPORT SERVICES

Many people find that support groups offer the opportunity to discuss concerns with others who may be experiencing similar situations. Some people would prefer one-to-one support. We present here a wide variety of support services you and your family may want to consider to complement your medical care.

General Support and Education Groups (for all types of cancer)
Akron City Hospital
.....330 375-4770
American Cancer Society
.....800 ACS-2345
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion
.....216 476-7241
Firelands Regional Medical Center
Ireland Cancer Center
.....419 557-6959
Huron Hospital
.....216 761-3502
Lake/University Hospitals
Ireland Cancer Center
.....440 205-5867

MetroHealth Cancer Care Center
.....216 778-8277
Parma Community General Hospital, The Cancer Center
.....440 743-2223
St. John West Shore Hospital
.....216 476-1717
The Gathering Place
.....216 595-9546
Trumbull Memorial Hospital
Ireland Cancer Center
.....330 341-9399
University Hospitals
Ireland Cancer Center (Westlake)
.....440 250-2001

Bone Marrow Transplant Support Groups
The Gathering Place
.....216 595-9546
University Hospitals
Ireland Cancer Center
.....800 641-2422
.....216 844-5432

Blood Related Cancer Support Groups
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion
.....216 476-7241
Cleveland Clinic Taussig Cancer Center
.....866 223-8100
Stewart's Caring Place
.....330 836-1772
The Center for Body, Mind & Spirit
.....440 324-0480
The Gathering Place
.....216 595-9546
The Leukemia & Lymphoma Society
.....800 589-5721
.....216 910-1234
Trumbull Memorial Hospital
Ireland Cancer Center
.....800 589-5721
University Hospitals
Ireland Cancer Center
.....800 641-2422
.....216 844-5432

Brain Tumor Support Group
Cleveland Clinic Taussig Cancer Center
.....866 223-8100

Breast Cancer Support Groups
American Cancer Society
.....888 227-6446
Center for Survivors of Breast Cancer
.....800 641-2422
.....216 844-5432
Chagrín Ireland Cancer Center
.....800 641-2422
.....216 844-5432
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion
.....216 476-7241
Cleveland Clinic Taussig Cancer Center
.....216 444-2260
Hillcrest Hospital, Cleveland Clinic Health System, Hirsch Cancer Center
.....440 312-4569
Lake/University Hospitals
Ireland Cancer Center
.....440 205-5867

MetroHealth Cancer Care Center
.....216 778-3124
Minority Women with Breast Cancer Uniting, Inc.
.....216 291-0962
Parma Community General Hospital, The Cancer Center
.....440 743-2223
St. John West Shore Hospital
.....440 827-5459
Stewart's Caring Place
.....330 836-1772
Summa Health System
.....330 375-7082
The Center for Body, Mind & Spirit
.....440 324-0480
The Gathering Place
.....216 595-9546
University Hospitals
Ireland Cancer Center
.....800 641-2422
.....216 844-5432

Caregiver Support & Education Groups
American Cancer Society
.....800 ACS-2345
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion
.....216 476-7241
Cleveland Clinic Taussig Cancer Center
.....866 223-8100
Southwest General Health Center
Ireland Cancer Center
.....440 816-6075

St. John West Shore Hospital
.....216 476-1717
Stewart's Caring Place
.....330 836-1772
The Gathering Place
.....216 595-9546
The Leukemia & Lymphoma Society
Trumbull Memorial Hospital
Ireland Cancer Center
.....800 589-5721
.....216 910-1234

Genetics Group for Women at Risk for Breast and Ovarian Cancer
Chagrín Ireland Cancer Center
.....800 641-2422
.....216 844-5432

GYN Oncology Support Groups
Chagrín Ireland Cancer Center
.....800 641-2422
.....216 844-5432
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion
.....216 476-7241
Stewart's Caring Place
.....330 836-1772

I Can Cope
American Cancer Society
.....888 227-6446
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion
.....216 476-7241
Southwest General Health Center
Ireland Cancer Center
.....440 816-6075

Look Good, Feel Better – A one-session class in makeup and skin care, turbans and wigs for women experiencing the physical side effects of cancer treatments. Women receive a free make-up kit. Call the American Cancer Society for meeting times and locations.
.....888 227-6446

Lost Chord Support Groups (for laryngectomy patients)
American Cancer Society
.....888 227-6446
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion
.....216 476-7241

Lung Cancer Support Group
The Center for Body, Mind & Spirit
.....440 324-0480
The Gathering Place
.....216 595-9546

Melanoma Support Groups
The Gathering Place
.....216 595-9546
Trumbull Memorial Hospital
Ireland Cancer Center
.....330 841-9399

Oral, Head and Neck Cancer Support Groups
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion
.....216 476-7241
University Hospitals
Ireland Cancer Center
.....800 641-2422
.....216 844-5432

Pancreatic Cancer Support Group
University Hospitals
Ireland Cancer Center
.....800 641-2422
.....216 844-5432

Prostate Cancer Support Groups
American Cancer Society
.....888 227-6446
Cleveland Clinic Cancer Center at Fairview Hospital, Moll Pavilion
.....216 476-7241
Lake/University Hospitals
Ireland Cancer Center
.....440-205-5464
Parma Community General Hospital, The Cancer Center
.....216 932-2760
Stewart's Caring Place
.....330 836-1772
The Center for Body, Mind & Spirit
.....440 324-0480
The Gathering Place
.....216 595-9546
University Hospitals
Ireland Cancer Center
.....800 641-2422
.....216 844-5432

Recurrent or Metastatic Disease Support Group
St. John West Shore Hospital
.....216 476-1717
Stewart's Caring Place
.....330 836-1772
The Gathering Place
.....216 595-9546

Support Services for Children, Teens and Families

Center for Survivors of Childhood Cancer
.....216 844-3070
Children's Hospital Medical Center of Akron
.....330 543-8830
Kids Helping Kids
.....419 423-0286
Stewart's Caring Place
.....330 836-1772
The Gathering Place
.....216 595-9546
The Leukemia & Lymphoma Society
.....800 589-5721
.....216 910-1234

One-to-One Support Services

4th Angel Mentoring Program
Scott Hamilton CARES Initiative
Cleveland Clinic Taussig Cancer Center – A phone or email connection with someone who has experienced a similar cancer diagnosis, treatment or procedure.
.....866 520-3197

Breast Cancer Connection
The Gathering Place – This program pairs a breast cancer survivor with someone newly diagnosed or at any point on the journey to provide support.
.....216 595-9546

Buddy Book
The Gathering Place – A phone connection with someone who has experienced the same cancer or assisted a person diagnosed with cancer.
.....216 595-9546

First Connection
The Leukemia & Lymphoma Society – A phone connection with someone who has experienced the same blood-related cancer diagnosis.
.....800 589-5721
.....216 910-1234

Loving Link
Stewart's Caring Place - Loving Link connects cancer survivors or caregivers with those newly diagnosed with cancer.
.....330 836-1772

Reach to Recovery
American Cancer Society – A program where a woman who has experienced breast cancer reaches out to a newly diagnosed breast cancer patient.
.....888 227-6446

One-to-One Counseling
Short-term, one-to-one counseling for individuals or families touched by cancer. Provided by licensed professionals.
Stewart's Caring Place
.....330 836-1772
The Center for Body, Mind & Spirit
.....440 324-0480
The Gathering Place
.....216 595-9546

The information provided here is not an exhaustive list of resources. If there are any groups or services omitted from this directory it was unintentional and we apologize.

For a more detailed listing of local and state wide resources and information visit: www.ohiocancercontrol.org.

You may download this guide at: www.wviz.org or www.wcpn.org.

We encourage you to contact the agencies listed in this directory for the most current information on support services and resources.