Colon/Rectal Cancer - Patient Resource Assistance (PRA)

The purpose of this PRA is to help cancer patients and their family find reliable sources of cancer information, including the area of emotional support.

This list is not meant to be comprehensive, but rather to provide a quick reference of available resources at Beaumont and in the community. Call the Rose Cancer Resource Center at 248-551-1339 for additional information.

Beaumont Cancer Resource Centers

The Centers provide patients and their family education, guidance and support to help optimize their cancer treatment and survivorship. Oncology nurse navigators, lending library, brochures and resource center assistance is available. Contact the Rose Cancer Resource Center at 248-551-1339 or Wilson Cancer Resource Center at 248-964-3430.

Rose Cancer Center information, hours, and check-out process

- Complimentary booklets, brochures & cancer specific information are available. Most material can be mailed or emailed upon request.
- Resource Center hours: Monday through Friday from 12:30 p.m. – 4:30 p.m.
- Books can be checked out for 1 month
- CDs and DVDs can be checked out for 7 days

Material available at the Rose Cancer Resource Center

Booklets

American Cancer Society
Caring for the patient with cancer at home
Caring for the caregiver

National Cancer Institute:
What you need to know about cancer of the colon/rectum
Eating hints before, during, and after cancer treatment
Taking time: support for people with cancer
When your parent has cancer: a guide for teens

Books

For you
100 questions and answers about colorectal cancer (2003)
Living with colon cancer (2005)
The colon cancer survivors’ guide (2005)

Notice

This material is intended to provide general information to you. Some material may contain information that is the opinion of the author and not necessarily that of your physician. This material also does not represent all that is available on the subject and may not apply specifically to your condition. This material should be used to formulate questions for discussion with your physician or other health care professional.
Your partner/family
100 questions & answers about caring for family or friends with cancer (2010)
100 questions & answers about colorectal cancer (2003)

Your children
Why did my dad get cancer? (2013)
Mom has cancer! (2008)

Inspirational
50 days of hope (2012)

Nutrition
The cancer-fighting kitchen, nourishing big-flavor recipes for cancer treatment and recovery (2009)

*Additional titles available at the Rose Cancer Resource Center

NOTE:
- Call the Wilson Cancer Resource Center for resource information at 248-964-3430.
- For the Grosse Pointe area, request for booklets can be made to the Rose Cancer Center and items will be mailed. The hospital has partnered with the Grosse Pointe Library for books. For information call the Rose Cancer Center at 248-551-1339.

Support

Beaumont Health System Support/Resources

Cancer Resource Centers
http://cancer.beaumont.edu/cancer-resource-centers
Rose Cancer Center 248-551-1339
Wilson Cancer Center 248-964-3430

Beaumont Health System
Health Library
http://healthlibrary.beaumont.edu/

Survivorship Program
http://cancer.beaumont.edu/cancer-survivorship-program
Royal Oak 248-551-1339
Troy 248-964-3430
Grosse Pointe 586-447-4070
The Cancer Survivorship Program brings together patients and health care providers to promote optimized health and healing of the mind, body and spirit, through integrative practices and education before, during and after treatment.
Silver Lining (for women only)  
http://cancer.beaumont.edu/silverlinings  
248-551-4645  
The program is designed to help women work on personal goals - such as reducing stress, gaining peace of mind or improving physical fitness.

Look Good…Feel Better (for women only) Pre-registration required  
Royal Oak 248-551-1339  
Second Monday of the month 6-8 pm  
Troy 248-964-3430  
Second Monday of the month 10-12 noon  
Grosse Pointe  
Call 313-473-2097 for dates and times  
This program provides information and cosmetic advice to women battling cancer. The training includes hands-on instruction on makeup, skin care, and suggestions for using wigs, turbans, and scarves.

I Can Cope  
Royal Oak 248-551-5255  
Troy 248-964-3430  
Social workers help patients, family and friends find support to manage the day-to-day challenges of living with cancer.

Nutrition for the Cancer Patient  
Royal Oak 248-551-1325  
Troy 248-964-3430  
Grosse Pointe 313-473-2097  
As part of its community service to patients, Beaumont Cancer Institute offers individualized nutrition counseling. A dietitian is available to assist patients in optimizing their health through diet therapy.

Integrative Medicine Program  
http://cancer.beaumont.edu/integrative-medicine  
Royal Oak call 248-551-9990  
Troy 248-964-9200  
Grosse Pointe 313-473-2801 or 248-964-9200  
Rochester Hills 248-267-5660  
Beaumont Integrative Medicine Department combines the best of Eastern & Western beliefs while complimenting tradition medical practices. The programs are offered by highly skilled & specially trained practitioners who understand the unique needs of patients. All services are safe and do not interfere with medical treatment.
Other Support Resources

Gilda's Club  
www.gildasclubdetroit.org  
3517 Rochester Road, Royal Oak, MI 48073  
248-577-0800  
Focus on cancers of the GI system including stomach, colorectal, etc.  
Meets are the 4th Monday of each month 7:00 pm - 8:30 pm. New members must attend a new member meeting before beginning. New member meetings are Mondays (1-2) or Wed. 5:30-6:30.

The Lake House  
http://milakehouse.org/  
26701 Little Mack Avenue, St. Clair Shores, MI  
586-777-7761  
Offers support, education and other resources. Call the office for details

United Ostomy Associations of America  
http://www.ostomy.org  
Several groups in Michigan are listed on the website. Search by zip code.

Telephone Support

Colon Cancer Alliance Buddy Program  
www.ccalliance.org/volunteer/buddy_program.html  
877-422-2030  
Program provides peer-to-peer support from those who have been there to new colorectal cancer patients and caregivers. Buddies are there to listen, offer support, and share their experiences. Buddies are matched based on stage of diagnosis, age gender, and primary concerns. Dates, times and frequency are up to the patient after he/she has been matched.

Imerman Angels  
http://www.imermanangels.org  
877-274-5529  
Imerman Angels partners a person fighting cancer with someone who has beaten the same type of cancer.

Cancer Hope Network  
800-552-4366  
The program is available to all cancer patients, and will match you with a survivor of the same of similar type & stage of cancer.
CancerCare
http://www.cancercare.org/support_groups/15-colorectal_cancer_patient_support_group
800-813-4673
This 12-week telephone support group for people diagnosed with colorectal cancer who are currently receiving a form of active treatment.

Lance Armstrong Foundation
www.livestrong.org
866-235-7205
We provide free, confidential, one-on-one support to anyone affected by cancer—whether you have cancer or are a loved one, friend, health care professional or caregiver of someone diagnosed.

**Online Support/Resources**

CancerCare
www.cancercare.org/support_groups/45-colorectal_cancer_patient_support_group
800-813-4673
This 15 week online support group is for people diagnosed with colorectal cancer who are currently receiving treatment. In this group led by an oncology social worker patients give support to each other and share resources and information. To join this group, you will need to complete our online registration process. Meets are on Mondays.

Colon Cancer Alliance
My CRC Connections Stage IV-um Chat
http://ccalliance.org/mycrcconnections/index.html
Colon Cancer Alliance provides an online chat for patients and survivors of stage 4 colon cancer, those in treatment and those with no evidence of disease. Group meets the second and 4th Tuesday of the month, 8pm ET.

Colon Cancer Alliance
My CRC Connections
Weekly online chats
http://ccalliance.org/mycrcconnections/index.html
Support for patients, survivors and caregivers. Meetings are weekly, the 2nd, 3rd, and 4th Wed. of the month at 8pm ET. The link provided leads to the sign-up page. They will find the resources to join My CRC Connections.
Colon Cancer Alliance
My CRC Connections
Daily online chats
http://ccalliance.org/mycrcconnections/index.html
Support for patients, survivors and caregivers. Meetings are every day at 12pm ET. The link provided leads to the sign-up page. They will find the resources to join My CRC Connections

Association of Online Cancer Resources (ACOR)
www.acor.org

RT Answers
Http://www.rtanswers.org
Answering your questions about radiation therapy.

Chemo Care
www.chemocare.com
Chemo Care is a source for chemotherapy, chemotherapy side effects, & chemotherapy drug information provided by the Cleveland Clinic Cancer Center.

Look Good...Feel Better
For Men: http://lookgoodfeelbetterformen.org/
Website helps men deal with some of the side effects of cancer treatment like skin changes, hair loss, stress, and other issues.

For Women: http://lookgoodfeelbetter.org/
Website helps women will learn beauty techniques to help combat the appearance-related side effects of cancer treatment.

For Teens: http://lookgoodfeelbetter.org/programs/programs-for-teens
Website helps teens deal with appearance, health, & social side effects of cancer treatment.

Transportation Service

Road to Recovery
http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery
The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need.

Notice
Support group information provided as information only.
Beaumont Health System only endorses support groups located at the Beaumont Health Care Facility. Dates and times are subject to change. Call support group for additional information before attending.
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Mobile “Apps”

Cancer .Net
http://www.cancer.net/multimedia/mobile-applications
Cancer.Net Mobile is a free app for iOS (iPhone, iPad) and Android and features:

- Guides on 120 types of cancer
- An interactive tool to keep track of questions to ask healthcare providers and record voice answers
- A place to save information about prescribed medications, including photos of labels and bottles (on camera-enabled devices)
- A symptom tracker to record the time and severity of symptoms and side effects
- A section featuring the latest videos, podcasts, and Cancer.Net Feature Articles
- Automatically updated content
- Optional passcode lock
- Optional iCloud backup for the questions, medications and symptoms

Dana-Farber Cancer Institute (Nutrition information)
Dana-Farber Cancer Institute created this free app to help you find recipes for staying healthy, getting you through treatment, and living and eating healthy for the rest of your life.

Communication websites for patients

Caring Bridge
www.caringbridge.org
Free, personal and private websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier.

My Lifeline
http://www.my lifeline.org
MyLifeLine.org is a 501(c)(3) nonprofit organization that encourages cancer patients and caregivers to create free, customized websites. Our mission is to empower patients to build an online support community of family and friends to foster connection, inspiration, and healing.

CarePages
https://www.carepages.com/
CarePages websites are free patient blogs that connect friends and family during a health challenge.
Organizations/Websites

American Cancer Society  
www.cancer.org  
800-227-2345

National Cancer Institute (NCI)  
www.cancer.gov  
800-4-CANCER

Navigating Cancer  
www.navigatingcancer.com

Colon Cancer Alliance (CCA)  
www.ccalliance.org  
877-422-2030

Colorectal (colon) Cancer  
www.cdc.gov/cancer/colorectal

Colorectal Cancer Association of Canada (CCAC)  
www.colorectal-cancer.ca

ASCO – American Society of Clinical Oncology  
www.cancer.net/Coping

National Coalition for Cancer Survivorship  
www.canceradvocacy.org  
888-650-9127

Meredith’s Miracles Colon Cancer Foundation (MMCCF)  
www.meredithsmiraclesfoundation.org  
MMCCF provides financial grant assistance to young adults under age 40 diagnosed with colon cancer or who are presenting life-altering symptoms inherent in the diagnosis of colon cancer. Recipient must demonstrate financial need; grant monies must directly support the person diagnosed. Application required.