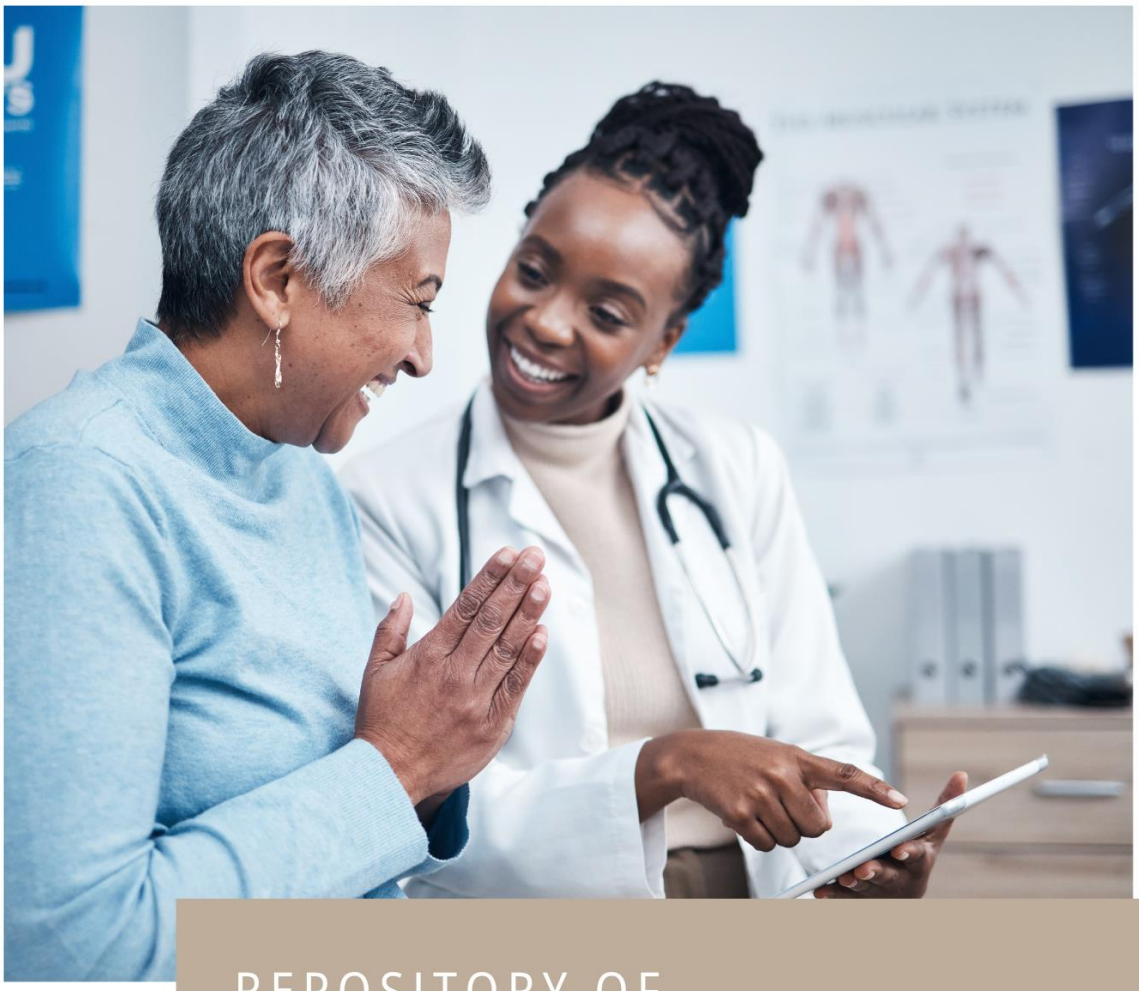


REPOSITORY OF

CANCER RESOURCES

FOR PATIENTS AND CAREGIVERS

Table of Contents

Introduction 3
Cancer Clinical Trials 4
Cancer Screening Services 4
Cancer Screening Information 5
Caregiver Resources 5
Emotional Support Resources 6
Financial Assistance Resources 8
Nutrition Information and Services 9
Movement and Exercise Services 10
Cancer-Specific Information 11
Insurance, Social Security, Disability, and Legal Resources 13
Medical Supplies, Prosthetics, and Wig Resources 13
Survivorship Information 15
Fertility and Sexuality 15

Introduction

This product was developed in collaboration with the Vanderbilt-Ingram Cancer Center's (VICC) Community Advisory Board (CAB). The VICC CAB includes representation from 15 organizations, cancer survivors, and caregivers from across the VICC catchment area.

CAB Member Organizations

- American Cancer Society
- Baptist Memorial Health Care
- Cancer Support Community- East Tennessee
- Church of the Messiah
- Cumberland Pediatric Foundation
- Gilda's Club Middle Tennessee
- Kentucky Primary Care Association
- Matthew Walker Comprehensive Health Center
- Meharry Medical College
- Men's Health Network
- Susan G. Komen Foundation- Central TN
- Tennessee Department of Health- Minority Health
- Tennessee Hospital Association
- Tennessee Primary Care Association

Cancer Clinical Trials

PATIENTS

American Cancer Society
Information that addresses questions and concerns about clinical trials.

American Society of Clinical Oncology
Information on clinical trial eligibility, resources, and insurance coverage.

Center For Info & Study on Clinical Research Participation (CISCRP)
Resources on clinical trials in a multitude of formats and languages.

Center Watch Clinical Trials Listing Service
Patient resources on clinical trials.

ClinicalTrials.gov
A database of privately and publicly funded clinical studies conducted around the world.

National Institute of Health
Resource to help find clinical trials.

Research Match
Nonprofit program that helps connect people interested in research studies with researchers from top medical centers across the U.S.

PROVIDERS

American Society of Clinical Oncology
Information on clinical trials.

Center For Info & Study on Clinical Research Participation (CISCRP)
Resources and trainings for providers on clinical trials.

Center Watch Clinical Trials Listing Service
Professional resources on clinical trials.

Cancer Screening Services

American Cancer Society
Cancer screening saves lives. Find a screening location near you. The map features screening locations for cervical, lung, breast, colorectal and prostate cancer. Enter your zip code and/or filter by screening type to learn more.

Centers for Disease Control and Prevention
National resource for finding a screening program.

TN Breast and Cervical Cancer Screening Program
Provides free mammograms and pap tests for all eligible populations living in the Shelby County, Tennessee area.

Cancer Screening Information

National Cancer Institute
Information on cancer screening overview, tests, and research.

American Cancer Society
Guidelines for the early detection of cancer.

Caregiver Resources

AARP
AARP Family Caregiving Guides are designed to help develop and implement a caregiving plan for a loved one or friend.

American Cancer Society
What to expect if you become a caregiver for a person with cancer and get tips for making sure that you take care of yourself as well.

American Society of Clinical Oncology
Tips for being a successful caregiver to a loved one with cancer.

Help for Cancer Caregivers
Helps pinpoint information on cancer and create a Personal Care Guide to help improve well-being.

National Cancer Institute
Resources for caregivers.

Emotional Support Resources

American Cancer Society Helpline
24/7 helpline that offers support and resource referrals for patients and caregivers. Help is available in 200 languages. Call 1-800-227-2345 or chat online.

ACS CARES™
If you or someone you love has been diagnosed with cancer, deciding what's next can be overwhelming. ACS CARES™ (Community Access to Resources, Education, and Support) App equips those facing cancer with curated content, programs, and services to fit their specific cancer journey.

American Society of Clinical Oncology
Information designed to help people with cancer and their families better cope with cancer.

Black Women's Health Imperative
Program aiming to eliminating barriers to wellness for black women and girls.

Cactus Cancer Society
Provides a safe space for young adults (ages 18-45) facing cancer to connect, cope, and thrive with one another in an on-line community through creativity and expression.

CancerCare
Provides telephone, online and face-to-face counseling, and support groups.

Cancer and Careers
Empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools, and educational events.

Camp Bluebird
The first camp in the Middle Tennessee area designed for adult cancer patients. This 3-day, 2-night retreat offers a unique experience, providing campers with education, support, and encouragement in living life after a cancer diagnosis.

Cancer Buddy
The first app-based cancer support community. Exchange stories, find resources and build your own support community. For patients, survivors, and caregivers.

Cancer Hope Network
Provides free one-on-one peer support for adult cancer patients and their loved ones.

Cancer Support Community East Tennessee
Provides a free place where people facing cancer can join others for social and emotional support in East Tennessee.

Elephants and Tea
A magazine for and by adolescent and young adult (AYA) cancer patients, survivors and caregivers telling their stories.

First Descents
Provides life-changing outdoor adventures for young adults impacted by cancer and other serious health conditions.

Gilda's Club of Middle TN
Provides a free place where people facing cancer can join others for social and emotional support.

Imerman Angels
Provides free personalized one-on-one cancer support for cancer fighters, survivors, previvors and caregivers.

National Cancer Institute
Information on how to cope with cancer and the issues and concerns that occur with the disease.

Susan G. Komen Breast Care Helpline
This helpline provides information about breast health, breast cancer, local and national resources, and information about clinical trials.

Tennessee Crisis Services & Suicide Prevention Line
Free help 24/7 help for mental health emergencies; calls routed to trained specialist in your area. Call: 855-274-7471; Text: "TN" to 741-741; Free, 24/7 hotline that provides information and referrals to mental health services in Tennessee.

Ulman Foundation
Dedicated to creating a community of support for young adults, and their loved ones, impacted by cancer.

Widowed Parent
Resources, support, and research for those widowed by cancer.

Financial Assistance Resources

American Cancer Society
Dealing with financial and insurance issues. Learn about the different types of health insurance, laws that govern health insurance in the United States, and how to manage the costs of cancer treatment.

Bright Spot Network
Offers small grants to help with daily living expenses for families with children aged 0-5 and currently in treatment for cancer.

CancerCare: Co-Payment Assistance Program
A program that helps people with cancer overcome financial access and treatment barriers by assisting them with co-payments for their prescribed treatments. They offer easy-to-access, same-day approval over the phone and online.

Cancer Finances
A toolkit for navigating finances after a cancer diagnosis.

Cancer for College
Providing need-based college scholarships and educational experiences to cancer survivors.

FinAid! Cancer Scholarships
Scholarships for students affected by cancer.

Leukemia & Lymphoma Society
Financial assistance programs offered to individuals with blood cancer.

Sisters Network Breast Cancer Assistance Program
National program that provides financial assistance to breast cancer survivors in active treatment.

Team Chad
Providing essential support to cancer patients and their families, who suffer financial hardship during treatment.

Samfund
Expect Miracles Foundation's Samfund provides critical resources to young adult cancer survivors.

Vanderbilt Financial Counseling
Financial counseling services offered to Vanderbilt patients that are unable to pay their medical bill.

TRANSPORTATION

American Cancer Society: Road to Recovery
Program that provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.

Lifeline Pilots
Coordinates free air transportation, through volunteer pilots, for passengers with medical or humanitarian needs far from home.

Uber Health
A program aiming to help improve health outcomes and the patient, caregiver, and clinician experience by helping enable better access to care and services.

LODGING

American Cancer Society: Hope Lodge
A program offering a home away from home for people facing cancer and their caregivers when cancer treatment is far away.

Nutrition Information and Services

NUTRITION INFORMATION

American Cancer Society
Learn about the benefits of good nutrition, regular physical activity, and staying at a healthy weight. Also find guidance and tips to help you choose healthier options.

American Institute for Cancer Research
Recipes for cancer patients.

American Society of Clinical Oncology
Nutrition recommendations during and after treatment.

CancerCare
Information and resources about cancer and nutrition to help people affected by cancer.

National Cancer Institute
Information on nutrition during cancer care.

NUTRITION SERVICES

Heimerdinger Foundation Meals 4 Health
Delivers free, nutritious meals to individuals and families currently in treatment for cancer in Davidson and Williamson Counties, Tennessee.

PearlPoint Nutrition Services
Free nutrition education and consultations with a dietician for patients and caregivers of all cancer types.

Movement and Exercise Services

ABC Program (After Breast Cancer)
Designed by survivors, for survivors, to provide education and healing for mind, body, and spirit after a breast cancer diagnosis. During the free 16-week program, you'll find a community of other survivors to help you through as you bridge that gap of "treatment's over… now what?"

American Society of Clinical Oncology
Exercise options for those going through cancer treatment.

Breast Cancer Recovery in Action (BRA)
Exercise programs for breast cancer patients or survivors.

Osher Center for Integrative Health
Vanderbilt's integrative health center offers movement and wellness classes.

Survivor Fitness
Programs that aim to help cancer survivors regain their health and wellness through one-on-one personal training.

Vanderbilt Dayani Center for Health & Wellness
Rehabilitation facility designed for adults with medical conditions. Specialists teach how to exercise safely and offer virtual fitness classes.

Cancer-Specific Information

American Brain Tumor Association

American Cancer Society

American College of Radiology

American Lung Association

American Society of Clinical Oncology

Aplastic Anemia and the MDS International Foundation

Black Health Matters

Bladder Cancer Advocacy Network (BCAN)

Breastcancer.org

CancerCare

Centers for Disease Control and Prevention

Cholangiocarcinoma Foundation

Colon Cancer Coalition

Colorectal Cancer Alliance

CURE: Cancer Updates, Research and Education

Foundation for Women's Cancer

GO2 Foundation of Lung Cancer

Head and Neck Cancer Alliance

Healing NET Foundation

Kidney Cancer Association

KY Cancer Link

Leukemia & Lymphoma Society

Livestrong

Living Beyond Breast Cancer

Lungevity

Lymphoma Research Foundation

National Cancer Institute

Male Breast Cancer Happens

Melanoma Research Foundation

Metastatic Breast Cancer Alliance

Multiple Myeloma Research Foundation

National Comprehensive Cancer Network

National Leiomyosarcoma Foundation

National Lymphedema Network

National Ovarian Cancer Coalition

No Stomach for Cancer

Ovarian Cancer Research Alliance

Pancreatic Cancer Action Network

Prostate Cancer Foundation

Sarcoma Research Foundation of American

Sisters Network

SPOHNC: Support for People with Oral and Head and Neck Cancer

Susan G. Komen

ThyCa: Thyroid Cancer Association

Young Survival Coalition

Zero Prostate Cancer

Insurance, Social Security, Disability, and Legal Resources

American Institute for Cancer Research Will Tool
Free online program to help individuals create or update a legal will.

Disability Rights TN
Provides free legal advocacy services to protect the rights of Tennesseans with disabilities.

Get Covered Tenn
Free hotline that helps individuals and families who need information on healthcare and enrollment. Call: 866-475-7879.

Legal Aid Society of Middle TN & the Cumberlands
Nonprofit law firm that provides free, high-quality civil legal services and education. To speak with a lawyer, call 800-238-1443.

State Health Insurance Assistance Program (SHIP)
Free helpline that assists Tennesseans with Medicare and understanding their options. Call 877-801-0044.

Tennessee Disability Pathfinder
Free service that helps individuals and families with disabilities find and access resources, support, and services. Call: 800-640-4636.

The Cancer Legal Resource Center
Provides free information and resources about cancer-related legal issues.

Triage Cancer
Providing free education on the practical and legal issues that arise after a cancer diagnosis.

Workplace Transition for People Touched by Cancer
A list of companies and organizations committed to helping people touched by cancer.

Medical Supplies, Prosthetics, and Wig Resources

American Cancer Society: Tender Loving Care
Resource to help women cope during and after cancer treatment by providing wigs and other hair loss products (plus how-to information), as well as mastectomy products, all at affordable prices.

American Society of Plastic and Reconstructive Surgeons
Organization that offers cosmetic and reconstructive surgery.

Cherry Blossoms Intimates
Offers custom bra prosthetics and offer insurance coverage.

Cuts Against Cancer
Free wigs for women and children with medical hair loss, and they also accept hair donations.

EBeauty
Wig retailer that focuses on empowering women undergoing cancer treatment. Their community, resources, and programs provide support with an emphasis on beauty without boundaries.

Hair to Stay
Grants to offset cost of scalp cooling treatment to minimize hair loss during chemotherapy.

Nordstrom Breast Prosthesis Program
Certified Prosthesis Fitters assist with the special needs of women dealing with breast cancer or surgery.

Paula Young
Offers hairpieces and wig styles for women who want to look their best and feel confident.

Pretty in Pink
Medical supplies and prostheses for women with breast cancer. Experts in filing with medical insurance. Call for an appointment: 615-777-PINK.

The Butterfly Club
Offers free wigs to women and children with hair loss due to cancer.

United Cerebral Palsy of Middle Tennessee
Offers free wheelchair ramps and medical equipment for people who have medical related needs regardless of diagnosis.

Wigs for Kids
Offers free wigs to children with hair loss, and they also accept hair donations.

Survivorship Information

American Cancer Society
Information on survivorship during and after cancer treatment.

American Society of Clinical Oncology
Helpful information for cancer survivors and their friends and family.

National Cancer Institute
Resources focused on the quality and length of survival of all persons diagnosed with cancer and to prevent, minimize, or manage adverse effects of cancer and its treatment.

National Coalition for Cancer Survivorship
Empowering patients to be actively engaged in their care.

Sister's Network
A national African American breast cancer survivorship organization.

Young Survival Coalition
A safe space for young breast cancer communities to share your experiences.

Fertility and Sexuality

American Cancer Society
Learn how cancer surgery and treatment can affect fertility, ways to help preserve fertility, and possible fertility options available after treatment.

American Society of Clinical Oncology
Information on dating, sex, and reproduction during and after cancer treatment.

Live Strong
Dedicated to providing reproductive information, resources, and financial support to survivors whose cancer and its treatment present risks to their fertility.

National Cancer Institute
Information on fertility issues for those with cancer.

The Oncofertility Consortium
Fertility resources for people during cancer treatment and survivorship.

Vanderbilt Fertility Clinic
A team that works with people who are struggling with fertility problems.

LGBTQ+ SPECIFIC RESOURCES

National LGBTQ Cancer Network
Peer-support groups for LGBTQ+ individuals who have or have had cancer. Sessions are offered three times a week.

Vanderbilt LGBTQ Health
Information focused for LGBTQ individuals with cancer.

Revision Date: April 15, 2024