

The purpose of this guide is to help you find information and support on what to do after a cancer diagnosis. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- Agency for Healthcare Research and Quality. **Next Steps After Your Diagnosis: Finding Information and Support.** Available online at: <https://www.ahrq.gov/sites/default/files/wysiwyg/patients-consumers/diagnosis-treatment/diagnosis/diaginfo/diaginfo.pdf>
- American Cancer Society. **After Diagnosis: A Guide for Patients and Families.**
- American Cancer Society. **Distress in People with Cancer.**

Books

- Heiney, Sue P. et. Al. **Cancer in Our Family: Helping Children Cope with a Parent's Illness.** Atlanta, GA: American Cancer Society, 2013.
- Kneier, Andrew. **Finding Your Way through Cancer: An Expert Cancer Psychologist Helps Patients and Survivors Face the Challenges of Illness.** New York, NY: Random House, 2010.
- Ko, Andrew. **Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated, and Managed Day to Day.** Kansas City, MO, 2008.
- Riter, Robert N. **When Your Life is Touched by Cancer: Practical Advice and Insights for Patients, Professionals, and Those Who Care.** Alameda, CA: Hunter House Inc., 2014.

- Thiboldeaux, Kim, and Mitch Golant. **Reclaiming Your Life After Diagnosis: The Cancer Support Community Handbook**. Dallas, Tx: BenBella Books, 2012.

Audiovisual Resources

- Cancervive. **A Dialogue with Cancer: Communication between Doctors and Patients**. DVD, 18 minutes. Los Angeles, CA: Cancervive, 2006.

Web Resources

- **American Cancer Society**
<http://www.cancer.org>
This large site has detailed summaries of specific cancers, and information about living with cancer, making decisions, and coping with side effects and practical issues.
- **American Society of Clinical Oncology's Cancer.Net**
<http://www.cancer.net>
Cancer.net has research news, treatment guidelines, and online discussions with oncologists.
- **CancerCare**
<http://www.cancercare.org>
This organization provides free professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. Programs include counseling, education, financial assistance, and practical help.
- **Cancer Support Community**
<http://www.cancersupportcommunity.org/>
This organization offers support groups, lectures, workshops, and social events for people affected by cancer, including patients, family members, and friends. The website enables users to get support and participate in programs online. Use the national website to locate local chapters.
- **National Cancer Institute (NCI)**
<http://www.cancer.gov>

This site contains peer-reviewed summaries on treatment of adult and childhood cancer types, and supportive care topics. Oncology specialists update the statements monthly. The site also has a database of cancer clinical trials.

- **National Coalition for Cancer Survivorship – The Cancer Survival Toolbox**
<http://www.canceradvocacy.org/resources/cancer-survival-toolbox/>

The award-winning **Cancer Survival Toolbox** is a free program that has been developed by leading cancer organizations to help people develop important skills to better meet and understand the challenges of cancer. The program contains a set of basic skills to help navigate a diagnosis and special topics on other issues faced by people with cancer.

University of Michigan Resources

- **University of Michigan Rogel Cancer Center - At Diagnosis**
<http://www.rogelcancercenter.org/support/diagnosis>

This page provides links to services that are available to you at the time of diagnosis. These services are here to help you better understand your cancer, help with treatment decisions, and to help you cope with changes to your personal life. Links to amenities and maps of the University Health System are also available here.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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