

The purpose of this guide is to help you find information and support on cancer survivorship. 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

- American Institute for Cancer Research
  - **Nutrition and the Cancer Survivor**  
A free copy is available online at:  
<https://store.aicr.org/collections/cancer-survivors/products/nutrition-and-the-cancer-survivor>
- Cancer.Net by the American Society of Clinical Oncology
  - **Cancer Survivorship: Trusted Information About Life After Treatment**  
Available online at:  
[http://cancer.net/sites/cancer.net/files/cancer\\_survivorship.pdf](http://cancer.net/sites/cancer.net/files/cancer_survivorship.pdf)
- National Cancer Institute
  - **Facing Forward: Life after Cancer Treatment.**  
Available online at:  
<http://cancer.gov/cancertopics/coping/life-after-treatment.pdf>
- National Coalition for Cancer Survivorship
  - **Working it out: Your Employment Rights as a Cancer Survivor.**
  - **Self-Advocacy: A Cancer Survivor's Handbook.**  
Available online at:  
<http://canceradvocacy.org/resources/publications>
  - **What Cancer Survivors Need to Know about Health Insurance.**  
<https://www.canceradvocacy.org/wp-content/uploads/2013/01/Health-Insurance.pdf>

## Books

- Cassileth, Barrie. **Survivorship: Living Well During and After Cancer**. Ann Arbor, MI: Spry Publishing, 2014.
- Fleishman, Stewart. **Learn to Live Through Cancer: What You Need to Know and Do**. New York, NY: Demos Health, 2011.
- Grant, Barbara, et al. **Complete Guide to Nutrition for Cancer Survivors; Eating Well, Staying Well During and After Cancer**. Atlanta, GA: American Cancer Society, 2010.
- Katz, Anne. **After You Ring the Bell: 10 Challenges for the Cancer Survivor**. Pittsburgh, PA: Hygeia Media, 2012.
- Katz, Anne. **Surviving after Cancer: Living the New Normal**. Lanham, MD: Rowman & Littlefield, 2012 (reprint ed.).
- Kneir, Andrew. **Finding Your Way through Cancer: An Expert Cancer Psychologist Helps Patients and Survivors Face the Challenges of Illness**. Berkeley, CA: Celestial Arts, 2010.
- Luthringer, Sandra L. **Nutrition and Cancer: Practical Tips and Tasty Recipes for Survivors**. Pittsburgh, PA: Hygeia Media, 2011.
- Michaels, Carol and Drozda, Maria. **Exercises for Cancer Survivors**. Victoria, BD, Canada: Friesen Press, 2014.
- Rosenbaum, E. **Everyone's Guide to Cancer Survivorship: A Road Map for Better Health**. Kansas City, MO: Andrews McMeel Publishing, 2007.
- Silver, Julie K. **What Helped Get Me Through: Cancer Survivors Share Wisdom and Hope**. Atlanta, GA: American Cancer Society, 2009.
- Thiboldeaux, Kim and Golant, Mitch. **Reclaiming Your Life after Diagnosis: The Cancer Support Community Handbook**. Dallas, TX: BenBella Books, 2012.

## Audiovisual Resources

- **The Cancer Survival Toolbox** – National Coalition for Cancer Survivorship (NCCS)  
<http://canceradvocacy.org/toolbox>  
A free audio program designed to help cancer survivors and caregivers develop practical skills to deal with the diagnosis, treatment, and challenges of cancer. Available in English and Spanish.
- Cancer.Net by the American Society of Clinical Oncologists  
**Cancer Survivorship: An Overview**, with Robert Miller, MD  
<https://www.cancer.net/navigating-cancer-care/videos/side-effects/cancer-survivorship-overview-robert-miller-md>

- Cancer.Net by the American Society of Clinical Oncologists  
**Podcasts on Survivorship**  
[https://www.cancer.net/blog/podcasts?field\\_podcast\\_category\\_tid=22&=Apply](https://www.cancer.net/blog/podcasts?field_podcast_category_tid=22&=Apply)
- **CR Magazine's Surviving & Thriving: Life with Cancer Podcasts**  
CR is the award-winning magazine published by the American Association for Cancer Research (AACR), the world's oldest and largest professional organization devoted to cancer research.  
<http://crmagazine.org/archive/Crpodcasts/Pages/SurvivingThriving.aspx>

## Web Resources

- **American Cancer Society**  
<http://cancer.org>
  - Offers support services via online discussion boards and in-person support groups through local chapters.
  - Provides education materials both online and in print about cancer.
  - *Road to Recovery*, a program offered locally by some chapters, has volunteer drivers who transport patients to and from treatment appointments.
  - The *Look Good, Feel Better* program for adults and teens helps with self-image during chemotherapy and radiation treatments.
  - *American Cancer Society's Wig Bank* provides free wigs from limited supply to needy patients suffering hair loss due to cancer treatment. Intended for those with insufficient insurance coverage for wigs.
  - *Hope Lodges* are temporary housing accommodations for patients traveling far from home for treatment.
- **American Cancer Society Cancer Survivors Network**  
<http://csn.cancer.org>  
Provides a way to find and communicate with others who share your interests and experiences. You can also view CSN members' personal web pages, email other CSN members, post to the discussion boards, and have private chats.
- **Cancer and Careers**  
<http://cancerandcareers.org/en>  
Cancer and careers empowers and educates people with cancer to thrive in their workplace by providing expert advice, interactive tools, and educational events.
- **CancerCare**  
<http://cancercare.org>  
Their mission is to provide free, professional support services to individuals, families, caregivers, and the bereaved to help them cope with and manage the emotional and practical challenges of cancer.

- **Cancer.Net** by the American Society of Clinical Oncologists – Section on Survivorship  
<http://cancer.net/survivorship>  
This section provides helpful information for cancer survivors and their friends and family.
- **Centers for Disease Control and Prevention: Cancer Survivorship**  
<http://cdc.gov/cancer/survivorship>  
The CDC works with public, non-profit, and private partners to create and implement strategies to help the millions of people in the U.S. who live with, through, and beyond cancer.
- **Coping with Cancer**  
<https://www.copingmag.com/coping-with-cancer>  
This site is in an easy-to-use format and provides information by specific cancer type, general knowledge about living with cancer, and wellness and inspirational topics.
- **Disability Rights Legal Center: Cancer Legal Resource Center (CLRC)**  
<http://cancerlegalresources.org>  
CLRC is a joint program of the Disability Rights Legal Center and Loyala Law School, Los Angeles. The CLRC provides information and education about cancer-related legal issues to the public through its national telephone assistance line. The CLRC also conducts national education and outreach programs for community groups, employers, and healthcare professionals, and is actively involved in community activities to raise public awareness of cancer-related legal and public policy issues.
- **Imerman Angels**  
<http://imermanangels.org>  
To provide personalized connections that enable one-on-one support among cancer fighters, survivors, and caregivers. They provide a unique matching program in which a “Mentor Angel” is partnered with an individual seeking cancer support.
- **Journey Forward**  
<http://journeyforward.org>  
Journey Forward is an award-winning program that provides information to help you create your own survivorship care plan.
- **LIVESTRONG Foundation**  
<http://livestrong.org>  
The LIVESTRONG Foundation’s website covers survivorship topics on the physical, emotional, and practical issues of cancer.

- **National Cancer Institute – section on Survivorship – Living With and Beyond Cancer**

<http://cancer.gov/cancertopics/coping/survivorship>

Provides information that focuses on your life and health after a cancer diagnosis and once treatment is over.

- **National Coalition for Cancer Survivorship (NCCS)**

<http://canceradvocacy.org>

NCCS advocates for quality cancer care for all individuals touched by cancer and provides resources to help you with survivorship.

- **National Cancer Survivorship Resource Center**

<https://www.cancer.org/health-care-professionals/national-cancer-survivorship-resource-center.html>

The National Cancer Survivorship Resource Center (The Survivorship Center) is a collaboration between the American Cancer Society and the George Washington University Cancer Institute funded by a 5-year cooperative agreement from the Centers for Disease Control and Prevention.

- **NCCN Life After Cancer**

[http://nccn.org/patients/resources/life\\_after\\_cancer](http://nccn.org/patients/resources/life_after_cancer)

This site includes resources to assist cancer survivors, their families, and caregivers with issues that arise post-treatment.

- **Office of Cancer Survivorship (OCS)**

<http://cancercontrol.cancer.gov/ocs/>

OCS was created by the National Cancer Institute (NCI) to provide information to help improve the quality and length of survival of all persons diagnosed with cancer and to minimize or stabilize adverse effects experienced during cancer survivorship.

- **Patient Advocate Foundation (PAF)**

<http://patientadvocate.org>

This foundation's goal is to provide professional case management services to Americans with chronic, life-threatening and debilitating illnesses. PAF *Case Managers* serve as active liaisons between the patient and their insurer, employer, and/or creditors to resolve insurance, job retention, and/or debt crisis matters as they relate to their diagnosis.

- **Survivorship A to Z: Information for Living with Cancer**

<http://survivorshipatoz.org/cancer>

Provides information and tools for living well with a diagnosis.

## University of Michigan Resources

- **University of Michigan Rogel Cancer Center Survivorship Section**  
<http://mcancer.org/support/after-treatment-survivorship>  
Includes links to all the Cancer Center's survivorship programs and resources.

## Email Groups (Listservs)

- **LT-SURVIVORS** – email discussion group for long-term survivors of cancer  
<http://listserv.acor.org/archives/lt-survivors.html>  
This discussion group is hosted by the Association of Cancer Online Resources (ACOR)  
<http://acor.org>

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.

Document #0051/ Compiled by Amy Hyde, MILS, Patient Education Resource Center Librarian

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