

# Resource List

This list includes trustworthy resources for information on breast and ovarian cancers, as well as information to complement each session in today's program. All materials are available in the library at Bay Area Cancer Connections unless otherwise noted.

The Bay Area Cancer Connections website now has an extensive list of online resources to help you find reliable information: [www.bcconnections.org/resources](http://www.bcconnections.org/resources). You can also search the Bay Area Cancer Connections library catalog at: [www.librarycat.org/lib/bayareacancer](http://www.librarycat.org/lib/bayareacancer). If you see a book, CD, or DVD you would like to borrow, please call the Helpline at **650-326-6686** and ask to have it set aside for you. If you would like assistance finding or understanding information, our Medical Information Services team can help you find appropriate resources to address your medical questions.

## General Breast and Ovarian Cancer Resources

1. National Cancer Institute is available at: [www.cancer.gov](http://www.cancer.gov) or by calling 800-422-6237  
This site is useful for treatment summaries that reference the medical literature with links to relevant abstracts.
2. MedlinePlus is available at: [www.medlineplus.gov](http://www.medlineplus.gov)  
This website is maintained by the National Library of Medicine and has useful, patient-friendly information including a drug information database with side effects grouped according to frequency of occurrence and seriousness.
3. PubMed is available at: [www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed)  
This searchable database from the National Library of Medicine includes over 21 million citations for biomedical literature from MEDLINE, scientific journals, and online books.
4. National Comprehensive Cancer Network (NCCN) is available at: [www.nccn.org](http://www.nccn.org)  
NCCN provides treatment summaries and clinical practice guidelines for oncology in a patient-friendly format.
5. Cancer.Net is available at: [www.cancer.net](http://www.cancer.net)  
This website is maintained by the American Society of Clinical Oncology and is useful for easy-to-read summaries of the latest research news as well as for other information and support.
6. American Cancer Society is available at: [www.cancer.org](http://www.cancer.org) or by calling 800-ACS-2345  
This site has easy-to-read patient information, details regarding support programs, and local contacts.
7. CancerCare is available at: [www.cancercare.org](http://www.cancercare.org) or by calling 800-813-4673  
CancerCare is useful for its Connect Education Workshops, counseling helpline, telephone support groups, and easy-to-read publications.
8. National Coalition for Cancer Survivorship is available at: [www.canceradvocacy.org](http://www.canceradvocacy.org)  
This is the oldest survivor-led advocacy organization working on behalf of people with all types of cancer and their families.
9. ClinicalTrials.gov is available at: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)  
This searchable database from the National Institutes of Health contains information about private and federally-funded clinical trials in the United States and around the world. It also has a results database that provides outcome information on trials that have been completed.
10. Cure is available at: [www.curetoday.com](http://www.curetoday.com)  
Cure Magazine is the largest consumer magazine in the United States that focuses entirely on cancer. This website also contains the latest news in cancer research, blogs, message boards, and easy-to-understand information.
11. Medscape Oncology is available at: [www.medscape.com/oncology](http://www.medscape.com/oncology)  
This site provides summaries of the latest news in cancer research and links to primary research articles.
12. BreastCancer.org is available at: [www.breastcancer.org](http://www.breastcancer.org)  
This site is useful for easy-to-read treatment information as well as supportive care information and interactive forums.
13. Living Beyond Breast Cancer (LBBC) is available at: [www.lbbc.org](http://www.lbbc.org)  
LBBC offers publications, webinars, and annual conferences (including one dedicated to people living with metastatic breast cancer).
14. Susan G. Komen Foundation is available at: [www.komen.org](http://www.komen.org) or by calling 877-465-6636  
This site is useful for news summaries, medical information, advocacy, and more. Their "Questions to Ask the Doctor" set is available to print for free or order from their website.

# Resource List

15. BreastCancerTrials.org is available at: [www.breastcancertrials.org](http://www.breastcancertrials.org)

This site offers a Trial Alert Service for all clients with breast cancer who complete an online profile, and has recently launched Metastatic Trial Search for those with a diagnosis of Advanced Breast Cancer.

16. National Ovarian Cancer Coalition (NOCC) is available at: [www.ovarian.org](http://www.ovarian.org) or by calling 888-682-7426

NOCC provides education and awareness about ovarian cancer through a toll-free helpline, peer support, pamphlets, and local chapters.

17. Foundation for Women's Cancer is available at: [www.foundationforwomenscancer.org](http://www.foundationforwomenscancer.org) or by calling 312-578-1439

Established by the Society of Gynecologic Oncology, this organization provides comprehensive information about gynecologic cancer risk, early detection, and optimal treatment – includes printed materials, telephone education workshops, survivors' courses, and webinars.

18. Ovarian Cancer Research Fund Alliance is available at: [www.ocrfa.org](http://www.ocrfa.org) or by calling 866-399-6262

This organization offers impressive resources for people dealing with ovarian cancer, including Survivors Teaching Students & Woman to Woman volunteer programs, webinars, and other educational information.

19. Evaluating Cancer Information on the Internet from the American Society of Clinical Oncology offers clear guidelines for evaluating treatment information: [www.cancer.net/research-and-advocacy/introduction-cancer-research/evaluating-cancer-information-internet](http://www.cancer.net/research-and-advocacy/introduction-cancer-research/evaluating-cancer-information-internet)

## Morning Plenary Sessions 9:45–11:45 am

### Advances in Immunotherapy for Breast and Ovarian Cancer

1. Understanding Cancer Immunotherapy, Third Edition, from Patient Resource. Includes a clear overview and timeline of the development of immunotherapy oncology drugs and is available at: [www.patientresource.com/userfiles/file/Immunotherapy2016.pdf](http://www.patientresource.com/userfiles/file/Immunotherapy2016.pdf)

2. Ovarian Cancer Research Fund Alliance Clinical Trials Finder will help you find a trial that matches your treatment profile, and allows you to fill out a profile online so that you may be contacted about future trials: [www.emergingmed.com/networks/ocrf/](http://www.emergingmed.com/networks/ocrf/)

3. BreastCancerTrials.org offers a Trial Alert Service for all clients with breast cancer who complete an online profile, and recently launched Metastatic Trial Search for those with a diagnosis of Advanced Breast Cancer: [www.breastcancertrials.org](http://www.breastcancertrials.org)

4. Bay Area Cancer Connections Medical Information Services. Our Medical Information Services Team can help you understand current treatment guidelines and find clinical trials for which you may be eligible. Call the Helpline at 650-326-6686 to request research or for more information.

## Surviving and Thriving

1. Cancer Survivorship, Third Edition, from Patient Resource. This comprehensive guide addresses everything from creating a survivorship care plan, through going back to work or school, and gaining access to emotional support resources and clinical trials:

[www.patientresource.com/userfiles/file/Survivorship2017.pdf](http://www.patientresource.com/userfiles/file/Survivorship2017.pdf)

2. Caring for the Patient with Cancer at Home: A Guide for Patients and Families, by the American Cancer Society, is a thorough guide to what patients, caregivers, and the healthcare team can do to help patients feel better so they can get through treatment and focus on living their lives.

Available at: [www.ovationsforthecure.org/downloads/ACS-CaringforCancerPatient.pdf](http://www.ovationsforthecure.org/downloads/ACS-CaringforCancerPatient.pdf)

3. Fear of Recurrence and Late Effects: Living with Uncertainty, a webinar featuring Bay Area Cancer Connections board member Dr. David Spiegel and other experts, is available at: [www.cancercare.org/connect\\_workshops/2-cancer\\_fear\\_recurrence\\_2011-07-12](http://www.cancercare.org/connect_workshops/2-cancer_fear_recurrence_2011-07-12)

4. Journey Forward offers Treatment Care Plan, Treatment Summary, and Survivorship Care Plan templates for all types of cancer, as well as helpful clinical practice guidelines for the treatment and follow-up care of different cancers.

Available at: [www.journeyforward.org/professionals/survivorship-care-plan-builder](http://www.journeyforward.org/professionals/survivorship-care-plan-builder)

5. Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope With Treatment & Reclaim Your Life, by Linda Carlson & Michael Speca can be found in the Bay Area Cancer Connections Library at: [www.librarycat.org/lib/bayareacancer/item/120873889](http://www.librarycat.org/lib/bayareacancer/item/120873889)

6. Emotional Support Groups at Bay Area Cancer Connections offer you the chance to be with others who understand what you are going through. Exercise and Complementary Therapy Programs will support you in reaching your health and wellness goals. Call the Helpline at 650-326-6686 to ask about a group or program that fits your needs.

# Resource List

## PM Plenary Session 12:45–1:45 p.m.

### Genetic Testing—Is This for Me?

1. What You Should Know About Genes and Cancer, by Facing Our Risk of Cancer Empowered (FORCE), is available at: [www.facingourrisk.org/understanding-brca-and-hboc/publications/documents/What\\_You\\_Should\\_Know\\_About\\_Genes\\_Cancer.PDF](http://www.facingourrisk.org/understanding-brca-and-hboc/publications/documents/What_You_Should_Know_About_Genes_Cancer.PDF)
2. Confronting Hereditary Breast & Ovarian Cancer: Identify Your Risk, Understand Your Options, Change Your Destiny, by Sue Friedman dispels myths and misinformation and presents practical risk-reducing alternatives and decision-making tools. Find it in the library at: [www.librarycat.org/lib/bayareacancer/item/122339460](http://www.librarycat.org/lib/bayareacancer/item/122339460)
3. The Pink Moon Lovelies, by Nicki Boscia Durler includes essays by women who have been treated for either breast or ovarian cancer, or who have been diagnosed with a BRCA gene mutation. Find it in the library at: [www.librarycat.org/lib/bayareacancer/item/123274054](http://www.librarycat.org/lib/bayareacancer/item/123274054)
4. Genetic/Familial High-Risk Assessment: Breast and Ovarian, clinical practice guidelines from the National Comprehensive Cancer Network, is available at (free, but requires registration): [www.nccn.org/professionals/physician\\_gls/pdf/genetics\\_screening.pdf](http://www.nccn.org/professionals/physician_gls/pdf/genetics_screening.pdf)
5. The Genetics of Cancer, from the American Society of Clinical Oncology, covers collecting a family history, meeting with a genetic counselor, and genetic testing. Available at: [www.cancer.net/navigating-cancer-care/cancer-basics/genetics](http://www.cancer.net/navigating-cancer-care/cancer-basics/genetics)
6. Hereditary Cancer Support Group at Bay Area Cancer Connections meets quarterly. The next meeting will be in January 2018. Please call the Helpline at 650-326-6686 for more information.

## Breakout Session I: 2:00–3:00 p.m.

### Demystifying Death

1. Advance Care Planning: Be Prepared, by CancerCare is a concise guide to the documents you need and the conversations your family may want to have to help prepare for the end of life. Available at: [www.cancercare.org/publications/268-advance\\_care\\_planning\\_be\\_prepared](http://www.cancercare.org/publications/268-advance_care_planning_be_prepared)
2. Five Wishes, by Aging with Dignity is a living will document and a conversation guide to help families discuss what matters most to them at the end of life. End-of-life care priorities can change over time, and the emphasis is on opening an ongoing conversation among loved ones. Five Wishes is available for purchase online at: [www.agingwithdignity.org/five-wishes](http://www.agingwithdignity.org/five-wishes) or for free in the Bay Area Cancer Connections library.
3. Starting Palliative Care Earlier Rather than Later Benefits Caregivers and People with Advanced-Stage Disease discusses ongoing research pertinent to those with breast, ovarian, and other cancers. Available at: [www.breastcancer.org/research-news/early-palliative-care-beneficial](http://www.breastcancer.org/research-news/early-palliative-care-beneficial)
4. Dying to Know: What Patients and Families Want to Know About End of Life Care Issues, by Kavitha Ramchandran is a video recording of Dr. Ramchandran's lecture on this topic. Scroll down the page to her talk at: <http://healthlibrary.stanford.edu/lectures/2017.html>
5. Handbook for Mortals: Guidance for People Facing Serious Illness, by Joanne Lynn  
Find it in the library at: [www.librarycat.org/lib/bayareacancer/item/122875024](http://www.librarycat.org/lib/bayareacancer/item/122875024)

## Empathy Basics: Finding Connection in Times of Suffering

1. What Can I Say to a Newly Diagnosed Loved One? from CancerCare is an accessible factsheet to help friends and family offer practical and emotional support, available at: [www.cancercare.org/publications/104-what\\_can\\_i\\_say\\_to\\_a\\_newly\\_diagnosed\\_loved\\_one](http://www.cancercare.org/publications/104-what_can_i_say_to_a_newly_diagnosed_loved_one)
2. There is No Good Card for This: What to Say and Do When Life is Scary, Awful, and Unfair to People You Love, by Kelsey Crowe and Emily McDowell is a blend of empathy expert Kelsey Crowe's research and Emily McDowell's art. It is intended to help friends and loved ones feel confident in supporting anyone experiencing grief, illness, or any other tough situation.  
Find it in the library at: [www.librarycat.org/lib/bayareacancer/item/138249854](http://www.librarycat.org/lib/bayareacancer/item/138249854)
3. Bedside Manners, by Cynthia Perlis is available in the library at: [www.librarycat.org/lib/bayareacancer/item/122048723](http://www.librarycat.org/lib/bayareacancer/item/122048723)  
Perlis directs the Art for Recovery program at the UCSF Cancer Center and wrote this book to help readers understand what many people with illness feel and experience.
4. The Art of Conversation Through Serious Illness: Lessons for Caregivers, by Richard McQuellon and Michael Cowan is written for healthcare professionals but accessible to anyone who wishes to have a close relationship with a person who has a serious illness. It offers guidance on being present and sensitive. Find it in the library at: [www.librarycat.org/lib/bayareacancer/item/138251043](http://www.librarycat.org/lib/bayareacancer/item/138251043)

# Resource List

5. Programs for Caregivers at Bay Area Cancer Connections. If you are helping a loved one through cancer treatment, you are a caregiver. We offer you a quarterly support group (the next meeting is Saturday, November 18), information services, wellness programs, and a Helpline to help you as a caregiver. Please call us at **650-326-6686** for more information or to register for the support group.

## Sugar and Blood Sugar: What's the Problem?

1. Nutrition for the Person With Cancer During Treatment, from the American Cancer Society is available at: [www.cancer.org/acs/groups/cid/documents/webcontent/002903-pdf.pdf](http://www.cancer.org/acs/groups/cid/documents/webcontent/002903-pdf.pdf)
2. The Whole-Food Guide for Breast Cancer Survivors: A Nutritional Approach to Preventing Recurrence, by Edward Bauman and Helayne Waldman. Find it in the library at: [www.librarycat.org/lib/bayareacancer/item/121313258](http://www.librarycat.org/lib/bayareacancer/item/121313258)
3. The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery, by Rebecca Katz with Mat Edelson, presents symptom-and side-effect-specific foods for cancer survivors with tempting photos and easy recipes. Find it in the library at: [www.librarycat.org/lib/bayareacancer/item/123942511](http://www.librarycat.org/lib/bayareacancer/item/123942511)
4. The American Society of Clinical Oncology clarifies sugar's role in your diet with Myths and Facts About Cancer available at: [www.cancer.net/sites/cancer.net/files/myths\\_and\\_facts\\_about\\_cancer\\_fact\\_sheet.pdf](http://www.cancer.net/sites/cancer.net/files/myths_and_facts_about_cancer_fact_sheet.pdf) and offers additional information on managing diabetes in this publication: When Cancer is Not Your Only Health Concern, available at: [www.cancer.net/navigating-cancer-care/older-adults/when-cancer-not-your-only-health-concern](http://www.cancer.net/navigating-cancer-care/older-adults/when-cancer-not-your-only-health-concern)
5. Fat: Friend or Foe, Special Presentation, will take place Tuesday, November 14, 5:30-7:30pm at Bay Area Cancer Connections. Nutrition Consultant Nancy Birang will discuss what fat actually is, why we need it, and how to enjoy high-quality fat as part of a health-promoting diet. Please call the Helpline at 650-326-6686 to register.

## Breakout Session II: 3:10–4:10 p.m. Ovarian Cancer: Treatment and Updates

1. Treatment Update: Ovarian Cancer, from CancerCare features updates through mid-2017 and is available at: [www.cancercare.org/publications/19-treatment\\_update\\_ovarian\\_cancer](http://www.cancercare.org/publications/19-treatment_update_ovarian_cancer)
2. Ovarian Cancer Research Fund Alliance Clinical Trials Finder allows you to search on your own or receive updates on trials you may be eligible for based on an online profile. Available at: [www.emergingmed.com/networks/ocrf](http://www.emergingmed.com/networks/ocrf)
3. NCCN Guidelines for Patients: Ovarian Cancer from the National Comprehensive Cancer Network is available at: [www.nccn.org/patients/guidelines/ovarian/](http://www.nccn.org/patients/guidelines/ovarian/) or find it in the library at: [www.librarycat.org/lib/bayareacancer/item/123944332](http://www.librarycat.org/lib/bayareacancer/item/123944332)
4. Johns Hopkins Guide to Ovarian Cancer Survivorship, by Robert Bristow, M.D., et al can be found in the library at: [www.librarycat.org/lib/bayareacancer/item/123942360](http://www.librarycat.org/lib/bayareacancer/item/123942360)
5. The Bay Area Cancer Connections Ovarian Cancer Networking Group meets on the first Saturday of every month from 9:30-11:00 a.m. at our Center in Palo Alto. Coffee Connections meets on the second Saturday of the month from 9:30-11:00 a.m. at Coupa Café, Palo Alto (your first coffee or tea is on us). Please call the BCC Helpline at **650-326-6686** for more information or to register.

## New Treatments for Vaginal Health

1. Vagina: What's Normal, What's Not? From the Mayo Clinic is available at: [www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/vagina/art-20046562](http://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/vagina/art-20046562)
2. Video: Female Sexual and Vaginal Health After Cancer Treatment, from Memorial Sloan Kettering Cancer Center is available at: [www.mskcc.org/playlists/female-sexual-and-vaginal-health-after-treatment](http://www.mskcc.org/playlists/female-sexual-and-vaginal-health-after-treatment)
3. Good Vibrations is a woman-friendly education-based retailer providing high-quality, sex-positive products and non-judgmental, accurate, and trusted sex information in order to enhance their customers' sex lives and promote healthy attitudes about sex overall. Stores are located in San Francisco, the East Bay, Palo Alto, and at: [www.goodvibes.com](http://www.goodvibes.com)
4. 100 Questions & Answers about Women's Sexual Wellness and Vitality: A Practical Guide for the Woman Seeking Sexual Fulfillment, by Michael Krychman is available in the library at: [www.librarycat.org/lib/bayareacancer/item/136166715](http://www.librarycat.org/lib/bayareacancer/item/136166715)

# Resource List

## Metastatic Breast Cancer: Treatment and Research Updates

1. Treatment Updates: Metastatic Breast Cancer with Highlights from the 2016 Breast Cancer Symposium, from CancerCare is available at: [https://media.cancercare.org/publications/original/333-cb\\_sabsc16.pdf](https://media.cancercare.org/publications/original/333-cb_sabsc16.pdf)
2. Metastatic Trial Search is available at [www.breastcancertrials.org/BCTIncludes/AvonPfizer/BCTDemo.html](http://www.breastcancertrials.org/BCTIncludes/AvonPfizer/BCTDemo.html)
3. NCCN Guidelines for Patients: Stage IV Breast Cancer, from the National Comprehensive Cancer Network. Available at: [www.nccn.org/patients/guidelines/stage\\_iv\\_breast/index.html](http://www.nccn.org/patients/guidelines/stage_iv_breast/index.html)
4. The Beautiful 8: Learning to Live With Advanced Breast Cancer, by Young Survival Coalition. Eight women under 40 discuss sex, marriage and dating, finding peer support, and treatment side effects. Find it in the library at: [www.librarycat.org/lib/bayareacancer/item/122210901](http://www.librarycat.org/lib/bayareacancer/item/122210901)
5. Recurrent and Metastatic Breast Cancer by breastcancer.org includes basic definitions of terms related to advanced breast cancer: [www.breastcancer.org/symptoms/types/recur\\_metast](http://www.breastcancer.org/symptoms/types/recur_metast) or scroll down to subscribe to updates by clicking under Receive Articles Specific to Your Recurrent or Metastatic Diagnosis.
6. Bay Area Cancer Connections Metastatic Breast Cancer Support Group meets second, third, and fourth Mondays of the month (and fifth Mondays when applicable) 6:30-8:00 p.m. Please call the Helpline at 650-326-6686 to register.

## Breast Cancer and The Environment

1. The Think Pink, Live Green Booklet and Checklist from breastcancer.org offers easy steps individuals can take to reduce their risk of breast or other cancers. Available at: [www.breastcancer.org/risk/factors/tplg-booklet-checklist](http://www.breastcancer.org/risk/factors/tplg-booklet-checklist)
2. Breast Cancer Prevention Partners offers tips for prevention, exposures to avoid, information on food products and personal care products, and more on their website at: [www.bcpp.org](http://www.bcpp.org)
3. Tox Town, from the National Library of Medicine, is an environmental health education site. It includes information about toxic chemicals in our everyday lives, and non-technical descriptions of these chemicals. You can explore databases for Town, Farm, Port, or City in any region of the U.S. Available in English or Spanish: [www.toxtown.nlm.nih.gov/index.php](http://www.toxtown.nlm.nih.gov/index.php)
4. The Environmental Working Group website includes a Guide to Healthy Cleaning, a Sunscreen Guide, the Meat Eaters' Guide to Climate Change, and many more resources to help you choose safer products for your kitchen and home. Available at: [www.ewg.org](http://www.ewg.org)
5. The Ecology of Breast Cancer: The Promise of Prevention and the Hope for Healing, by Ted Schettler integrates material from diverse sources and finds that interactions among many features of our individual, family, and community lives create conditions that make breast cancer more or less likely. Find it in the library at: [www.librarycat.org/lib/bayareacancer/item/123271872](http://www.librarycat.org/lib/bayareacancer/item/123271872)

*Disclaimer: Our information is compiled from numerous sources and should not be considered complete. It is also important to recognize that our information cannot substitute for medical care, and should not be used for the purposes of diagnosis or treatment. Each medical condition is unique. We strongly advise you to consult your physician with questions about your own situation, or about any of the information we have provided as it may relate to your specific case.*

# Lista de recursos en español

## Recursos generales

1. La línea de apoyo de Bay Area Cancer Connections ofrece apoyo emocional, información sobre su cáncer, información sobre otros servicios, y grupos de apoyo. Favor de llamar al 650-326-6686 para más información.
2. La boutique de BCC ofrece pelucas, prótesis de pecho, sujetadores especiales, y trajes de baño disponibles sin costo. Visitenos de lunes a jueves, 9:00 a.m.-5:00 p.m. y los viernes de 8:00 a.m.-3:00 p.m. Visite nuestro centro de Bay Area Cancer Connections ubicado en 2335 El Camino Real, Palo Alto, CA 94306. Favor de llamar al 650-326-6686 si tiene preguntas sobre recursos particulares.
3. Mujeres unidas: grupo de apoyo emocional de cáncer del seno de Bay Area Cancer Connections.  
El grupo es dirigido por Juanita Gomez, Ph.D. y es para las mujeres diagnosticadas con cáncer de seno que estén actualmente en tratamiento o para las que han terminado con él.  
Para inscribirse, favor de llamar a Sonia Sifuentes al 650-326-6299, extensión 11.
4. Servicio de información médica. Estamos disponibles para encontrar información sobre su cáncer, su tratamiento, efectos secundarios, y pasos que pueda tomar para sentirse mejor durante y después de su tratamiento. Le ayudaremos a encontrar la información de fuentes de confianza y en español. Favor de llamar a nuestra línea de apoyo con sus preguntas al 650-326-6686.
5. Meditaciones guiadas y gratuitas, del Centro de UCLA de Mindful Awareness Research.  
Las meditaciones están disponibles en: [www.marc.ucla.edu/body.cfm?id=22](http://www.marc.ucla.edu/body.cfm?id=22) (las meditaciones en español se encuentran hacia el final de la página)
6. Instituto Nacional del Cáncer está disponible en: [www.cancer.gov/espanol/](http://www.cancer.gov/espanol/) o llame al 800-422-6237.  
Ofrece información actualizada y confiable sobre el cáncer que es fácil de entender.
7. MedlinePlus está disponible en: [www.medlineplus.gov/spanish/](http://www.medlineplus.gov/spanish/)  
MedlinePlus le ofrece información confiable y actualizada en todo momento, en cualquier lugar y de forma gratuita.
8. American Cancer Society está disponible en: [www.cancer.org/espanol/index](http://www.cancer.org/espanol/index) o llame al 800-ACS-2345. **Cancer.org** en español le brinda acceso a información valiosa en su idioma sobre el cáncer y una gran gama de temas relacionados.
9. CancerCare está disponible en: [www.cancercare.org/espanol](http://www.cancercare.org/espanol)  
CancerCare proporciona apoyo a personas afectadas por el cáncer. Sus servicios incluyen orientación emocional, educación, y ayuda práctica y financiera.
10. Latinas Contra Cáncer se dedica a apoyar a los pacientes en cada paso de su experiencia con el cáncer. Apoyo Psicosocial de Latinas Contra Cáncer está disponible en: [www.latinascontracancer.org/programas/apoyo-al-paciente/apoyo-psicosocial/?lang=es](http://www.latinascontracancer.org/programas/apoyo-al-paciente/apoyo-psicosocial/?lang=es)
11. Patient Advocate Foundation (Fundación Defensor del Paciente) ofrece directores de caso bilingüe, asistencia financiera y folletos informativos sobre asegurando el acceso al cuidado médico, conservación de empleo y preservación de su estabilidad financiera.  
Disponible en: [www.patientadvocate.org/index.php?p=568](http://www.patientadvocate.org/index.php?p=568)

# Lista de recursos en español

Los siguientes recursos son de los temas que fueron presentados durante el día:

## Avances en inmunoterapia

1. ¿Que es la Inmunoterapia?, del Instituto Nacional del Cáncer está disponible en:  
[www.cancer.gov/espanol/cancer/tratamiento/tipos/inmunoterapia](http://www.cancer.gov/espanol/cancer/tratamiento/tipos/inmunoterapia)
2. ¿Que es la Terapia Dirigida?, de American Society of Clinical Oncology esta disponible en:  
[www.cancer.net/es/desplazarse-por-atenci%C3%B3n-del-c%C3%A1ncer/c%C3%B3mo-se-trata-el-c%C3%A1ncer/qu%C3%A9-es-la-terapia-dirigida](http://www.cancer.net/es/desplazarse-por-atenci%C3%B3n-del-c%C3%A1ncer/c%C3%B3mo-se-trata-el-c%C3%A1ncer/qu%C3%A9-es-la-terapia-dirigida)

## Sobrevivendo

1. Sobrevivencia del American Society of Clinical Oncology está disponible en: [www.cancer.net/es/sobrevivencia](http://www.cancer.net/es/sobrevivencia)
2. Confrontando los efectos secundarios del tratamiento de cáncer del seno  
Es disponible en: [www.cancercare.org/publications/121-confrontando\\_los\\_efectos\\_secundarios\\_del\\_tratamiento\\_de\\_cancer\\_del\\_seno](http://www.cancercare.org/publications/121-confrontando_los_efectos_secundarios_del_tratamiento_de_cancer_del_seno)
3. ¿Por qué unirse a un grupo de apoyo? [www.cancercare.org/publications/346-por\\_que\\_unirse\\_a\\_un\\_grupo\\_de\\_apoyo](http://www.cancercare.org/publications/346-por_que_unirse_a_un_grupo_de_apoyo)
4. ¿Por qué hacer ejercicio? de breastcancer.org está disponible en: [www.breastcancer.org/es/consejos/ejercicio/por\\_que](http://www.breastcancer.org/es/consejos/ejercicio/por_que)

## Pruebas genéticas: ¿es para mi?

1. Las pruebas genéticas y su riesgo de cáncer del MedlinePlus está disponible en:  
[www.medlineplus.gov/spanish/ency/patientinstructions/000842.htm](http://www.medlineplus.gov/spanish/ency/patientinstructions/000842.htm)
2. Cáncer del seno y de ovario hereditarios está disponible en: [www.cdc.gov/spanish/especialesCDC/CancerHereditarios/](http://www.cdc.gov/spanish/especialesCDC/CancerHereditarios/)

## Entendiendo la muerte

1. Planificación de los Cuidados del Cáncer Avanzado del American Society of Clinical Oncology está disponible en:  
[www.cancer.net/es/desplazarse-por-atenci%C3%B3n-del-c%C3%A1ncer/planificaci%C3%B3n-de-los-cuidados-del-c%C3%A1ncer-avanzado](http://www.cancer.net/es/desplazarse-por-atenci%C3%B3n-del-c%C3%A1ncer/planificaci%C3%B3n-de-los-cuidados-del-c%C3%A1ncer-avanzado)
2. Five Wishes está disponible en: [www.agingwithdignity.org/five-wishes/translations](http://www.agingwithdignity.org/five-wishes/translations)
3. Capacitación del personal y de los pacientes en torno a los cuidados terminales del Instituto Nacional del Cáncer esta disponible en:  
[www.cancer.gov/espanol/cancer/cancer-avanzado/investigacion/capacitacion-cuidados-terminales](http://www.cancer.gov/espanol/cancer/cancer-avanzado/investigacion/capacitacion-cuidados-terminales)

## Nutrición después del cáncer

1. Consejos de alimentación: Antes, durante y después del tratamiento del cáncer del Instituto Nacional Del Cáncer. Para personas que están a punto de recibir o están recibiendo tratamiento para el cáncer. Quizá su familia y sus amigos quieran también leer este folleto.  
Está disponible en: [www.cancer.gov/espanol/cancer/sobrellevar/consejos-de-alimentacion.pdf](http://www.cancer.gov/espanol/cancer/sobrellevar/consejos-de-alimentacion.pdf)
2. Docena Sucia y Quincena Limpia está disponible en: [www.blog.mariamontemayor.com/wp-content/uploads/2016/08/tabla2.png](http://www.blog.mariamontemayor.com/wp-content/uploads/2016/08/tabla2.png)
3. Una Buena Alimentación con un Presupuesto Ajustado: Una Guia Para ir de Compras del Environmental Working Group está disponible en:  
[www.ewg.org/goodfood/](http://www.ewg.org/goodfood/) (click para español)

## Empatia: como encontrar la conexión durante tiempos difíciles

1. Escuche con el Corazón, de la Sociedad Americana Contra el Cáncer está disponible en:  
[www.cancer.org/es/tratamiento/como-comprender-su-diagnostico/como-hablar-sobre-cancer/escuche-con-el-corazon.html](http://www.cancer.org/es/tratamiento/como-comprender-su-diagnostico/como-hablar-sobre-cancer/escuche-con-el-corazon.html)
2. Cáncer de seno: Lidiando con sus sentimientos, del CancerCare está disponible en:  
[www.cancercare.org/publications/107-cancer\\_de\\_seno\\_lidiando\\_con\\_sus\\_sentimientos](http://www.cancercare.org/publications/107-cancer_de_seno_lidiando_con_sus_sentimientos)
3. Como hablar con sus hijos sobre su diagnostico, del CancerCare está disponible en:  
[www.cancercare.org/publications/99-como\\_hablar\\_con\\_sus\\_hijos\\_sobre\\_su\\_diagnostico](http://www.cancercare.org/publications/99-como_hablar_con_sus_hijos_sobre_su_diagnostico)

# Lista de recursos en español

## Azúcar y azúcar en la sangre: ¿Cual es el problema?

1. Mitos comunes e ideas falsas acerca del cáncer, del Instituto Nacional del Cancer está disponible en: [www.cancer.gov/espanol/cancer/causas-prevencion/riesgo/mitos](http://www.cancer.gov/espanol/cancer/causas-prevencion/riesgo/mitos)
2. Preguntas comunes sobre la alimentación y el cáncer, de la Sociedad Americana Contra el Cancer está disponible en: [www.cancer.org/es/saludable/comer-sanamente-y-ser-activos/guias-sobre-nutricion-y-actividad-fisica-para-la-prevencion-del-cancer/preguntas-comunes.html](http://www.cancer.org/es/saludable/comer-sanamente-y-ser-activos/guias-sobre-nutricion-y-actividad-fisica-para-la-prevencion-del-cancer/preguntas-comunes.html)

## Cáncer de ovario: actualizaciones de tratamiento

1. Cáncer de ovario, de las trompas de Falopio y peritoneal: Opciones, de Sociedad Estadounidense de Oncología Clínica está disponible en: [www.cancer.net/es/tipos-de-c%C3%A1ncer/c%C3%A1ncer-de-ovario-de-las-trompas-de-falopio-y-peritoneal/opciones-de-tratamiento](http://www.cancer.net/es/tipos-de-c%C3%A1ncer/c%C3%A1ncer-de-ovario-de-las-trompas-de-falopio-y-peritoneal/opciones-de-tratamiento)

## La salud vaginal

1. ¿Que es Normal? de Mayo Clinic está disponible en: [www.mayoclinic.org/es-es/healthy-lifestyle/womens-health/in-depth/vagina/art-20046562?p=1](http://www.mayoclinic.org/es-es/healthy-lifestyle/womens-health/in-depth/vagina/art-20046562?p=1)
2. ¿Como afectara el cáncer a mi vida sexual? de la Sociedad Americana Contra el Cáncer está disponible en: [www.cancer.org/es/tratamiento/como-comprender-su-diagnostico/después-del-diagnostico/como-afectara-el-cancer-a-mi-vida-sexual.html](http://www.cancer.org/es/tratamiento/como-comprender-su-diagnostico/después-del-diagnostico/como-afectara-el-cancer-a-mi-vida-sexual.html)

## Cáncer de seno metastasico: Actualizacion de tratamiento e investigación

1. Cáncer de Mama Metastasico y Recurrente, de breastcancer.org está disponible en: [www.breastcancer.org/es/sintomas/tipos/recur\\_metast](http://www.breastcancer.org/es/sintomas/tipos/recur_metast)
2. Beneficios y Riesgos de Participar en un Estudio Clínico, de breastcancer.org está disponible en: [www.breastcancer.org/es/tratamiento/estudios\\_clinicos/beneficios\\_riesgos](http://www.breastcancer.org/es/tratamiento/estudios_clinicos/beneficios_riesgos)

## Cáncer de seno y el medio ambiente

1. ToxTown, de la Biblioteca Nacional de Medicina. Está es una presentación sobre las sustancias químicas y los riesgos para la salud ambiental que podría encontrar usted en la vida diaria en lugares comunes. Disponible en: [toxtown.nlm.nih.gov/espanol/index.php](http://toxtown.nlm.nih.gov/espanol/index.php)
2. Prevencion del Cáncer de Seno (Mama), del Instituto Nacional del Cáncer está disponible en: [www.cancer.gov/espanol/tipos/seno/paciente/prevencion-seno-pdq#section/all](http://www.cancer.gov/espanol/tipos/seno/paciente/prevencion-seno-pdq#section/all)