

COLORADO CANCER RESOURCES DIRECTORY

The purpose of the Directory is to provide a helpful guide to the broad range of support resources available to people diagnosed with cancer and those who care for them.

We hope it serves you well.

2014 / 2015 edition

To order additional copies of the Directory, please go to:
www.cohealthresources.com



Credits & Thanks

Since 2006, the Colorado Cancer Coalition has published the *Colorado Breast Cancer Resources Directory*, a guide for statewide support services. In 2013, the Coalition membership agreed that there was a need to develop a comprehensive support services directory that would serve all women, men and children with cancer. We bring you the *Colorado Cancer Resources Directory*.

The *Colorado Cancer Resources Directory* is published with the assistance of many volunteers across the state. We want to acknowledge the volunteers who worked many months to transition the *Breast Cancer Resources Directory* to the one you have today: Jo Bottorf, Christi Cahill, Andrea Dwyer, Susan Hess, Debra Hesse, Tiffany Reed, Regina Serna, Michelle Sharp, Peggy Thomas, and Vicki Tosher. We thank everyone who helped publish this edition, especially Toni Abbey, Diane Akins, Christi Cahill, Mary Gross, Jeanice Hansen, Susan Hess, Shonee Lesh, Barbara Lipkin, Tanya Mann, Keavy McAbee, Shelley Nielsen, Elise Oberlein, Mary Ann Rayside, Lisa Salzman, Renee Savikas, Jennifer Shurley, Kelli Swan, Cindy Vogt, Dreama Woofler, and Sabrina Wright-Hobart.

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 **SARAH CANNON**

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FightingCancerTogether.com



**Women's Wellness
Connection**
Prevention Services Division



Colorado Department
of Public Health
and Environment

We also appreciate the generous donation by Thelco Corporation.

To learn more about our sponsors, go to page 64.

The *Colorado Cancer Resources Directory* is provided by the Colorado Cancer Coalition (CCC) for informational purposes only. Inclusion in this guide does not mean that the CCC endorses any organization, program, or service.

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Welcome

Facing cancer can be overwhelming and difficult. Everything changes when cancer enters the picture. Remember you are not alone on this journey.

This Resource Directory lists organizations and programs in Colorado and across the country that provide information and support to people affected by cancer.

The Directory is not intended to provide medical advice or treatment options but to point you in a direction that can help you to answer some of your questions, such as “Who can I talk to who’s been through this?” or “How can I get help with my financial concerns?” The resources included offer a range of services, including support groups, financial assistance, genetic counseling, wellness programs, and more.

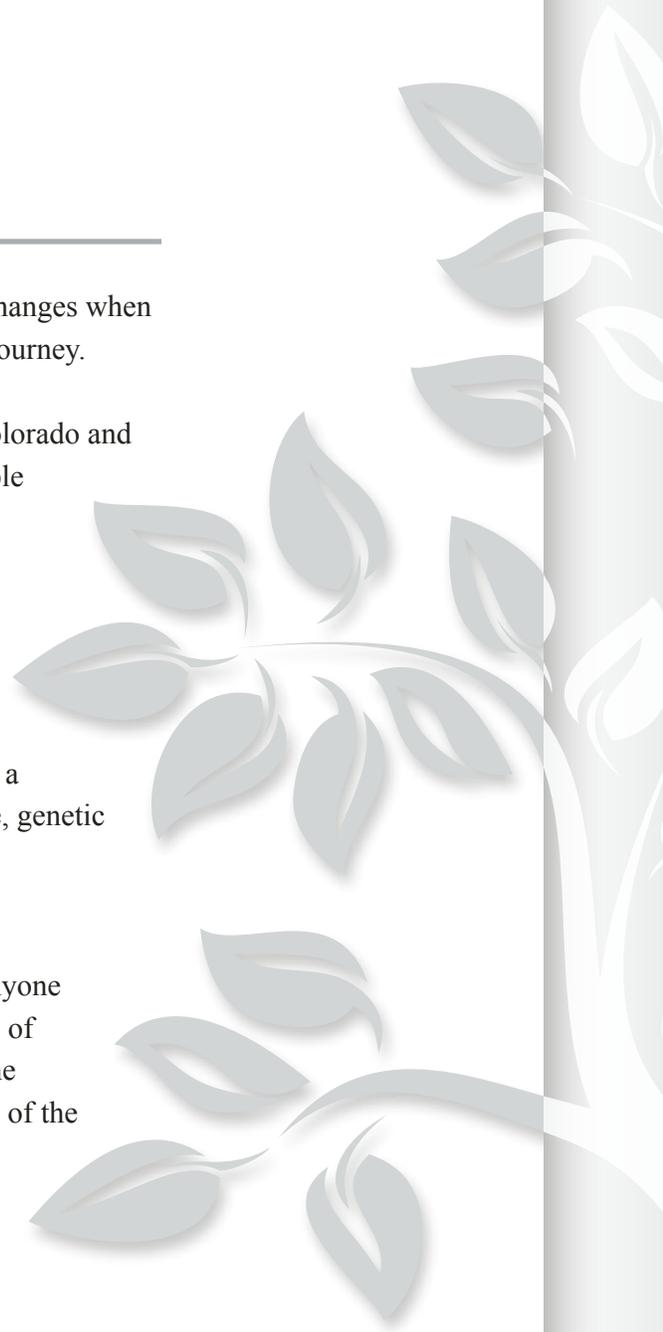
How to Use This Directory

The first part of the Directory lists services and programs for anyone with any type of cancer, such as Assistance for Managing Costs of Care, Working with Your Medical Team, and Clinical Trials. The section on Support Programs & Services is divided into regions of the state to make it easier to find resources in your area.

The second section includes support programs and services for people with specific types of cancer. Some also include specific products and cosmetic services.

The last section lists statewide and national support organizations and services that offer programs for anyone affected by cancer as well as resources to complement medical treatment or once treatment is completed.

We hope this Directory will be a helpful ally on your journey.



Telephone Support & Information Lines

These Organizations Provide Support For Cancer Patients By Phone.

 = *Servicios disponibles en español. (Services available in Spanish.)*

 **American Cancer Society National Cancer Information Center, 800-227-2345**

24 hours a day, 7 days a week.

- Accurate, detailed information related to diagnosis, treatment, support, and community resources.
- Call for information and publications in English, Spanish, and Asian or Pacific Islander languages.

E-mail and live chat also available.

www.cancer.org

Cancer Support Community, 888-793-9355

9 a.m. to 8 p.m. Eastern Time, Monday through Friday.

- Offers education, resources, online support groups, and social networking opportunities so no one faces cancer alone.

www.cancersupportcommunity.org

CancerCare, 800-813-HOPE (800-813-4673)

9 a.m. to 7 p.m. Eastern Time, Monday through Thursday, and

9 a.m. to 5 p.m., Eastern Time on Friday.

- Free, professional support services for those affected by cancer provided by oncology social workers.
- Information about talking with your doctor, finding financial resources, researching treatment options, and more.

e-mail: info@cancercare.org

www.cancercare.org

 **LiveStrong™ SurvivorCare, 855-220-7777**

9 a.m. to 5 p.m. Central Time, Monday through Friday.

- Counseling and referrals to local resources.
- Cancer diagnosis and treatment concerns.
- Help addressing financial, employment, and insurance concerns.
- Fertility preservation information and assistance.
- Clinical trial matching.

www.livestrong.org

 **National Cancer Information Service, 800-4-CANCER (800-422-6237)**

8 a.m. to 8 p.m. Eastern Time, Monday through Friday.

A service of the National Cancer Institute.

- Information about cancer prevention and detection, current treatments, new research studies, and clinical trials.
- Assistance in understanding treatment options and making informed choices.
- Referrals to organizations that help with financial and emotional issues, insurance, workplace difficulties, and many other concerns.
- Live, online assistance through the LiveHelp link. Help also available by e-mail.

www.cancer.gov/global/contact



Assistance for Managing the Costs of Medical Care

 = *Servicios disponibles en español. (Services available in Spanish.)*

Health care is the major expense that goes with a cancer diagnosis. You may need help with other costs as well.

Under health care reform, U.S. citizens and many legal residents may now qualify for free or low-cost health coverage through private insurance, Medicare, or Medicaid. You cannot be denied coverage because of a cancer diagnosis or other pre-existing illness.

Private insurance: You may be eligible for tax credits that lower the cost of health insurance. To determine your eligibility and shop for a plan, visit Colorado's insurance marketplace, Connect for Health Colorado at <http://connectforhealthco.com> or call 855-PLANS-4-YOU (855-752-6749).

Medicaid: The public insurance program for limited-income people. Eligible patients can enroll at any time. Apply online through the Colorado PEAK portal at <http://coloradopeak.force.com> or call 800-221-3943.

Medicare: The public insurance program for people 65 or older as well as some under 65 who are disabled. Learn more and apply at www.medicare.gov or phone 1-800-MEDICARE.

A few programs assist immigrants who don't qualify for other coverage. See the listings in this section.

Insurance doesn't cover all costs, and you will still likely have to pay co-pays, co-insurance, or deductibles. You may also need help with expenses and daily costs such as rent, food, and utilities.

See the listings below and the other Support Organizations and Services sections of this directory for organizations that provide financial assistance.

For more information and assistance:

Phone 2-1-1: This free, confidential service refers callers to local nonemergency health and human services, such as housing, food, and utility assistance. Available in multiple languages.

Managing the Cost of Cancer Care. Free practical advice on financial issues from the American Society of Clinical Oncology. www.cancer.net/navigating-cancer-care/financial-considerations

Financial Assistance

NATIONAL ORGANIZATIONS

American Cancer Society

800-227-2345.

- Refers patients to partner organizations for assistance, depending on diagnosis and other criteria.

e-mail: Available through website.

www.cancer.org

BenefitsCheckup.org

- Web-based screening tool helps seniors over 55 find benefits programs such as help with prescription drugs, health care, housing, and utilities. A free service of the National Council on Aging.

www.benefitscheckup.org

CancerCare

275 Seventh Ave., New York, NY 10001. 800-813-HOPE (4673).

- Limited financial help with cancer-related costs for those in active treatment who meet eligibility requirements.

e-mail: info@cancercare.org

www.cancercare.org/financial

Cancer Financial Assistance Coalition

- Coalition helps cancer patients manage their financial challenges through an online resource directory.

www.cancerfac.org

Cleaning for a Reason

211 S. Stemmons, #G, Lewisville, TX 75067. 877-337-3348.

- Free professional housecleaning for women with any type of cancer. Apply online.

www.cleaningforareason.org

GovBenefits.gov

800-FED-INFO.

- Official benefits site of the U.S. government informs citizens of benefits they may be eligible for.

www.govbenefits.gov

HealthWell Foundation

P.O. Box 4133, Gaithersburg, MD 20885. 800-675-8416.

- Helps patients with chronic and life-altering illnesses with prescription drug copays, deductibles, and health insurance premiums.

e-mail: grants@healthwellfoundation.org

www.healthwellfoundation.org

Partnership for Prescription Assistance

888-477-2669.

- Helps qualifying patients without prescription coverage get medicines they need for free or nearly free. Serves as a single point of access for more than 475 assistance programs.

www.pparx.org**Patient Access Network Foundation**

P.O. Box 221858, Charlotte, NC 28222. 866-316-PANF (7263).

- Assists patients who cannot afford out-of-pocket costs associated with treatment.

e-mail: contact@panfoundation.orgwww.panfoundation.org**Patient Advocate Foundation Co-Pay Relief Program**

421 Butler Farm Rd., Hampton, VA 23666. 866-512-3861.

- Provides assistance with prescription drug co-payments related to their diagnosis to qualified patients.

www.copays.org**Social Security /Disability Benefits**

800-772-1213. TTY: 800-325-0778.

- Information and application for disability benefits available online and by phone.

www.socialsecurity.gov**STATEWIDE ORGANIZATIONS****Colorado Community Health Network (CCHN)**

Multiple locations. See map on website for clinic near you. 303-861-5165.

- Network of community health centers provides health and cancer information, outreach, screening, and treatment support to low-income, under-insured, or uninsured health center patients enrolled for services.

e-mail: info@cchn.orgwww.cchn.org**Friends of Man**

P.O. Box 937, Littleton, CO 80160-0937. 303-798-2342.

- Provides financial assistance with medical equipment and procedures and basic living needs such as food, clothing, and day care.
- Requires referral from a professional such as health care provider, social worker, or clergy.

www.friendsofman.org**Ray of Hope Foundation**

3455 Ringsby Ct., No. 111, Denver, CO 80216. 720-238-5401.

- Grants for adults and children in active treatment for their cancer to help meet basic needs.
- All applicants must be referred by a doctor, social worker, nurse, or patient navigator.

www.rayofhopecolorado.org**Rocky Mountain Cancer Assistance**

P.O. Box 6625, Denver, CO 80206. 720-229-0303.

- Provides financial assistance for basic living needs of cancer patients being treated in Colorado.
- Support helps cancer patients avoid delaying or ending treatment due to financial stress.

www.rockymountaincancerassistance.org**Women's Wellness Connection**

866-951-WELL (9355).

- Provides eligible women with access to free or low-cost breast and cervical cancer screening in Colorado.
- To be eligible, women must be under- or uninsured, between 40 and 64, and have a Colorado driver's license, Colorado identification card, or be a permanent resident.

www.womenswellnessconnection.org**RESOURCES FOR REGIONS OF COLORADO****Caring Friends Fund, San Juan Cancer Center**

Montrose, Colorado. Contact Francie Smiles, 970-252-2814.

- Assistance paying for gas for patients in Southwestern Colorado traveling for treatment at San Juan Cancer Center.

Catholic Charities, Diocese of Pueblo

429 W. 10th St., Pueblo, CO 81003. 719-544-4233.

- Provides assistance for rent, mortgage, and utilities. Call for appointment.

Doctors Care

600 W. Littleton Blvd., #100, Littleton, CO 80120. 303-730-1313.

- Serves Arapahoe, Douglas, and Elbert Counties (excluding Aurora). Provides primary care, assistance applying for health coverage, and referral to specialty services for eligible low-income and uninsured persons at significantly reduced fees.
- Health navigation to assist patients in accessing resources to help them better care for themselves.

e-mail: cpatton@doctorscare.orgwww.doctorscare.org**Exempla Saint Joseph Hospital, Caritas Community Clinic**

1960 Ogden St., #400, Denver, CO 80218. 303-318-1540.

- Provides treatment to low-income, underinsured, or uninsured patients in the Denver Metro area on a sliding fee scale.

www.exempla.org**Health Coalition of Southwest Colorado**

Contact American Cancer Society Resource Center, 970-403-0086 or 970-799-1654.

- Offers assistance to people in Southwest Colorado receiving treatment or recently completing treatment for cancer.
- Provides up to \$500 for non-medical expenses. Gas vouchers up to \$200 for any individual in cancer treatment to travel to a treatment center.

www.healthcoalitionswc.org

Hope Lives! The Lydia Dody Breast Cancer Foundation

2629 Redwing Rd., #260, Fort Collins, CO 80525. 970-225-6200.

- Provides financial support for complementary care such as acupuncture to relieve the pain and nausea associated with chemotherapy and radiation, massage therapy, counseling, yoga, art therapy, and more.
- Offers lifestyle support such as housecleaning and emotional support such as family and couples counseling.

e-mail: staff@hopelives.org

www.hopelives.org

Journey of Hope, Managed by the Mercy Health Foundation

970-764-2385.

- Offers funding for mammograms to women in Southwest Colorado not eligible for Women's Wellness Connection.

Living Journeys Community Cancer Support

P.O. Box 2024, Crested Butte, CO 81224. 970-349-2777.

- Provides financial and emotional support plus information to Gunnison County residents and families struggling with cancer through financial grants, support groups, and individual therapy.

e-mail: info@livingjourneys.org

www.livingjourneys.org

McKee Medical Center

2000 N. Boise Ave., Loveland, CO 80538.

Call McKee Breast Center, 970-593-6191.

- Helps underinsured and uninsured women receive resources for treatment, with support from Susan G. Komen for the Cure Colorado.
- Patients who are identified and qualify receive support and the full range of services in the continuum of care.

Memorial Health System Foundation

1519 Boulder St., Colorado Springs, CO 80909.

719-365-GIVE (4483).

- Provides financial resources to assist Memorial Hospital patients on an as-needed basis.

www.memorialhospital.com

Orchard of Hope Foundation

111 N. Orchard Ave., Canon City, CO 81212. 719-275-0089.

- Helps Fremont County and Pueblo cancer patients and their families with medical and non-medical expenses.

e-mail: Fremont@orchardofhope.org

www.orchardofhope.org

Poudre Valley Hospital Foundation

2121 E. Harmony Rd., Fort Collins, CO 80528.

Contact Patti Frelund, 970-297-6168.

- Provides eligible under- and uninsured women in Larimer and Weld Counties with breast cancer treatment, support for enrollment in clinical trials, and navigation services.

www.pvhs.org

Vail Breast Cancer Awareness Group

P.O. Box 4043, Avon, CO 81620. 970-479-8595.

- Strives to ease the financial and emotional burdens faced by women in Eagle County who are battling breast cancer.

e-mail: info@vailbreastcancerawareness.org

www.vailbreastcancerawareness.org

Employment and Legal Services

Cancer Legal Resource Center

800 S. Figueroa St., #120, Los Angeles, CA 90017.

866-THE-CLRC or 866-843-2572.

- National telephone assistance line provides information and education about cancer-related issues. A joint program of the Disability Rights Legal Center and Loyola Law School.
- www.disabilityrightslegalcenter.org/cancer-legal-resource-center

Colorado Department of Regulatory Agencies (DORA)

Division of Insurance, 1560 Broadway, #850, Denver, CO

80202. Consumer information, 303-894-7490. Toll free outside Denver, 800-930-3745.

- State agency for consumer protection. Website has consumer alerts and information for filing complaints.

e-mail: insurance@dora.state.co.us

www.dora.state.co.us/insurance

Colorado Legal Services

1905 Sherman St., #400, Denver, CO 80203. 303-837-1321

(offices statewide).

- Self-help legal information on civil matters, where to find no-cost or low-cost legal help, court information, and more.

www.coloradolegalservices.org

National Coalition for Cancer Survivorship

1010 Wayne Ave., #315, Silver Spring, MD 20910.

877-622-7937.

- "What Cancer Survivors Need to Know About Health Insurance" (booklet)

e-mail: info@canceradvocacy.org

www.canceradvocacy.org/resources/publications/insurance.pdf

Patient Advocate Foundation

421 Butler Farm Rd., Hampton, VA 23666. 800-532-5274.

- Assists patients with issues with their insurer, employer, and/or creditors related to insurance, job retention, and debt crisis related to their diagnosis of life-threatening or debilitating diseases.

e-mail: help@patientadvocate.org

www.patientadvocate.org

U.S. Department of Labor

866-487-2365.

- Assistance with questions about insurance plans self-funded by employers.

www.dol.gov/dol/topic/health-plans/erisa.htm

How a ‘Patient Navigator’ Can Assist

If you feel you are facing too many challenges after a cancer diagnosis, a patient navigator may be the right thing for you. The work of a “patient navigator” may be done by many different types of people; however, what they do is often similar.

A patient navigator is a professional who assists patients in many ways to support them through their cancer journey from diagnosis through and, often, after treatment. For example, you may be introduced to a social worker, patient navigator, lay navigator, or a nurse navigator depending on whether you are at a hospital, a doctor’s office, or a large clinic. A lay navigator may even be a volunteer rather than paid staff. Regardless, each of these people has received special training and will be able to offer guidance to help you get on with life. If you do not receive a referral to a patient navigator, and feel you need some assistance, ask your health care provider to recommend a navigator or refer you to one.

What can a patient navigator assist with?

- Information and help with problem solving.
- Appointment planning (doctors, clinics, hospital).
- Communications (health care providers, insurance and payment systems, other parts of the health care system, as examples).
- Finding financial assistance and assisting with applications and other paperwork.
- Help in understanding unfamiliar terms and treatment options.
- Arranging for translation.
- Patient navigators should be culturally sensitive.
- Need something else? Ask!

Reference

Paskett, Electra D.; Harrop, J. Phil; Wells, Kristen J. Patient Navigation: An Update on the State of the Science. *CA: Cancer Journal for Clinicians*. 2011; 61(4): 237-249. Accessed January 14, 2014. <http://onlinelibrary.wiley.com/doi/10.3322/caac.20111/pdf>

Tips for Choosing a Doctor



Choosing a doctor is one of the more important things you will do in your life. You must trust this person for expertise, advice, and to administer treatments that may be life saving.

Try to avoid choosing a doctor at random. Rely on your primary doctor for a referral, and talk to family and friends for their opinions. You will likely have a more favorable experience if someone you know and trust had a good experience with a particular doctor. When possible, be sure your doctor accepts your insurance plan or will accept a payment plan that works for you.

Ask how often your doctor treats your particular condition, and if he or she has seen similar cases. Ask if your doctor is board certified, which indicates he or she has gone through advanced training and has passed a series of thorough and rigorous tests. You can also look at the website of the American Board of Medical Specialties at www.certificationmatters.org or phone 866-275-2267 to find out if your doctor is board certified. Medical oncologists are typically certified by the American Board of Internal Medicine.

While you must be able to trust your doctor, you should also expect to be listened to and treated respectfully. Your doctor and their staff should be accessible and return calls promptly. Your doctor should be open to your questions and ideas.

Be sure your doctor is affiliated with an accredited hospital or health care center. Accreditation means the center has met a high level of standards that ensure quality of care. The Joint Commission is a nonprofit group that sets standards and measures the quality of hospitals and other health care centers. The Joint Commission may be reached at 630-792-5000 or www.jointcommission.org. You can search on the commission’s website for accredited or certified health care facilities.

Remember that choosing a physician is exactly that: a choice. If you are not happy with your doctor and the treatment plan on both a medical and personal level, you should seek a second opinion.

—Rebecca Knight, MD, FACS

Additional resource

National Cancer Institute. How to Find a Doctor or Treatment Facility if You Have Cancer. www.cancer.gov/cancertopics/factsheet/Therapy/doctor-facility

Tips on Working with Your Medical Team

Be sure the cancer doctor you want to see takes your insurance. If not, you will need to select another doctor and schedule an appointment, which takes extra time.

Ask your doctor or hospital, “Who is my patient navigator?” A patient navigator can help answer your questions and guide you through the health care system. The navigator works with your medical team to coordinate and act as *your* advocate.

Learn about your diagnosis. There are many kinds of cancer. Learning about the specific type you have can help you better understand your condition and the recommended treatment. Ask your doctor, navigator, or oncology nurse to explain your diagnosis.

Be organized. There is a lot of information to keep track of when you are newly diagnosed. Being organized can help you feel more in control. Consider keeping a portable file or three-ring notebook with your appointments, caregiver contact information, pathology report, lab results, prescriptions, and any other information you find useful.

Bring a friend or family member to appointments. Two sets of ears are better than one. Have a paper and pen so you can write down your questions and answers. It may even be helpful to bring a recording device so you can review the discussion when you get home.

It is OK to seek a second opinion. Seeing a second doctor about your diagnosis and planned treatment is a good idea. A second doctor can confirm that the planned treatment is consistent with standards of practice and national guidelines. The second doctor may also have access to clinical trials that apply to your situation.

Never be afraid to ask questions. If you don't understand something, ask for an explanation. It's OK to ask questions more than once. Your doctors and others know that repetition is necessary and helpful.

Be an informed internet user. The Internet is a good tool, but it can be challenging to find information that is credible and applies to your situation. Seek out reputable web sites such as the American Cancer Society (www.cancer.org) and the American Society of Clinical Oncology (www.cancer.net).

Take care of your emotional health. Going through a cancer diagnosis and treatment is difficult. A support system has great value. This can include family, friends, and others who have had a similar experience. Look in this Directory for support groups and resources. Healthy eating and exercise, even just getting out for fresh air, can help you to refresh and renew. Be open with your caregivers about the distress you are having, including consistently not feeling like eating and not being able to sleep.

Ask about a “survivorship plan.” As you prepare to move beyond your cancer treatment, ask your physician for a survivorship plan. The plan answers the question, “What comes next after treatment?” It outlines how often to see your physician and other caregivers, when to have follow-up tests, and other issues that apply to your situation.

Be a Savvy Patient

Tips and tools are available to help you work with your medical team. Download free resources from *Think About It Colorado*, a nonprofit patient safety awareness program:

- Checklists on preparing for a doctor's appointment or taking medication.
- Questions to ask before surgery or going to the hospital.
- How to find out about your hospital's safety record, and more.

These tools are useful for almost any medical visit. Go to www.ThinkAboutItColorado.org



CLINICAL TRIALS

—Advancing Cancer Treatment

WHAT ARE CLINICAL TRIALS?

Clinical trials are research studies that involve people. They are the final step in a long process that begins with research in a lab. Most treatments we use today are the results of past clinical trials. Cancer clinical trials are designed to test new ways to:

- Treat cancer.
- Find and diagnose cancer.
- Prevent cancer.
- Manage symptoms of cancer or side effects from its treatment.

Any time you or a loved one needs treatment for cancer, clinical trials are an option to think about. Trials are available for all stages of cancer. It is a myth that they are only for people who have advanced cancer that is not responding to treatment.

Every trial has a person in charge, usually a doctor, who is called the principal investigator. The principal investigator prepares a plan for the trial, called a protocol. The protocol explains what will be done during the trial. It also contains information that helps the doctor decide if this treatment is right for you.

WHY ARE THEY IMPORTANT?

Clinical trials are key to developing new methods to prevent, detect, and treat cancer. It is through clinical trials that researchers can determine whether new treatments are safe and effective and work better than current treatments. When you take part in a clinical trial, you add to our knowledge about cancer and help improve cancer care.

Clinical trials are the only accepted scientific method to determine if a new treatment works better than the current standard of care. Despite the promise offered by clinical trials, less than 5% of adult cancer patients enroll in them. By contrast, more than 60% of children with cancer are enrolled in clinical trials. About three-quarters of children with cancer survive their disease long-term, compared with half of adults. The increased survival rate for children can be directly linked to their higher rate of participation in cancer clinical trials.

In Colorado, there are almost 400 cancer clinical trials underway. Clinical trials are sponsored by the National Cancer Institute (NCI), drug companies, medical institutions, and other research-based organizations. They are carried out in settings that ensure patient safety and care: doctors' offices, cancer centers, other medical centers, community hospitals and clinics, and veterans' and military hospitals. All of today's recognized cancer treatments were proven by cancer clinical trials before they became generally available.

Ask your doctor if there is a clinical trial you should consider as you learn about your treatment options.

A good place to begin looking for information is at www.cancer.gov, the primary website for the National Cancer Institute, and www.cancer.net, the website for the American Society of Clinical Oncology (ASCO).

How Can I Make a Decision About My Treatment?

 = *Servicios disponibles en español.*
(Services available in Spanish.)

Talking often with your doctor or health care provider is essential in making informed decisions about your health care. These web sites have resources that may also help:

American Cancer Society: Making Treatment Decisions

An overview of treatment options and issues.
www.cancer.org/treatment/understandingyourdiagnosis/afterdiagnosis/after-diagnosis-making-treatment-decisions

Cancer.Net: Making Decisions about Cancer Treatment

Key points from the American Society of Clinical Oncology, a leading organization of cancer doctors.
www.cancer.net/navigating-cancer-care/how-cancer-treated/making-decisions-about-cancer-treatment

Mayo Clinic: Cancer Treatment: Five Steps to Help You Decide

A guide from a respected nonprofit medical clinic.
www.mayoclinic.org/diseases-conditions/cancer/in-depth/cancer-treatment/art-20047350

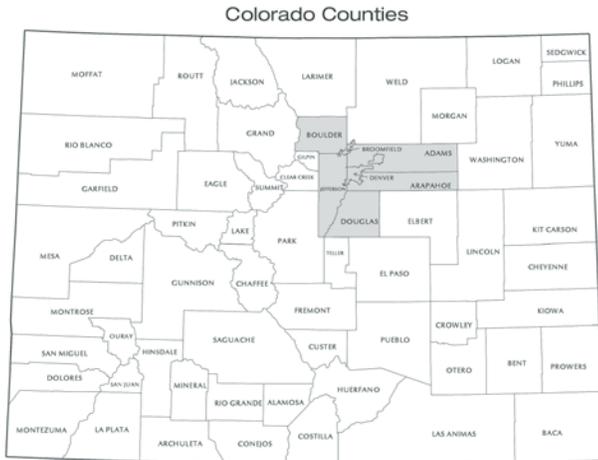
National Cancer Institute

1-800-4-CANCER
Learn about treatment options by types of cancer.
www.cancer.gov

National Comprehensive Cancer Network

Patient-friendly guidelines from a network of 25 leading cancer centers.
www.nccn.org/patients/guidelines/default.aspx

All Cancers: Support Programs & Services in Your Area



Denver Metro Area

Includes counties of Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, and Jefferson. (If you don't find resources for your county, please check a neighboring county.)

 = Servicios disponibles en español.
(Services available in Spanish.)

Support Programs and Services

American Cancer Society

2255 S. Oneida, Denver, CO 80224. 720-524-5400.

- Patient Navigators located in Denver area hospitals provide information on your cancer diagnosis and treatment options, assist with everyday concerns and meet specific cancer-related needs. Located in Exempla Lutheran Medical Center, Rose Medical Center and University of Colorado Hospital.

For all programs and services, see *Colorado Organizations and Services* – page 37.

www.cancer.org

Boulder Community Hospital/RMCC Boulder

Boulder Community Hospital, 4715 Arapahoe Ave., Boulder, CO 80303. Contact Jill Mitchell, PhD, MSW, 303-385-2003.

- Groups for young women, newly diagnosed patients, and all patients in any stage of the breast cancer journey. Call 720-854-7057.
- Offers many support groups, most of which are free. Includes groups for breast, ovarian, and blood cancers; groups for newly diagnosed patients and caregivers; and groups for those coping with metastatic cancer and life after treatment.

e-mail: jill.mitchell@usoncology.com

www.bch.org or www.rockymountaincancercenters.com

Denver Health Community Cancer Resource Center

Denver Health, Davis Pavilion, First Flr., 700 Delaware Ave., Denver, CO 80204. Contact Elizabeth Bibiloni, BSW, health education specialist, 303-602-6809.

- Resources available to patients and families including education, advocacy, and support services.
- Referral for cancer products such as wigs and prostheses.
- Support groups and complementary therapies.

e-mail: elizabeth.bibilonivelasquez@daha.org

Exempla Good Samaritan Medical Cancer Comprehensive Cancer Center

340 Exempla Cir., Lafayette, CO 80026. 303-673-1600.

- Professionally facilitated support and education groups designed to address concerns, provide emotional support, and encourage healthy coping strategies.
- On-site cancer resource library.

www.exemplagoodsamaritan.org/cancercenter

Exempla Lutheran Medical Center

8300 W. 38th Ave., Wheat Ridge, CO 80033. Call 303-403-3608 or to register for free groups, call 303-689-4595.

- Cancer support groups for all types of cancer patients, family members, and caregivers.
- Breast cancer groups for the newly diagnosed and ongoing support for survivors.

e-mail: tonya.mccabe@sclhs.net

Exempla Saint Joseph Comprehensive Cancer Center

1825 Marion St., Denver, CO 80218. 303-318-3434.

- Professionally facilitated support and education groups designed to address concerns, provide emotional support, and encourage healthy coping strategies. Topics vary for each group.

www.exemplasaintjoseph.org/cancercare

Grillo Health Information Center

4715 Arapahoe Ave., Boulder, CO 80303. 720-854-7293.

- Free confidential research for your personal health questions. Receive the latest, most trustworthy medical information.
- Access to complementary and alternative health information. Information and referral to community resources.

e-mail: healthquestions@grillocenter.org

www.grillocenter.org

Continued on next page

JFS Senior Solutions

Jewish Family Service of Colorado, 3201 S. Tamarac Dr., Denver, CO 80231. Contact Jennie Creasey, LCSW, 720-248-4622.

- Homemaker and case management services for women of all ages, races, and faiths going through all types of cancer.
- Homemakers provide two hours of light housekeeping and light meal preparation weekly or every two weeks.
- Services offered on a sliding fee scale.

e-mail: jcreasey@jewishfamilyservice.org

www.jewishfamilyservice.org

Kaiser Permanente

Kaiser Permanente Franklin Bldg., 2045 Franklin St., Basement Level, Denver, CO 80205. Contact Dennis Heffern, oncology social worker, 303-764-5047.

- Cancer Survivorship 101: Roundtable discussion group focusing on challenges post-treatment.
- Cancer Caregiver Support Group: Discussion group focusing on the struggles experienced by caregivers and significant others affected by a loved one's cancer diagnosis.

e-mail: dennis.heffern@kp.org

Littleton Adventist Hospital

7700 S. Broadway, Littleton, CO 80122. Contact Ellen Buchannan RN, MSN, CBCN, breast nurse navigator, 303-738-7787, or Marla Talmadge RN, OCN, nurse navigator for colon, lung, and hematological cancers, 303-734-8669.

- Breast Cancer Support Group: For women at all stages of the breast cancer journey. An upbeat, sharing, and social session. Call 303-738-7787 for dates and location.
- Survivorship Speaker Seminars: Guest speakers address topics of interest to all cancer patients. Call 303-734-3991 for dates and topics.
- Look Good...Feel Better®: See American Cancer Society, Colorado Support Organizations.

North Suburban Medical Center

9141 Grant St., #220, Thornton, CO 80229. Contact Stacey Gates, RN, BSN, OCN, 303-453-2578.

- Oncology nurse navigator coordinates cancer treatment appointments and assists patients in filling out financial assistance applications.
- Provides referrals for food delivery, transportation, lymphedema, rehabilitation services, and counseling services.

e-mail: Stacey.Gates@HealthONEcares.com

www.healthonecares.com

Porter Adventist Hospital

Cancer Care Center, 2525 S. Downing St., Denver, CO 80210. Contact Linda Mitchell, MA, LPC, RN, at 303-778-2583 or Jeanne Currey, RN, MS, at 303-778-5832.

- Offers Caregiver Support Group, Family/Children Support Group, Loss/Bereavement Support Group, Breast Cancer Support Group, Colorectal Cancer Support Group (by referral), Lung Cancer Support Group (by referral), Prostate Cancer Support Group (by referral), and Transplant Support Group (by referral).
- Look Good...Feel Better®: See American Cancer Society, Colorado Support Organizations.

e-mail: lindamitchell@centura.org, jeannecurrey@centura.org, or stephaniestreed@centura.org

Project Angel Heart

4950 Washington St., Denver, CO 80216. 303-830-0202 or 800-381-5612.

- Provides meals to people living with a life-threatening illness and limited mobility inhibiting food preparation.
- Potential clients should contact the Client Services Department at Project Angel Health for a referral form or download it from the website under *Client Services/How to Get Started*. The form needs to be signed by a medical professional.

www.projectangelheart.org

Red Rocks Cancer Center

400 Indiana St., #240, Golden, CO 80401. Contact Antoinette Paniagua, 303-945-2960.

- The cancer care coordinator, a nurse who specializes in cancer education and navigation, offers complimentary assistance with information on treatment options, assistance with navigating the health care system, and connections to needed resources.
- Look Good Feel Better®: See American Cancer Society under Colorado Support Organizations.
- 'Kickin' Cancer in the Kitchen' onsite cooking classes specifically intended for cancer patients.
- Access to wigs, hats, and scarves.

www.redrockscancercenter.org

Rocky Mountain Cancer Centers (RMCC)

Aurora: 1700 S. Potomac, Aurora, CO. 303-418-7600.

Boulder: 4715 Arapahoe Ave., Boulder, CO. 303-385-2000.

Denver-Midtown: 1800 Williams St., Denver, CO. 303-388-4876.

Denver-Rose Medical Center: 4700 E. Hale Pkwy., #400, Denver, CO. 303-321-0302.

Lakewood: Medical Plaza 1, 11750 W. 2nd Place, #100, Lakewood, CO. 303-430-2700.

Littleton: 22 W. Dry Creek Cir., Littleton, CO. 303-730-4700.

Lone Tree: Sky Ridge Medical Center, 10103 Ridge Gate Pkwy., #G01, Lone Tree, CO. 303-925-0700.

Thornton: 8820 Huron St., Thornton, CO. 303-386-7622.

Parker: 9397 Crown Crest Blvd., #421, Parker, CO. 303-805-7744.

- For information about ongoing support and programs please visit the RMCC website.

www.RockyMountainCancerCenters.com

Rose Medical Center

4567 E. 9th Ave., Denver, 80220. 303-584-CARE (2273).

- Cancer Care Line has information on lung cancer screening program, physician referral line, and access to oncology patient navigators.
- Offers various support groups for different cancer types.
- American Cancer Society Patient Resource Center offers information and education plus referral to services for all cancer patients. Contact Patient Navigator Tess Halperin, 303-320-7145.

www.healthonecares.com

Senior Helpers

2305 E. Arapahoe Road, #140, Centennial, CO 80122. Contact Tammi Etchison, 303-794-3130.

- A national leader in professional, in-home care services available to all people, at any age, who need assistance.
- Provides treatment transportation, management of daily duties, and activities.

Sky Ridge Cancer Center

10103 Ridge Gate Pkwy., Lone Tree, CO 80124. Contact Christina Mullen, 720-225-CARE (2273).

- American Cancer Society Patient Resource Center offers information and education and referral to services for all cancer patients. 720-225-4203.
- Offers various support groups for different cancer types.

www.skyridgemedcenter.com

Swedish Medical Center

Swedish Medical Center Cancer Resource Center, 799 E. Hampden Ave., #120, Englewood, CO 80113. 303-788-2627.

- American Cancer Society Patient Resource Center offers information and education, resources to services for all cancer patients.
- Offers various support groups for different cancer types.

www.healthonecares.com

University of Colorado Cancer Center, University of Colorado Health System

Monfort Family Cancer Resource Center, Anschutz Cancer Pavilion, 1665 Aurora Ct., Aurora, CO 80045. 720-848-0316.

- Educational classes, workshops, and support groups for cancer patients, family members, and caregivers, including groups for children, nutrition classes, and more.
- WIN—What Is Next—A series of six group medical visits designed to help cancer survivors move forward after treatment. Call 720-848-0349.

www.uchealth.org/Pages/Services/Cancer-Care/Support-and-Education.aspx

Products and Cosmetic Services**American Cancer Society Resource Centers**

Exempla Lutheran Medical Center, 3655 Lutheran Pkwy., Door 10, Wheat Ridge, CO 80033. 303-467-8986.

Rose Medical Center, Founders Building, 4700 E. Hale Pkwy., #160, Denver, CO 80220. 303-320-7145.

SkyRidge Medical Center, 10101 Ridge Gate Pkwy., #G01, Lone Tree, CO 80124. 720-225-4203.

Swedish Medical Center, 799 E. Hampden Ave., #120, Englewood, CO 80113. 303-788-2627.

The Medical Center of Aurora, 1501 S. Potomac, Aurora, CO 80012. 303-338-7297.

- Patients, families, and caregivers can receive information and learn about American Cancer Society programs and services. Free resources, wigs, and help also available.
- Volunteers answer cancer-related questions and make appointments for breast prosthesis and mastectomy bra fittings. They also help cancer patients access information by computer.

The single best way to beat cancer is

together.



No one wins the battle against cancer alone.

It takes countless doctors, researchers, caregivers – and of course, you – all working together in the fight against cancer. Now that Denver's HealthONE family of hospitals is home to the Sarah Cannon Cancer Network of Excellence, you'll have access to one of the world's leading teams of cancer specialists, breakthrough researchers, and compassionate caregivers right here. So, shoulder to shoulder, we can fight this battle together.

Visit FightingCancerTogether.com
or call 303-575-0055 to find a care team near you.

 **SARAH CANNON**

The Medical Center of Aurora
North Suburban Medical Center
Presbyterian/St. Luke's Medical Center
Rose Medical Center
Sky Ridge Medical Center
Swedish Medical Center

 **HealthONE**

Cancer Cache Thrift Shoppe

11528 W. Colfax, Lakewood, CO 80215. 720-277-5508.

- Hats, scarves, and other apparel. Prostheses, wigs, and light medical equipment.
- Books, tapes, and other information.

www.cancercache.com

Elite Therapeutics

5195 Marshall St., Arvada, CO 80002. 303-495-2996.

- Professional-strength, natural remedies for burning and damage to skin and hair from chemotherapy and radiation treatments. With high levels of Vitamin E, formulas are intended for cancer patients at all stages of treatment and recovery. Developed by Denver radiation oncologist Kevin L. Schewe, MD.
- Cruelty-free, paraben-free, and phthalate-free products protect and treat even the most compromised skin. No prescription needed.

e-mail: info@elitetherapeutics.com

www.elitetherapeutics.com

Finishing Touch Spa and Salon

3131 28th St., Boulder, CO 80301. 303-449-1852.

- Wigs and scarves; will custom cut wigs, hair.
- Makeup consultation and lash replacement for patients in treatment.

www.finishingtouchspa.com

Hana Designs

229 W. Littleton Blvd., Littleton, CO 80210. 303-799-4262.

- Specializes in dramatic hair loss issues, offering contemporary wigs and hairpieces as well as customized fittings and design.

www.hanadesigns.com

Hana's Hope

229 W. Littleton Blvd., Littleton, CO 80120. 303-799-4262.

- Nonprofit serving clients experiencing hair loss from cancer treatment and other health issues.
- Provides free wigs, wig products, and accessories to income-eligible clients and guidance through the journey of losing one's hair due to health issues.

www.hanashope.org

Hanger, Inc.

1300 S. Potomac St., #138, Aurora, CO 80012. 303-283-0178.

850 Harvard Ave., Denver, CO 80210. 303-996-0686.

1960 N. Ogden St., #350, Denver, CO 80218. 303-863-9090.

5455 W. 38th Ave., #J, Denver, CO 80212. 303-423-8510 or 303-423-0553.

3535 S. Lafayette St., #100, Englewood, CO 80110. 303-761-7800.

Community Physicians Pavilion, Lafayette, CO 80026. 303-604-0160.

11750 W. 2nd Pl., Plaza I, Lakewood, CO 80228. 303-232-2001.

19284 Cottonwood Dr., Parker, CO 80138. 720-851-4216.

9025 Grant St., Thornton, CO 80229. 303-280-0890.

- Mastectomy products, bras, and prostheses, including partials and enhancers.
- Custom/ready-made lymphedema sleeves and other accessories.

e-mail: info@hanger.com

www.hanger.com

Hope's Corner

Comprehensive Cancer Center at Exempla Lutheran Medical Center, 3550 Lutheran Pkwy., #101, Wheat Ridge, CO 80033. 303-467-8925.

- Boutique for women during a cancer journey, including clothing, gifts, inspirational items, hats/turbans, scarves, and skin care products.
- Bras and prostheses fittings by appointment.

Kim's Wig Botik

Tiffany Plaza, 7400 E. Hampden, Denver, CO 80231.

303-779-1811.

- Large wig selection, turbans.

e-mail: kimswigbotik@gmail.com

www.kimswigbotik.com

La Isha'

4950 S. Yosemite St., SQ361, Greenwood Village, CO 80111.

Contact Sharon Gnatt-Epel, 303-601-7284.

- Colorado company specializing in restorative skin care and customizable hydration. The formulations help heal, nourish, and revitalize dry skin after chemo and radiation therapy.
- All La Isha' Skin Care and aromatherapy blends are certified vegan and are cruelty- and gluten-free. They do not contain any known carcinogens, phthalates, parabens, synthetic preservatives, color, fragrance, or petroleum derivatives.

e-mail: SharonGnattEpel@La-Isha.com

www.La-Isha.com

Linda's Boutique

2378 S. Downing, Denver, CO 80210. 303-744-7179.

- Wigs, turbans, hats, hair secrets, bangs, and hair accessories of all kinds.

Orthotic Prosthetic Solutions

866-484-8388.

7100 Broadway, #2E, Denver, CO 80222. 303-316-2615.

333 S. Allison Pkwy., #200, Lakewood, CO 80226. 303-716-0796.

1446 Hover Rd., Longmont, CO 80501. 720-652-0100.

- Breast forms and bras, partials, and enhancers.
- Lymphedema sleeves.

e-mail: opsinfo@comcast.net

www.opscolorado.com

ProMed, Inc.,

695 S. Colorado Blvd., #200, Denver, CO 80246. 303-744-2286.

- Certified and experienced fitters for prostheses, bras, arm sleeves, and compression garments.
- Medicare/Medicaid, Kaiser, and other insurance accepted.

e-mail: lois@sospromed.com

www.sospromed.com

Ready for Recovery

1249 Wyoming St., Golden, CO 80403. 303-638-1272.

- Comprehensive planning system designed to help patients and their caregivers navigate through treatment and recovery.
- Not only helps organize all the paperwork but also addresses the emotional roller coaster.

e-mail: Julie@cancerplanners.com

<http://cancerplanners.com>

Colorado Counties



Northeastern Colorado

Includes counties of Larimer; Logan, Morgan, Phillips, Sedgwick, Washington, Weld, and Yuma. (If you don't find resources for your county, please check a neighboring county.)

Support Groups & Programs

American Cancer Society

8221 W. 20th St., #A, Greeley, CO 80634. 970-356-9727.

For all programs and services, see *Colorado Organizations and Services* – page 37.

www.cancer.org

Longmont Cancer Support Group

Hope Cancer Center, 1950 Mountain View, Longmont, CO 80501. Contact Janet Walker at 720-999-2367.

- Cancer Support Group and free monthly education programs for cancer patients, support persons, and friends.

McKee Cancer Center

McKee Medical Center 2050 N. Boise Ave., Loveland, CO 80538. 970-635-4129.

- Education and support for cancer patients and those touched by cancer.

North Colorado Medical Center

Cancer Institute, 1801 16th St., Greeley, CO 80631. 970-350-6163.

- Support and education groups for those diagnosed with breast and prostate cancer, as well as a general cancer support group for those touched by cancer.
- Patient navigator connects cancer patients to resources and information related to their cancer diagnosis, treatment and follow up. Contact Sue at 970- 378-4327.

Rocky Mountain Cancer Centers

2030 Mountain View Ave., #210, Longmont, CO 80501.

303-684-1900.

- For information about ongoing support and programs please visit the Rocky Mountain Cancer Centers website.

www.coloradocancercenters.com

University of Colorado-North

2121 E. Harmony, #260, Fort Collins, CO 80528.

1675 18th Ave., Greeley, CO 80631.

2500 Rocky Mountain Ave., North Medical Office Bldg., Loveland, CO 80538. 970-237-7700.

- Support groups for women and men touched by breast cancer including groups for women under 45.
- General cancer support groups and caregiver groups.
- Survivorship program, which includes a comprehensive follow-up with a team consisting of a nurse practitioner, oncology counselor, and physical therapist.

www.uchealthcancercare.org

University of Colorado Health/Poudre Valley Hospital — Oncology Clinical Research

2121 E. Harmony Rd., #170, Fort Collins, CO 80528. Contact Valerie Cummins, RN,BSN,OCN,CCRP, Clinical Nurse Manager; 970-297-6150.

- Helps patients learn about and participate in clinical trials.
- PVH/University of Colorado Health (UCH) Cancer Network team of physicians and clinical researchers work together to help patients access clinic trials.

www.pvhs.org

Products & Cosmetic Services

Accessories with a Flair!...and Hair

801 8th Ave., #4., Greeley, CO 80631. 970-351-6448.

- Wigs, wig styling, hats, scarves.
- Hair and skin care.

www.accessorieswithaflairandhair.com

American Cancer Society

8221 W. 20th St., #A, Greeley, CO 80634. 970-356-9727.

- Wigs, turbans, and community resources.

A Second Glance

811 Sidney Ave., Sterling, CO 80751. Contact Morgan Shimp, 970-522-7433.

- Certified wig, hair, and skin care specialist.

e-mail: morganshimp@msn.com

Mane Door Salon

1635 S. Lemay Ave., Fort Collins, CO 80525. Contact

Nancee Testa, 970-493-4171.

- Human and synthetic hair wigs and extensions: Custom and catalog orders.
- Makeup and skin care specialists; certified massage therapist.

email: nltesta@yahoo.com

www.manedoorsalon.com

Merle Norman Cosmetics

158 S. College Ave., Fort Collins, CO 80524. 970-223-3223.

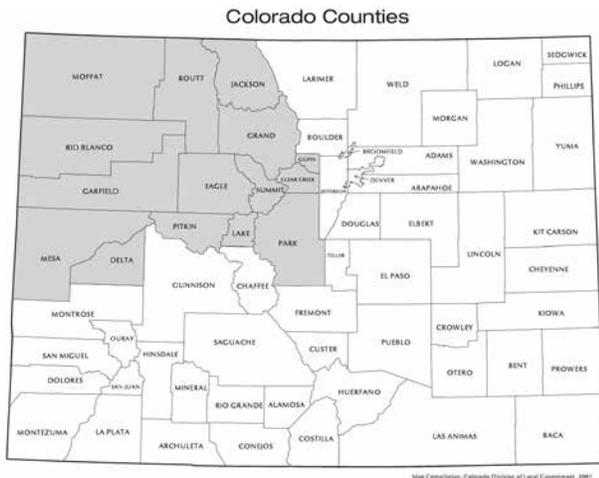
- High quality, moderately priced wigs. Scarves and other headcoverings.

email: elcodon@aol.com

Probasco's Wigs

344 N. Lincoln Ave., Loveland, CO 80537. 970-667-8819.

- Wigs, hairpieces, hats/headwear, bangs.
- In business for over 45 years.



Northwestern Colorado

Includes counties of Clear Creek, Delta, Eagle, Garfield, Gilpin, Grand, Jackson, Lake, Mesa, Moffat, Park, Pitkin, Rio Blanco, Routt, and Summit. (If you don't find resources for your county, please check a neighboring county.)

Support Groups and Programs

American Cancer Society

2754 Compass Dr., #100, Grand Junction, CO 81506.
Contact Niki Oreskovich, 970-242-9593. or 800-227-2345.
See also Colorado Organizations & Services – page 37.

- Look Good, Feel Better[®], Western Slope: Teaches female cancer patients beauty techniques to enhance their appearance and self-image during chemotherapy and radiation treatments. Includes a free makeup consulting session with a free cosmetic kit.
- Free and/or discounted lodging available in the Grand Junction area to qualifying patients. Road to Recovery provides free rides to treatment for those needing assistance.

www.cancer.org

Bosom Buddies Breast Cancer Support Group—Montrose

645 South 5th St., Montrose, CO 81401. Contact Francie Smiles, 970-252-2814.

- Provides wigs, turbans, and scarves. Call for eligibility information.

e-mail: fsmiles@bresnan.net

Delta Breast Cancer Support Group

Contact Dorothy Hunt, 970-872-3309.

- Call for meeting time and locations.

Living Journeys

P.O. Box 2024, Crested Butte, CO 81224.

Contact Darcie Perkins, 970-349-2777.

- Provides financial and emotional support as well as informational resources, financial grants, support groups, and individual therapy.
- Monthly support groups held in Gunnison and Crested Butte.
- Provides education through a library and other resources such as wellness programs.

e-mail: info@livingjourneys.org

www.livingjourneys.org

Pathfinders

PO Box 11799, Aspen, CO 81612. Contact Allison Daily,

970-379-5276.

- Sponsors support groups in Western Colorado for those dealing with cancer, for caregivers, and for loss issues.
- Provides navigation, resource referrals, education, and other support programs.

e-mail: info@pathfindersforcancer.org

www.pathfindersforcancer.org

Shaw Regional Cancer Center

Vail Valley Medical Center, 322 Beard Creek Rd., Edwards, CO 81632. 970-569-7606.

- Cancer support and education groups for patients, caregivers, family members and friends.
- Information and referral to community resources for assistance with financial concerns, transportation issues, lodging during treatment, community support groups, and more.

e-mail: margaret.brammer@vvmc.com

www.shawcancercenter.com

St. Mary's Regional Cancer Center

750 Wellington Ave., Grand Junction, CO 81501.

Contact Debra Hesse, 970-298-2351.

- Support groups for women dealing with breast and other women's cancers and for blood cancers.
- Men's support groups for those who are patients, survivors, or caregivers.
- Survivorship programs including education, support, and art exploration.

e-mail: debra.hesse@stmarygj.org

www.stmarygj.org

Valley View Hospital—Cancer Support Groups

Calaway-Young Cancer Center, 1906 Blake Ave.,

Glenwood Springs, CO 81601. 970-384-7582.

- Offers support groups for survivors including a Coffee, Walk & Talk.

- Caregiver support; grief and loss groups.

e-mail: DCarnoali@vvh.org

www.vvh.org

Yampa Valley Medical Center

1024 Central Park Dr., Steamboat Springs, CO 80487.

Contact Sara Ross, 970-875-2731.

- Offers a variety of support programs and classes to deal with the physical and emotional effects of cancer during and after treatment.

www.yvmc.org

Your Friends for Life

Contact Diane Welter, 970-309-5293.

- Non-profit program provides non-medical support, nurturing, and encouragement to cancer patients, their caregivers, and family members, serving Aspen to Rifle.
- Volunteers offer services such as grocery shopping, errands, meals, light yard work, dog walking, visiting, and support.
- Monthly family activities in the summer.

www.friendsforlife.org

Financial Assistance**Living Journeys**

P.O. Box 2024, Crested Butte, CO 81224. 970-349-2777.

- Provides financial and emotional support as well as informational resources through direct financial grants, free legal and insurance advocacy, and advice.

e-mail: info@livingjourneys.org

www.livingjourneys.org

Product Suppliers**American Cancer Society**

2754 Compass Dr., #100, Grand Junction, CO 81506.

970-254-5581.

- Provides new wigs, hats, and scarves. Call to make an appointment. Walk-ins are welcome Monday-Friday, 8:30 a.m.-5 p.m.

www.cancer.org

Grand Mesa Medical Supply

1708 N. Ave., Grand Junction, CO 81501.

Contact Dawn Palmer, 970-241-0833.

- Prostheses, bras, and other mastectomy products.
- Ostomy products.

Monument Wigs & Breast Forms

434 E. Main St., Montrose, CO 81491. 970-249-5844.

- Wigs, prostheses, large bras, swimwear, turbans, bangs. Insurance billing, skin therapy products, and non-metallic deodorant. Certified fitters on staff.

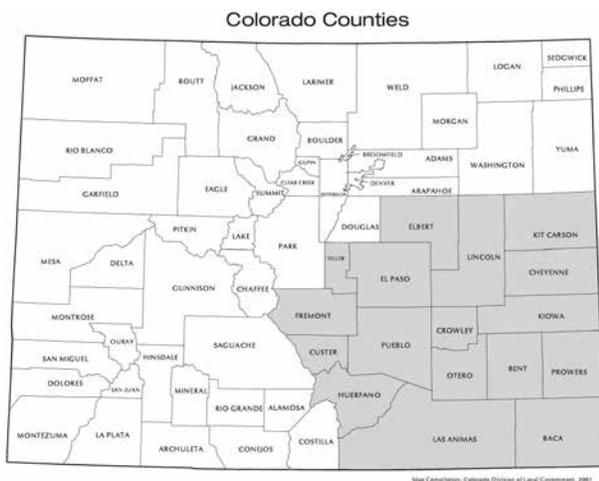


The Fear Factor and Other Realities: Emotional Side Effects

Being diagnosed with cancer can put you on an emotional roller coaster.

That's normal, of course! If we have heard the words, "You have cancer," our hearts have skipped a beat. Common emotional side effects of a cancer diagnosis include: fear, anxiety, worry, anger, denial, depression, grief, and loss. We deal with the emotional side effects of our diagnosis just like we deal with all the other changes that cancer brings: the best we can. Everyone does this differently. Most of the time it's easier if you can share the emotional burden with family and friends, and they can be part of your adjustment and recovery team. While you may not feel it at first, another common emotional reaction is acceptance and hope. Millions of us have gotten through treatment, and you will, too.

—Diane L. Akins, MA, LPC, CAC III, breast cancer survivor



Southeastern Colorado

Includes counties of Baca, Bent, Cheyenne, Crowley, Custer, El Paso, Elbert, Fremont, Huerfano, Kiowa, Kit Carson, Las Animas, Lincoln, Otero, Prowers, Pueblo, and Teller. (If you don't find resources for your county, please check a neighboring county.)

🇪🇸 = *Servicios disponibles en español.*
(Services available in Spanish.)

Support Groups and Programs

American Cancer Society—Southern Colorado Region

1445 N. Union Blvd., Colorado Springs, CO 80909.
719-636-5105, option 1 for national contact; option 3 for local contact.
For programs and services, see Colorado Organizations and Services — page 37.
www.cancer.org

ANGEL Network: African American Women Nurturing and Giving Each Other Life

3030 N. Cascade Ave., Colorado Springs, CO 80907. Contact Carolyn Kalaskie, outreach coordinator, 719-776-4542, or Peggy Thomas, outreach RN, 719-776-4541.

- Culturally sensitive cancer-related educational programs, referrals to cancer support groups, compassionate survivor mentorship programs, referrals to free or low-cost cervical exams, clinical breast exams, and mammograms.

e-mail: carolynkalaskie@centura.org or marqueritethomas@centura.org
www.penrosecancercenter.org

Limon Cancer Support Group

Plains Medical Center, 305 Pawnee, Flagler, CO 80815.
Contact Carolyn, 719-775-2367.

- Free cancer support group for all types of cancer. Meets twice a year. Patients, families, and caregivers are welcome.

www.pmchc.org

Memorial Hospital, University of Colorado Health

4110 Briargate Pkwy., #465, Colorado Springs, CO 80920. 719-477-0211.
75 S. Union, #345, Colorado Springs, CO 80910. 719-477-0211.
525 N. Foote Ave., #302, Colorado Springs, CO 80909. 719-365-6568.

- Support groups for breast cancer, general cancer and caregiver groups.

www.uchealth.org

Penrose Cancer Center

2222 N. Nevada Ave., Colorado Springs, CO 80907.
Contact Sherry Martin, LCSW, 719-776-5311.

- Offers a range of support groups for many cancer types, wellness workshops and integrative therapies.
- American Cancer Society Resource Center provides survivors and caregivers information on cancer, cancer treatment and community services. Free wigs and scarves are available for all cancer patients and free breast prostheses are available for patients with no insurance.

www.penrosecancercenter.org

Project Angel Heart

620 S. Cascade Ave., #100, Colorado Springs, CO 80903.
719-323-0084.

- Delivers nutritious meals to improve quality of life, at no cost, for those coping with life-threatening illnesses.

www.projectangelheart.org

Rocky Mountain Cancer Centers (RMCC)

2312 N. Nevada, #400, Colorado Springs, CO. 719-577-2555.
For information about ongoing support and programs please visit the Rocky Mountain Cancer Centers website.
www.rockymountaincancercenters.com

St. Mary-Corwin Medical Center

Dorcy Cancer Center, 2004 Lake Ave., Pueblo, CO 81004.
Contact Brenda Galassini, 719-557-4548.

- Cancer Survivorship Program, a community affiliate of the LiveStrong Survivorship Center of Excellence Network that includes a cancer resource library and many other resources.
- Ongoing support groups for cancer survivors, caregivers and family members, including an orientation for newly diagnosed cancer patients.

e-mail: BrendaGalassini@centura.org
www.stmarycorwin.org

Financial Assistance

Catholic Charities, Diocese of Pueblo

429 W. 10th St. Pueblo, CO 81003. 719-544-4233 or 800-303-4690.

- Provides assistance for rent, mortgage, and utilities.

Memorial Health System Foundation

1519 Boulder St., Colorado Springs, CO 80909.
719-365-GIVE (4483).

- Provides financial resources to assist Memorial Hospital patients on an as-needed basis.

www.memorialhospital.com

Orchard of Hope Foundation

111 S Orchard Ave., Canon City, CO 81212. 719-275-0089.

- Provides Fremont County patients with financial assistance during cancer treatment for medical bills, rent, utilities, medications, gasoline, prosthetics, etc.

e-mail: Fremont@orchardofhope.org

www.orchardofhope.org

Pueblo StepUp

1925 E Orman Ave., Ste. A-640, Pueblo, CO 81004-3543.
719-557-5886.

- Provides Medicaid application assistance.

www.pueblostepup.org

Product Suppliers**Look Good...Feel Better®**

American Cancer Society, Colorado Springs, CO 80909.

Contact Jen Briggs, 720-524-5405. Pueblo, 719-557-4944.

- Cosmetology professionals assist patients undergoing cancer treatment with makeup, dry skin, discolored nails, choice and care of wigs, scarves, and hats. Patients receive complimentary makeup kit.

Mother Daughter Sister Friend Boutique at Penrose Pavilion

Penrose Hospital Pavilion, 2312 N. Nevada Ave., #225,
Colorado Springs, CO 80907. 719-776-8333.

- Post-operative garments and comfort wear, chemo beanies and scarves, specialty skin care, and inspirational and wellness gifts. Open Monday-Friday 9 a.m.- 4 p.m.

SandraLouWeatherly@centura.org

www.penrosestfrancis.org/mdsf

St. Mary-Corwin Cancer Center

Dorcy Cancer Center, 2004 Lake Ave., Pueblo, CO 81004.
719-557-5460. Contact Brenda Galassini, 719-557-5525 or
800-228-4039.

- American Cancer Society-sponsored wig salon. Wigs, turbans, scarves, prostheses, and bras at no cost.

www.stmarycorwin.org/cancer-treatment

Strands Medical Wigs

615 Sahwatch, Colorado Springs, CO 80903. Contact
Jennifer Fenniger, 719-576-5162.

- Human hair wigs customized to look just like you. Call to schedule a private consultation. Serving all of Colorado for 23 years.

e-mail: strandsco@live.com

www.strandsmedicalwigs.com

Trinidad State College—Cosmetology Department

600 Prospect, Trinidad, CO 81082. 719-846-5539.

- Wigs and turbans. Monday through Friday, 9 a.m. to 3 p.m.

**Southwestern Colorado**

Includes counties of Alamosa, Archuleta, Chaffee, Conejos, Costilla, Dolores, Gunnison, Hinsdale, La Plata, Mineral, Montezuma, Montrose, Ouray, Rio Grande, San Juan, San Miguel, and Saguache. (If you don't find resources for your county, please check a neighboring county.)

🇪🇸 = Servicios disponibles en español.
(Services available in Spanish.)

Support Groups & Programs**American Cancer Society**

1800 E. 3rd Ave., #101, Durango, CO 81301. 970-247-0278,
Option 3 for local ACS.

See *Colorado Organizations & Services for program and services—page 37.*

**American Cancer Society
Cancer Resource Center—Durango**

Mercy Hospital Medical Plaza, Durango Cancer Center,
1 Mercado St., #100, Durango, CO 81301. 970-403-0086.

- Resources and assistance for cancer patients and their families.
- Provides new and near-new wigs, hats, turbans, and scarves free to cancer patients.
- Road to Recovery: Free rides to treatment. Call 970-403-0086.
- Reach to Recovery® Breast cancer mentoring program. Call Vickie, 970-884-6083.
- Home Away from Home: Free lodging information for cancer patients and families.

Look Good...Feel Better®

Cortez, Durango, Pagosa Springs. 970-403-0086 or contact
Vicki, 970-884-6083.

- Teaches female cancer patients beauty techniques to enhance their appearance and self-image during chemotherapy and radiation treatments.
- Includes a free makeup consulting session along with a free cosmetic kit.

Mercy Cancer Support Group

1 Mercado Street, #100, Durango, CO 81301. Contact Emmy Unterreiner, 970-385-7977.

- Cancer Support Group for people living with a cancer diagnosis led by medical social workers.

e-mail: mercycancersupportgr@centura.org

San Luis Valley Cancer Support Group

Education & Conference Center, 1921 Main St., Alamosa, CO 81101. Contact Theresa Curtis, 719-587-6319.

- Cancer support group. Call for time and location.

Financial Assistance**Health Coalition of Southwest Colorado**

Contact 970-799-1654 or the American Cancer Society Resource Center, 970-403-0086.

- Offers assistance to people in Southwest Colorado receiving treatment or recently completing treatment for cancer.
- Provides up to \$500 for non-medical expenses. Gas vouchers up to \$200 for any individual in cancer treatment to travel to a treatment center.

e-mail: info@HealthCoalitionSWC.org

www.HealthCoalitionSWC.org

Living Journeys

300 Belleview, #3B, Crested Butte, CO 81224. 970-349-2777.

- Offers financial support through direct grants, emotional support through free individual and/or group counseling with a licensed therapist, education through a library and other resources, wellness support through a network of care providers, such as massage therapists, acupuncture, and Reiki. Has a survivor network and free legal and insurance advocacy and advice.

e-mail: info@livingjourneys.org

www.livingjourneys.org

Wellness**Katie Marechal, NCMT, LLC**

128 W. 14th St., #B-7, Durango CO, 81301. 970-903-1968.

- Manual lymphatic drainage (MLD), patient education, self MLD routines, and lymphatic system exercises.
- Oncology massage, pre-/post-surgery and scar tissue release, neuromuscular therapy.

e-mail: katiemarechal@yahoo.com

San Juan Hand Therapy

575 Rivergate Lane, #108, Durango, CO 81301. Contact Lani Beattie, OTR, CHT, CLT, 970-247-7711.

- Therapy evaluation and treatment for shoulder and arm rehabilitation after cancer-related surgeries, including mastectomy, lumpectomy, and axillary node dissection.
- Evaluation and treatment for diagnosis of lymphedema, including manual lymph drainage, compression bandaging, and compression garment fitting.

e-mail: sjht@frontier.net

www.sanjuanhandtherapy.com

SUPSurvivors

PO Box 2235, Durango, CO 81302. Contact Ingrid Foutz, 970-749-1397.

- A wellness club for cancer survivors and their families.
- Organizes positive group activities and educational clinics and raises money to support families in need who have suffered from cancer. Go to website for calendar of events.

e-mail: ingrid@supgirlsdurango.com

www.supsurvivors.com



Cancer-Specific Support Programs & Services

Breast Cancer Resources

Support Programs & Services By Area

🇪🇸 = *Servicios disponibles en español. (Services available in Spanish.)*

STATEWIDE

Colorado Breast Cancer Coalition

P.O. Box 2328 Englewood, CO 80150-2328. 800-734-2804.

- Educates members and the greater public about breast cancer and works to improve access to quality health care for everyone.
- Provides accurate and timely information about every aspect of breast cancer with a focus on the facts, resources, and issues that affect Colorado residents.

info@bcccolorado.org

🇪🇸 Sense of Security

1385 S. Colorado Blvd., Bldg. A, #302, Denver, CO 80222.
303-669-3113 or 866-736-3113 (toll free).

- Offers non-medical financial assistance to breast cancer patients in treatment. Typical types of assistance include mortgage/rent, groceries, utilities, transportation, and health insurance premiums.
- Website has links to financial resources and F.A.S.T., a financial assistance screening tool.

e-mail: lmiller@senseofsecurity.org

www.senseofsecurity.org

Susan G Komen—Colorado

50 S. Steele St., Ste. 100, Denver, CO 80209. 303-744-2088.
1450 Crystal Lake Rd., Aspen, CO 81611. 970-920-0250.

- Denver and Aspen affiliates merged, serving 75% of the state across 22 counties.
- Provides breast screening and diagnostic services to the medically underserved, as well as education on breast health, breast cancer, and survivorship.

www.komencolorado.org/grants-program/grant-recipients

🇪🇸 Women's Wellness Connection

866-951-WELL (9355).

- Provides eligible women with access to free or low-cost breast and cervical cancer screening in Colorado.
- To be eligible, women must be under or uninsured, between 40 and 64, and have a Colorado driver's license, Colorado identification card, or be a permanent resident.

www.womenswellnessconnection.org

DENVER METRO AREA

Support Groups & Programs

Andre Center for Breast Cancer Education and Navigation 303-388-2441.

- Information on treatment options, assistance with navigating the health care system, and connections to needed resources.
- Provides access to a nurse who specializes in breast cancer education and navigation.

e-mail: breast-ca-edu@andrecenter.org

www.andrecenter.org

Boulder Community Hospital/RMCC Boulder

Boulder Community Hospital, 4715 Arapahoe Ave., Boulder, CO 80303. 303-385-2003. Contact Jill Mitchell, PhD, MSW or Breast Cancer Navigator, Nanna Bo Christensen, RN, OCN, CBCN, 720-854-7057.

- Multiple support groups and support services for breast cancer patients, including integrative care and rehabilitation services.

www.bch.org or www.rockymountaincancercenters.com.

Bright Pink—Denver Chapter

Bright Pink Headquarters, 670 N. Clark St., #2, Chicago, IL 60654.

- National organization focuses on prevention and early detection of breast and ovarian cancer in young women while providing support for high risk individuals. These include young women (ages 18-45) who are currently fighting or have survived breast or ovarian cancer as well as those with a genetic pre-disposition to these cancers due to a specific gene (i.e., BRCA 1 and 2) and/or a strong family history of these cancers.
- Support groups and educational events held regularly in the Denver area, as well as nationally.

e-mail: Denver@BeBrightPink.org, Denver Chapter

Ambassador

www.brightpink.org

Friends for Life

Cherry Hills Community Church, 3900 E. Grace Blvd., Highlands Ranch, CO 80126-7801. Contact Jeanne Fountain, 303-888-3627.

- Information-based breast cancer support group focuses on how to live life better after breast cancer. Outside speakers attend.

e-mail: jfjeanne@aol.com

The Medical Center of Aurora

Breast Cancer Care Center, 1444 S. Potomac St. Aurora, CO 80012. Contact Sue Scheiwe, RN, CBPN-IC, or Kathleen Holden, RN, CBPN-IC, 303-338-7297 (office), 720-371-9249 (cell).

- Breast nurse navigators offer support from screening through treatment.
- Monthly breast cancer support group for any stage of survivorship.
- Information on genetic testing and counseling.

www.healthonescares.com

Presbyterian/St. Luke's Medical Center

Breast Care, 2055 High St., #180, Denver, Colorado 80205.

Contact Lisbeth A. Sestina, BS, CBPN-IC, breast health navigator, 303-839-7501 (office), 720-724-1409 (cell).

- Breast health navigator offers support from screening through treatment.
- Monthly breast cancer support group.
- Wellness programs offered at Red Rocks Cancer Center. Go to **Wellness** section for more information.

e-mail: lisbeth.sestina@healthonescares.com

www.healthonescares.com

Sky Ridge Medical Center

10101 RidgeGate Pkwy., Lone Tree, CO 80124. Contact

Christina Mullen, CBPN-IC, breast health navigator, 720-225-2273.

- Breast health navigator offer support from screening through treatment.
- Monthly breast cancer support group.

www.healthonescares.com

Product Suppliers & Cosmetic Services**Bittersweet Design**

3935 Balsam, Wheat Ridge, CO 80033. Contact Sandy Weaver, 303-420-5374.

- Will pocket your own bras to accommodate prosthesis.
- Service by mail. Call for flyer and information.

Neo-Imago

Aesthetic Solutions, 2770 Dagny Way, #109, Lafayette, CO 80026. 303-434-2900.

Baker Center for Plastic Surgery at Littleton Hospital, 7720 S. Broadway, #350, Littleton, CO 80122. 303-434-2900.

Center for Cosmetic Surgery and Rejuvenate, 300 S. Jackson St., #310, Denver, CO 80209. 303-434-2900.

- Areola pigmentation to recolorize the areola complex and nipple area after reconstructive surgery.
- Brow and eyeliner applications, color camouflage for scar tissue, and permanent lip liner.

e-mail: Cynthia@neo-imago.com

www.neo-imago.com

Nordstrom

Cherry Creek Mall, 2810 1st Ave., Denver, CO 80206. 720-746-2424, ext. 1240.

Flatirons Mall, 21 W. Flatiron Cir., Broomfield, CO 80021. 720-887-0333, ext. 1240.

Park Meadows Mall, 8465 Park Meadows Center Dr., Lone Tree, CO 80124. 303-799-3400, ext. 1240.

- Certified prostheses coordinators; call for appointment.
- Lingerie for lumpectomy, reconstructive, and mastectomy patients.

Pink Ink Survivor Breasthetics

5243 S. Zeno Way, Centennial, CO 80015.

Contact Terri Gaertner, 303-358-1324.

- Certified in performing nipple/areola repigmentation (tattooing) for breast cancer survivors who have had mastectomies.
- Creates an illusion of having a nipple when there is not one if the survivor prefers to not have a nipple reconstructed.

e-mail: terri@pinkinksb.com

www.pinkinksb.com

Prosthetic Illusions

3405 S. Yarrow St., #C, Lakewood, CO 80227. 303-973-8482.

- Certified for Radiant Impressions custom and noncustom breast prosthetics (no leakage, lightweight, hand-painted).
- Accepts most insurance and will do billing for you.

www.prostheticillusions.com

Treva's

6460 E. Yale Ave., Denver, CO 80222. 303-691-9991.

- Breast prostheses for full mastectomy, lumpectomy, and reconstructive surgeries in a variety of styles and brands. Certified fitters. Nationally accredited by Medicare.
- Mastectomy bras, swimwear, pocket sport tops, and other accessories.

www.trevas.com

Wellness Programs**Denver Physical Therapy**

Aurora, 303-755-8826. Castle Rock, 303-688-3914. Denver Athletic Club, 303-628-0871. Colorado Athletic Club,

303-892-8850. Centennial, 303-790-4495.

- Treatments specific to recovery from breast cancer, including lymphatic drainage, scar tissue reduction, and movement therapy based on the Feldenkrais method.
- Manual therapy-based techniques focusing on return to wellness.

www.denverphysicaltherapy.com

The Healing Chest

1393 S. York St., Denver, CO 80210. Contact Susan Holbrook, RYT, certified Chopra Wellness Center yoga instructor; 303-921-0418.

- A complementary healing yoga program for women recovering from prophylactic or therapeutic surgeries related to breast cancer.
- Designed to avoid possible onset of lymphedema and over-stressing of chest muscles while strengthening core/back muscles, restrengthening balance, and gently stretching areas affected by surgery and radiation. No yoga experience necessary.

e-mail: info@thehealingchest.org

www.thehealingchest.org

Pilates Denver Studio

6380 S. Fiddlers Green Cir., #108 C, Greenwood Village, CO 80111. Contact Suzie Frasher; 303-779-0164.

- Certified Pilates instructor and breast cancer exercise specialist certified by the Pink Ribbon Program.
- Pilates helps regain strength and mobility in affected shoulder and arm, reduces feelings of depression, improves self-confidence and control, alleviates fatigue, and enhances physical and emotional well-being.

e-mail: suzie@pilatesdenverstudio.com or

amy@pilatesdenverstudio.com

www.pilatesdenverstudio.com

NORTHEASTERN COLORADO**Support Groups & Programs****Longmont Breast Cancer Self-Help Support Group**

First Evangelical Lutheran Church, 803 3rd Ave., (Fireside Room), Longmont, CO 80501. Contact Barb; 303-651-3229.

- Breast cancer support group for all stages of breast cancer survivorship.
- Second Monday of each month. Alternates between afternoon and evening meetings.

University of Colorado-North

2121 E. Harmony, #260, Fort Collins, CO 80528. 970-237-7700.

- Support groups for women and men touched by breast cancer, including groups for women under 45.

www.uchealthcancercare.org

Financial Assistance**Hope Lives! The Lydia Dody Breast Cancer Foundation**

2629 Redwing Rd., #260, Ft. Collins, CO 80526. 970-225-6200.

- Offers integrative oncology services such as acupuncture to relieve the pain and nausea associated with chemotherapy and radiation, massage therapy for pain and fatigue, mental health counseling, yoga, art therapy, music therapy, and more.
- Offers housecleaning, errand running, a wig bank, and lending library.
- All services are provided at no cost to the client.

e-mail: staff@hopelives.org

www.hopelives.org

McKee Medical Center

2000 N. Boise Ave., Loveland, CO 80538.

Contact McKee Breast Center; 970-593-6191.

- Helps underinsured and uninsured women receive resources for treatment.
- Patients who are identified and qualify receive support and the full range of services in the continuum of care.

Product Suppliers & Cosmetic Services**Banner Home Medical Equipment**

1990 59th Ave., #300, Greeley, CO 80631. 970-506-6420 or 800-752-4074.

- Breast prostheses and mastectomy bras, with fittings.

www.bannerhealth.com

Bea's Personal Fittings

2252 Albany Ct., Loveland, CO 80538. 970-669-2593.

- Prostheses, bras, fashions, swimsuits, in-home service.

e-mail: beapf@comcast.net

Forma Bella Boutique

4450 Union St., #100, Johnstown, CO 80534. 970-624-7979.

- Post-breast surgery garments, breast forms and shapers.
- Bra fitting by a certified fitter.

www.drgonyon.com

RCC Medical Supply

3109 35th Ave., #C, Greeley, CO 80634. Contact Amy Ledford, certified mastectomy fitter; 970-356-9078.

- Breast forms, enhancers, shapers, swimwear, lymphedema products, specialty bras for breast forms and reconstructed breast.
- Twenty years' experience.

e-mail: amy@rccmed.net

www.rccmed.net

NORTHWESTERN COLORADO**Support Groups & Programs****Bosom Buddies Breast Cancer Support Group—Montrose**

645 South 5th St., Montrose, CO. Contact Francie Smiles; 970-252-2814.

- Provides wigs, turbans, and scarves. Call for eligibility information.

e-mail: fsmiles@bresnan.net

Delta Breast Cancer Support Group

Contact Dorothy Hunt; 970- 872-3309.

- Meets the last Friday of each month, 12:00 p.m., at Grand Mesa Oncology. Bring a brown bag lunch.

SOUTHEASTERN COLORADO

Support Groups & Programs

Bosom Buddies

Contact Judy Musso, 719-564-2255 or Linda Cullin, 719-404-0486.

- Support group meets in various locations in Pueblo, Colorado.

👉 Juntas: Contra el cancer de seno (Together Against Breast Cancer)

Penrose Cancer Center, 2222 N. Nevada Ave., Colorado Springs, CO 80907. Contact Cecilia Belardi Thompson, outreach liaison, 719-776-4543.

- Latina Breast Health Outreach Program using trained Promotoras.
e-mail: ceciliabelardithompson@centura.org

Hope Sisters

(formerly Fremont County Breast Cancer Support Group)

Contact Sandi Allen, 719-275-3235 or Kay Diehl, 719-275-0613.

- Canon City support group meets at Shepherd of the Hills Lutheran Church.

👉 Penrose Hospital/ Penrose Cancer Center

2312 Nevada Ave., #235, Colorado Springs, CO 80907. Contact Sharon Halla, breast nurse navigator, 719-776-5955.

- Survivorship Program for Breast Cancer: provides treatment summary and survivorship care plan, along with a survivorship counseling session through Rocky Mountain Cancer Centers.
- Breast Cancer Support Group and multidisciplinary clinics for newly diagnosed patients.
- High-Risk Breast Clinic: Designed to help women with elevated risk factors receive screening appropriate for their risk profile. 719-571-8900.

e-mail: sharonhalla@centura.org

www.penrosecancercenter.org/SCBCS

Susan G. Komen for the Cure

—Southeastern Colorado Affiliate

625 N. Cascade Ave., #110, Colorado Springs, CO 80903.

Contact Paul Montville, executive director, 719-632-8887.

- Awards grants to not-for-profits in its service area that provide education, screening, and treatment support to medically uninsured or underinsured individuals through funds raised from events such as the Race for the Cure.
- Information and educational materials on breast health and local resources.

e-mail: info@komensecolorado.org

www.komensecolorado.org

Product Suppliers & Cosmetic Services

Donna Hill, Certified Prosthesis Fitter

4100 Jerry Murphy Rd., Pueblo, CO 81001. 719-544-7070.

- Confidential fittings, personalized care. Specialized products, most insurance accepted.

Horizon Prosthetics, LLC

1825 Austin Bluffs Pkwy., #100, Colorado Springs, CO 80918.

Contact Mandy J. Myers, 719-266-0949.

- Custom-fitted breast prostheses, mastectomy bras, and swimsuits. Custom compression sleeves and gloves for lymphedema treatment.

e-mail: info@hzpros.com

www.horizonprosthetics.com

In Care of You, Inc.

415 E. Pikes Peak Ave., #101, Colorado Springs, CO 80903.

719-442-6770.

- Certified fitters for breast prostheses and post-mastectomy products.
- Breast prosthetics, bras, and swimsuits. Medicare accredited. Most insurance accepted.

www.incareofyou.com

Wellness

Gentle Yoga 4 Healing

Woodland Park, Colorado. Contact Nancy Stannard,

719-237-6547.

- Gentle movement and meditation for breast cancer patients, survivors, and caregivers.
- Small-group classes and private sessions available in Colorado Springs and Woodland Park. No prior yoga experience necessary.

e-mail: gentlyoga4healing@gmail.com

www.gentlyoga4healing.com

SOUTHWESTERN COLORADO

Support Groups & Programs

Montezuma County Breast Cancer Support Group

Contact Sue Tompkins, 970-882-4484, or Ginger Kingman,

970-882-7586.

- Call for time and location of support group meetings.

Montrose Bosom Buddies Breast Cancer Support Group

645 S. 5th St., Montrose, CO 81401. 970-252-2814.

- Women's cancer support group.
- Wigs, turbans, and scarves available.

Financial Assistance

Bosom Buddies, Southwestern Colorado

Contact Francie Smiles, 970-252-2814.

- Financial assistance to help women who can't afford mammograms, diagnostic mammograms, and biopsies. Assistance is limited to Montrose, San Miguel, Ouray, Gunnison, and Delta Counties.

Women's Cancer Coalition

Contact Sue Tompkins, 970-882-4484.

- In Montezuma and Dolores Counties, offers funding for reproductive cancers screening for women not eligible for Women's Wellness Connection screenings because of their age.

NATIONAL ORGANIZATIONS

After Breast Cancer Diagnosis (ABCD)

5775 N. Glen Park Rd., # 201, Glendale, WI 53209. 800-977-4121

- Accurate, reliable information related to diagnosis, treatment, personalized support, and free resources.
- Trained breast cancer survivors and co-survivors offer immediate phone support or by mentorship.

www.abcdbreastcancersupport.org

The Breast Cancer Fund

1388 Sutter St., #400, San Francisco, CA 94109. 415-346-8223 or 866-760-8223.

- Information and outreach education about breast cancer and the environment.
- Advocacy for public health policies to identify and eliminate environmental causes of breast cancer.

e-mail: info@breastcancerfund.org

www.breastcancerfund.org

Living Beyond Breast Cancer

354 West Lancaster Ave., #224, Haverford, PA 19041. 610-645-4567. 888-753-5222 (Survivors' Helpline).

- Education and support organization assists survivors at all stages of care and beyond through a newsletter, information for the underserved, up-to-date information on treatment, and teleconferences on breast cancer-related topics.

www.lbbc.org

Men Against Breast Cancer

P.O. Box 150, Adamstown, MD 21710-0150. 866-547-MABC (6222).

- Provides support to men who have a loved one diagnosed with breast cancer.
- Gives men an opportunity for greater involvement in the battle against breast cancer.

e-mail: info@menagainstbreastcancer.org

www.menagainstbreastcancer.org

Metastatic Breast Cancer Network

P.O. Box 1449, New York, NY 10159. 888-500-0370.

- National, independent, patient-led advocacy group dedicated to the unique concerns of women and men living with metastatic breast cancer.
- Provides education and information on treatments and coping with the disease.

e-mail: mbcn@mbcnetwork.org

www.mbcnetwork.org

National Breast Cancer Coalition

1101 17th St., NW, #1300, Washington, DC 20036. 202-296-7477 or 800-622-2838.

- Grassroots advocacy group works for increased federal funding for breast cancer research, improved access to high-quality health care and breast cancer clinical trials, and expanded influence for breast cancer advocates.
- NBCC launched Breast Cancer Deadline 2020®, a call to action for policy makers, researchers, breast cancer advocates, and other stakeholders to end the disease by January 1, 2020.

www.stopbreastcancer.org

Pink-Link.Org

149 S. Barrington Ave., #734, Los Angeles, CA 90049-3310.

- Online breast cancer support network matches patients and caregivers with others who have experienced a similar diagnosis or situation.

www.Pink-Link.org

Susan G. Komen for the Cure

National headquarters, 5005 LBJ Freeway, #250, Dallas, TX 75244. 877-GO KOMEN (877-465-6636) (breast health and breast cancer information.)

- Funds breast cancer research, education, and screening both nationally and locally.
- Interactive educational tools on breast cancer and treatment navigation.

www.komen.org

Young Survival Coalition (YSC)

61 Broadway, #2235, New York, NY 10006. 646-257-3000 or 877-YSC-1011 (877-972-1011).

- Through action, advocacy, and awareness, YSC seeks to educate the medical, research, breast cancer and legislative communities and to persuade them to address breast cancer in women 40 and under.
- Information, resources, and support from diagnosis through survivorship.

e-mail: info@youngsurvival.org

www.youngsurvival.org



Colorectal Cancer Resources

 = Servicios disponibles en español. (Services available in Spanish.)

Colorado Support Groups & Programs

Longmont United Hospital

1950 Mountain View Ave., Longmont, CO 80501. Contact Ann McCue, Patient Navigator, 303-485-4532.

- Monthly support group for survivors of colorectal disease facilitated by oncology nurse navigator.

e-mail: ann.mccue@luhcares.org

www.luhcares.org

Porter Adventist Hospital

Cancer Care Center, 2525 S. Downing St., Denver, CO 80210. Contact Linda Mitchell, MA, LPC, RN, 303-778-2583 or Jeanne Currey, RN, MSN, 303-778-5832.

- Colorectal Cancer Support Group (by referral).
- e-mail: lindamitchell@centura.org or jeannecurrey@centura.org
www.porterhospital.org

University of Colorado Hospital

Colorectal Cancer Support Group. Anschutz Inpatient, 12505 E. 16th Ave., Aurora, CO 80045. 720-848-0316.

- Free support group for patients, family, and friends affected by a diagnosis of prostate cancer.

www.uch.edu/conditions/cancer/support-education/classes-support-resources-and-events

National Support & Education Programs

Chris4Life Colon Cancer Foundation

8330 Boone Blvd., #450, Vienna, VA 22182. 855-610-1733.

- National nonprofit focuses on colon cancer research, patient care, awareness, and prevention.
- Dedicated to elimination through a cure for colon cancer.

e-mail: May send a message online at www.chris4life.org/contact.

www.chris4life.org

Colon Cancer Alliance (CCA)

1025 Vermont Ave., NW, #1066, Washington, DC 20005. 202-628-0123.

- Online support “buddy” programs for patients.
- Documents and links helpful to all those with a connection to colon cancer.

e-mail: webmaster@ccalliance.org

www.ccalliance.org

Colontown

8330 Boone Blvd., #450, Vienna, VA 22182. 855-610-1733.

- Online support network for individuals, family members, and/or friends touched by colon cancer; a part of Chris4Life.

e-mail: May send message online at www.chris4life.org/contact.

www.colontown.org

Colorectal Care Line

421 Butler Farm Rd., Hampton, VA. 866-657-8634.

- Offers case management services, patient resources (temporary housing assistance, transportation, general CRC information, etc.). Links to the Patient Advocate Foundation.

e-mail: CCL@patientadvocate.org

www.colorectalcareline.org

Figg Tree Foundation

P.O. Box 1493, St., Peters, MO 63376. 636-240-5949.

- Provides grants to cover medical expenses for colorectal cancer patients.
- Has stories from colorectal cancer survivors, focusing on those diagnosed at a young age.

e-mail: figgtree@hotmail.com

www.figgtree.com

Kate Murphy List Serv

- Murphy, a 20-plus year colon cancer survivor, has a list serv for survivors, family members, and advocates.
- Reliable place people can write in with any colon cancer-related issue and find support and guidance.
- Murphy is knowledgeable and has articles on treatment advances and other topics.

e-mail: To subscribe, e-mail listserv@listserv.acor.org with subscribe colon in the subject line.

United Ostomy Association of America

P.O. Box 512, Northfield, MN 55057-0512.

Steve Johnson, 303-795-2719; Edgar Schneider, 970-434-9880;

Jim Parker, 970-302-1613; Gerry Ellis, 719-598-7411;

Armi Earlam 303-425-2510.

- Provides local support groups in Colorado and across the country.
- Includes a discussion board and event information.

e-mail: susanburns@ostomy.org

www.uoaa.org

Product Suppliers

Blanchard Ostomy Products

1510 Raymond Ave., Glendale, CA 91201. 818-242-6789.

- Karaya wafers, pouches, and other supplies for ileostomy, urostomy.

Coloplast, Inc

1601 West River Rd., North Minneapolis, MN 55411.

800-533-0464.

- Colostomy and ileostomy pouches, skin barriers, plugs.

www.us.coloplast.com

Gynecologic & Ovarian Cancer Resources

🇪🇸 = Servicios disponibles en español. (Services available in Spanish.)

ConvaTec, a Bristol-Myers Squibb Company

100 Headquarters Park Dr., Skillman, NJ 08558. 800-422-8811.

- Full product line, including Sur-Fit Natura, Active Life, Autolock.

www.convatec.com

Cymed Ostomy Co.

8400 Carbide Ct., #B, Sacramento, CA 95828.

800-582-0707.

- Full product line including the MicroSkin Ostomy
- Pouching System.

www.cymedostomy.com

Hollister Inc.

2000 Hollister Dr., Libertyville, IL 60048. 888-740-8999.

- Full product line: Hollister Flexend, Premier.

www.hollister.com

Marlen Manufacturing & Development Co.

5150 Richmond Rd., Bedford, OH 44146. 216-292-7060.

- Full product line: Ultra Duet, Ultra, Skin Shield.

www.marlenmfg.com

Colorado Support Groups & Programs

Colorado Ovarian Cancer Alliance (COCA)

2465 Sheridan Blvd., Denver; CO 80214. P.O. Box 9216, Denver, CO 80209. 303-506-7014 or 800-428-0642.

- Provides support and promotes awareness and early detection of ovarian cancer through advocacy and education.
- Free “Comfort Kit” for those currently in treatment for ovarian cancer. Can also provide a small supply to your hospital or clinic.
- Sponsors of Jodi’s Race: Premier awareness event for ovarian cancer in Colorado.
- Publishes *Colorado Ovarian Cancer Resource Guide*, dedicated to helping Colorado women and their caregivers manage many aspects of the ovarian cancer journey. Download PDF or order print copy online.

e-mail: contactus@colo-ovariancancer.org

www.color-ovariancancer.org

Nicki’s Circle Ovarian Cancer Support Groups – COCA

Contact Susan Hess, MA, LPC, 720-519-3122.

Groups are held in various Denver Metro locations:

Boulder Community Hospital, Foothills Campus;

Tebo Medical Pavilion, Boulder, CO;

Sky Ridge Medical Center, Lone Tree, CO;

St. John’s Cathedral, Central Denver, CO;

Swedish Medical Center, Englewood, CO.

- Free monthly support group for women diagnosed with ovarian cancer. Professionally facilitated.
- Please contact Susan before attending for the first time. Other gyn cancer survivors welcome.

e-mail: nickiscircle@colo-ovariancancer.org

www.color-ovariancancer.org/nickiscircle

Nicki’s Circle Telephone Ovarian Cancer Support Group

Conference call. Contact Susan Hess, MA, LPC, 720-519-3122.

- Free monthly support group for women diagnosed with ovarian cancer. Professionally facilitated. First Wednesdays of the month.
- Please contact Susan before attending for the first time to get phone and PIN numbers. Other gyn cancer survivors welcome.

e-mail: nickiscircle@colo-ovariancancer.org

www.color-ovariancancer.org/nickiscircle

Nicki’s Circle Network Online Support

Online community. Contact Susan Hess, MA, LPC, 720-519-3122.

- Online networking resource for Colorado women diagnosed with ovarian cancer.

e-mail: nickiscircle@colo-ovariancancer.org

www.nickiscircle.com

🇪🇸 Penrose Cancer Center

2222 North Nevada Ave., Colorado Springs, CO 80907. Contact Sherry Martin, LCSW, 719-776-5311.

- Support group for women with gynecologic cancer, held monthly.
- Complementary lunch offered.

www.penrosecancercenter.org



Continued on next page

Ways to Communicate Your Feelings Related to the Diagnosis and the Future

- Talk with family members and friends.
- Be open and honest, especially with children.
- Let them know what you need.
- Let them know it is all right to ask questions.
- Don't go into great detail unless you want to.
- Thank people for asking about you; refusing to acknowledge their interest isolates you from people who care.
- Talk with a therapist or spiritual advisor.
- Join a cancer support group.
- Keep a journal.
- Use artistic expression, such as drawing, music, or painting.

—Diane L. Akins, MA, LPC, CAC III, breast cancer survivor



National Support and Education Programs

Bright Pink

670 N. Clark St., #2, Chicago, IL 60654.

- Focuses on the prevention and early detection of breast and ovarian cancer in young women, with support for high-risk individuals.
- Offers an online community.

e-mail: BrightPink@BeBrightPink.org

www.brightpink.org

FORCE— Facing Our Risk of Cancer Empowered

16057 Tampa Palms Blvd., W, PMB 373, Tampa, FL 33647. 1-866-288-RISK (7475).

- Fighting hereditary breast and ovarian cancer.
- Helpline and online community.

e-mail: info@facingourrisk.org

www.facingourrisk.org

Foundation for Women's Cancer

230 W. Monroe, #2528, Chicago, IL 60606. 800-444-4441.

- Provides awareness, research, and education about women's gynecologic cancers.

e-mail: info@foundationforwomenscancer.org

www.foundationforwomenscancer.org

HERA Women's Cancer Foundation

P.O. Box 6147, Denver, CO 80206. 970-948-7360.

- The foundation's mission is to stop the loss of women from ovarian cancer by promoting Health, Empowerment, Research, and Awareness.

e-mail: info@herafoundation.org

www.herafoundation.org

OCNA's Inspire Ovarian Cancer Online Support Community

1101 14th St., NW, #850, Washington, DC 20005. 866-399-6262.

- National online discussion board for women with ovarian cancer.

e-mail: ocna@ovariancancer.org

www.ovariancancer.org

Ovations for the Cure of Ovarian Cancer

251 W. Central St., Natick, MA 01760. 508-655-5412.

- Information about treatment options, questions to ask your doctor, living with ovarian cancer, and support programs.

e-mail: info@ovationsforthecure.org

www.ovationsforthecure.org

Share Cancer Support

1501 Broadway, #704A, New York, NY 10036.

866-537-4273 (ovarian). In Spanish, 212-719-4454.

- Toll-free helpline for women facing ovarian or breast cancer.

e-mail: info@sharecancersupport.org

www.sharecancersupport.org

Financial Assistance

COCACares Financial Assistance Program

2465 Sheridan Blvd., Denver, CO 80214. P.O. Box 9216, Denver, CO 80209. 303-506-7014 or 1-800-428-0642.

- Financial assistance of \$500/month for up to six months for qualified applicants diagnosed with ovarian cancer. See website for details and application.

e-mail: cocacares@colo-ovariancancer.org

www.color-ovariancancer.org/cocacares

Leukemia/Lymphoma/Myeloma-Blood Cancer Resources

 = Servicios disponibles en español. (Services available in Spanish.)

Colorado Support Groups & Programs

Amyloidosis Support Group

Meetings in different Denver Metro locations.

Contact Muriel Finkel, 866-404-7539.

- Support group meets once each quarter to connect those with amyloidosis to others who have also been affected.

e-mail: muriel@finkelsupply.com

Colorado Blood Cancer Institute – Men's Support Group

Presbyterian/ St. Luke's Hospital, 1721 East 19th Ave., #200 and #300, Denver, CO 80218. Contact Teri Simoneau, 720-754-4850.

- Group for men who are being treated for cancer or are survivors.
- Share experiences, build relationships, and receive support.

e-mail: Teri.Simoneau@HealthONEcares.com

www.bloodcancerinstitute.com

International Myeloma Foundation Support Group

Meetings in different Denver metro locations.

Contact Kelly Cox, 818-487-7455.

- Support group meets once each quarter to connect those with myeloma to others who have also been affected.

e-mail: kcox@myeloma.org

www.myeloma.org

International Waldenstrom's Macroglobulinemia Foundation

Meetings in different Denver metro locations.

Contact Cindy Furst, 970-227-4686.

- Support group meets once each quarter to connect those with myeloma to others who have also been affected.

e-mail: cindyfurst@gmail.com

Leukemia and Lymphoma Society

720 S. Colorado Blvd. #500-S, Denver, CO 80246. Contact Lori Apple, 720-440-8620 or 800-286-8159.

- Provides free information and support services across Colorado for those affected by blood cancers and their families.
- Provides free educational programs for blood cancer patients and health care professionals.
- Patti Robinson Kaufmann First Connection Program connects patients or their caregivers to peer support for blood cancer diagnoses.

e-mail: lori.apple@lls.org

www.lls.org/aboutlls/chapters/rm

Leukemia and Lymphoma Society – General Blood Cancer Family Support Group

Penrose Pavilion, 2312 N. Nevada, 2nd Flr., Colorado Springs, CO 80907. Contact Dannis Schanel, 719-776-5884.

- Held monthly for patients and family members.

e-mail: dannisschanel@centura.org

www.penrosecancercenter.org/support-groups

National Support & Education Programs

Be the Match

888-999-6743.

- Offers one-on-one support for blood cancer transplant patients.
- Provides free educational resources for all stages of bone marrow transplants.

e-mail: patientinfo@nmdp.org

www.bethematch.org

International Myeloma Foundation

12650 Riverside Drive, #206, North Hollywood, CA 91607. 800-452-2873 (toll free helpline).

- Nonprofit organization dedicated to improving the quality of life of myeloma patients and their families by providing information of the disease, treatment, clinical trials and support.

e-mail: hotline@myeloma.org

www.myeloma.org

International Waldenstrom's Macroglobulinemia Foundation

6144 Clark Center Ave., Sarasota, FL 34238. 941-927-4963.

- Provides information, education, and support for patients and caregivers.

e-mail: info@iwmf.com

Lymphoma Foundation of America

1100 N. Main St., Ann Arbor, MI 48104. 800-385-1060.

- Offers one-on-one counseling for those affected by lymphoma.
- Provides resources in order to help start local lymphoma support groups.

e-mail: LFA@lymphomahelp.org

www.lymphomahelp.org

Financial Assistance

Leukemia and Lymphoma Society

1311 Mamaroneck Ave., #310, White Plains, NY 10605. 800-955-4572.

- Co-pay assistance program helps you pay your insurance premiums and meet co-pay obligations.

e-mail: infocenter@lls.org

www.lls.org

Lymphoma Research Foundation

115 Broadway, Ste. 1301, New York, NY 10006. 800-500-9976.

- Patient Aid Grant Program which provides limited financial assistance to lymphoma patients who need assistance to pay for expenses related to treatment.
- T-Cell Lymphoma Transportation Assistance Fund which helps T-cell lymphoma patients with transportation expenses related to treatment.

e-mail: Helpline@lymphoma.org

www.lymphoma.org

Lung Cancer Resources

 = Servicios disponibles en español. (Services available in Spanish.)

Colorado Support Groups & Programs

American Lung Association in Colorado

5600 Greenwood Plaza Blvd., #100, Greenwood Village, CO 80111. 303-388-4327.

- Practical help for those living with lung disease.
- Offers education on the dangers of smoking and pushes for more smoke-free workplaces and reduced air pollution.

e-mail: info@lungcolorado.org

www.alacolo.org

Living with Lung Cancer

Kaiser Permanente, Franklin Medical Offices, 2045 Franklin St., Denver, CO 80205. 303-764-5310 or 720-536-7248.

- Support group for lung cancer patients.

National Jewish Health

1400 Jackson St., Denver, CO 80206. Contact Bronwyn Long, RN, DNP, MBA, 303-270-2392.

- Meetings open to anyone with lung cancer or a history of lung cancer and their caregivers, family, and friends.

e-mail: longb@njhealth.org

Penrose Cancer Center

2222 North Nevada Ave., Colorado Springs, CO 80907. Contact Heather McWilliams, LCSW, 719-776-5878.

- Lung cancer workshop, held periodically for patients and family members.

www.penrosecancercenter.org

Porter Adventist Hospital

Cancer Care Center, 2525 S. Downing St., Denver, CO 80210. Contact Linda Mitchell, 303-778-2583, or Jeanne Currey, 303-778-5832.

- Lung cancer support group available by referral.

Swedish Medical Center

799 E. Hampden, #120, Englewood, CO 80113. Contact Sally L. Tenorio, RN, BSN, CCA, Lung Cancer Nurse Navigator, 303-788-3994.

- Lung cancer care program offers support groups.
- Nurse navigator assists patients through diagnosis, appointments, hospital and community resources, treatment decisions, and survivorship.

www.healthonecares.com

National Support & Education Programs

American Lung Association

555 W. Wacker Dr., #1150, Chicago, IL 60601. 800-548-8252.

- Works to save lives by improving lung health and preventing lung disease through education, advocacy, and research.
- Offers support groups, including the Better Breathers Club and the online Lung Connection Community.

www.lungusa.org

Lung Cancer Alliance

888 16th St., NW, #16, Washington, DC 20006. 800-298-2436.

- Information on lung cancer risk, screening, diagnosis, and treatment options.
- Offers support through a free information line, peer-to-peer support program, and online community, LungLoveLink.

e-mail: info@lungcanceralliance.org

www.alcase.org

Lung Cancer.org, a program of Cancer Care

275 Seventh Ave., New York, NY 10001. 800-813-4673.

- Free online professional support, including counseling, support groups, financial assistance, educational workshops, and publications, for anyone coping with lung cancer.

e-mail: info@cancercare.org

www.lungcancer.org

Lung Cancer—Caring Ambassadors

P.O. Box 1748, Oregon City, OR 97045. 503-632-9032.

- Helps those with challenging health conditions improve their lives through advocacy, information, and support.

e-mail: Lorren@CaringAmbassadors.org

www.lungcancercap.org

Lung Cancer Online

888 16th St., NW, #16, Washington, DC 20006.

800-298-2436.

- Reliable online reference guide for those diagnosed with lung cancer and anyone else looking for in-depth information, all in one place.

www.lungcanceronline.org

Mesothelioma Resources

877-367-6376.

- Information about the disease, including medical options and resources. Free information packet.

www.mesotheliomaweb.org

LUNgevity Foundation

218 S. Wabash, #540, Chicago, IL 60604. 312-407-6100.

- Promotes earlier detection and more effective treatment of lung cancer.
- Offers online support network, conferences, resource center for survivors and caregivers, peer-to-peer helpline, and other resources.

e-mail: info@lungevity.org

www.lungevity.org

Pediatric Cancer Resources

 = Servicios disponibles en español. (Services available in Spanish.)

Colorado Support Groups & Programs

Bags of Fun

P.O. Box 4905 Englewood, CO 80155. 720-432-2417.

- Delivers colorful age-appropriate backpacks to pediatric patients undergoing cancer treatment, kidney dialysis, and heart, liver, and kidney transplants.

e-mail: tammy@bagsoffun.org

www.bagsoffun.org

Brent's Place

11980 East 16th Ave., Aurora, CO 80010. 720-343-2800.

- Helps those living with cancer by providing housing and programs throughout the community.
- The only Children's Hospital Colorado approved "safe-clean" housing facility for immune compromised patients and their families.

www.brentsplace.org

Heroes Forever

P.O. Box 1872, Arvada, CO 80001. 303-428-6171.

- Provides programs and activities that enable pediatric cancer patients and their families an escape from the everyday rigors that come with a cancer diagnosis.

e-mail: info@heroesforever.org

www.heroesforever.org

Make-A-Wish Foundation of Colorado

7951 E. Maplewood Ave., #126, Greenwood Village, CO 80111. 303-750-9474.

- Grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy

e-mail: colorado@colorado.wish.org

www.colorado.wish.org

MyLifeLine.org Cancer Foundation

1355 S. Colorado Blvd., Bldg. C-601, Denver, CO 80222. 720-883-8715.

- Free websites for patients to build an online support community of family and friends to foster connection, inspiration, and healing.

e-mail: support@mylifeline.org

www.mylifeline.org

PALS — Parent Allies for Love and Support

380 S. Holly St., Denver, CO 80246. 904-504-4800.

- Connects parents and caregivers of children with cancer in a parent-to-parent peer-mentor setting.

e-mail: brittany@parentallies.org

www.parentallies.org

Rocky Mountain Children's Health Foundation

2055 High St., #240, Denver, CO 80205.

Contact Lee Shaughnessy, 303-839-6784.

- Provides a variety of support programs and services for children and their families who are undergoing treatment for cancer and other medical conditions.

e-mail: Lee.Shaughnessy@rmchildren.org

www.rmchildren.org

Ronald McDonald House Charities of Denver

House locations: 1300 E. 21st Ave., Denver, CO, 80205.

303-832-2667 and 932 Potomac Cir., Aurora, CO 80111. 720-324-2400.

- Provides comfortable, low-cost housing, to out-of-town parents needing to be near their hospitalized children.
- Offers Sky High Hope Camp, a week-long camp for children with cancer and their siblings, as well as college scholarships and community grants.

www.ronaldhouse.org

Shining Stars Foundation

24 County Rd. 524, PO Box 730, Tabernash, CO 80478.

970-726-8009.

- Year-round recreational and social programs for children and their families challenged with pediatric cancer or another life-threatening illness. All programs are provided at no cost to the child and family.

e-mail: Office@shiningstarsfoundation.org

www.shiningstarsfoundation.org

Teen with a Dream

18425 Pony Express Dr., #113B, Parker, CO 80134. 720-519-4574.

- Enriches the lives of pediatric cancer patients and the lives of their families by combating the effects of social isolation and loneliness during chemotherapy through specialized social, education, and financial programs.

e-mail: dream@teenwithadream.org

www.teenwithadream.org

Financial Assistance Programs

Ray of Hope

3455 Ringsby Ct., #111, Denver, CO 80216. 720-238-5401.

- Awards monthly grants to adult and pediatric patients receiving active treatment for their cancer.
- Grant applications are prioritized based on financial need and medical and personal situations.

www.rayofhopecolorado.org

Creston J Walker Foundation

734 Peach Ct., Louisville, CO 80027. 720-938-2335.

- Provides educational and financial support for families of children with cancer.

e-mail: crestonwalker@comcast.net

www.crestonjwalkerfoundation.org

McKaila J. Steffes Foundation

1853 S. Fairfax St., Denver, CO 80222. 720-353-9573.

- Provides support to pediatric oncology patients from Presbyterian/St. Luke's and the Children's Hospital in Denver who need financial assistance with their treatments.

e-mail: sandie@mckaila.org

www.mckaila.org

Rocky Mountain Children's Health Foundation

2055 High St., #240, Denver, CO 80205.

Contact Lee Shaughnessy, 303-839-6784.

- Provides pediatric patients and families with direct assistance to meet their fundamental needs.

e-mail: Lee.Shaughnessy@rmchildren.org

www.rmchildren.org

Camping & Outdoor Programs**Camp Courage**

Balarat Outdoor Education Center, Jamestown, CO 80455.

720-424-2940.

- Week-long camp for children with cancer and their siblings.

e-mail: camp.courage@hotmail.com

www.camp-courage.org

Camp Wapiyapi

191 University Blvd., Box 294, Denver, CO 80206. 303-534-0883.

- Provides an unforgettable camp experience for children who are dealing with childhood cancer and their families.

e-mail: wapiyapi@wapiyapi.org

www.wapiyapi.org

Joseph's Journey

P.O. Box 15453, Lakewood, CO 80215.

Contact Frank or Vickie Stuart, 303-989-5710.

- Provides wilderness experiences to children with terminal and life-threatening illnesses.
- Journeys include hiking, fishing, camping, hunting, climbing, and more.

e-mail: josephsjourney@aol.com

www.josephsjourney.org

Nighthawk Ranch

2980 County Rd. 102, P.O. Box 265, Guffey, CO 80820.

719-689-5634.

- Provides a unique high-mountain working ranch experience that offers a safe healing place for children recovering from cancer to regain self-esteem and build hope and confidence in their future.

e-mail: info@nighthawkranchcolorado.org

www.nighthawkranchcolorado.org

Round Up River Ranch

8333 Colorado River Rd., Gypsum, CO 81637. 970-524-2267.

- A camp where kids with chronic and life-threatening illnesses can enjoy the joys of childhood for free.

e-mail: info@roundupriverranch.org

www.roundupriverranch.org

Colorado Cancer Fund—'Check Us Off!'

The Colorado Cancer Fund is a voluntary check-off program on the Colorado State Income Tax Form and is a part of the Checkoff Colorado program.

The goal of the Colorado Cancer Fund is to help reduce mortality from cancer by improving early detection and expanding existing education, screening, and quality of life services throughout Colorado for populations that are underserved. The Colorado Cancer Fund's revenues are distributed via a competitive grants program.

To learn more, visit www.ColoradoCancerCoalition.org



Prostate Cancer Resources

Colorado Support Groups & Programs

Cops Fighting Cancer

720-938-3810.

- Provides individualized financial, practical, and emotional support to Colorado cancer patients and their families.

www.copsfightingcancer.org

HRMCC (Hamilton/Rademacher Men's Cancer Community)

St. John's Episcopal Cathedral, 1350 Washington St., Denver, CO 80203. Contact Perry Coons, 303-870-9003.

- Support group meetings for men only as well as for families.

e-mail: perry@washparkperry.com

Porter Adventist Hospital

Cancer Care Center, 2525 S. Downing St., Denver, CO 80210.

Contact Linda Mitchell, MA, LPC, RN, 303-778-2583 or

Jeanne Currey, RN, MSN, 303-778-5832.

- Prostate cancer support group (by referral).

e-mail: lindamitchell@centura.org, jeannecurrey@centura.org, or stephaniestreed@centura.org

www.porterhospital.org

University of Colorado Hospital

Prostate Cancer Support Group. Anschutz Inpatient,

12505 E. 16th Ave., Aurora, CO 80045. 720-848-0316.

- Free support group for patients, family, and friends affected by a diagnosis of prostate cancer.

www.uch.edu/conditions/cancer/support-education/classes-support-resources-and-events

National Support & Education Programs

Prostate Conditions Education Council

7009 S. Potomac St., #125, Centennial, CO 80112.

303-316-4685 (local) or 866-477-6788 (toll free).

- Increases awareness of prostate cancer and treatment options through Set the Pace events, Prostate Cancer Awareness Week, and other activities. Provides patients, caregivers, and physicians with current information on the disease.
- Provides access to free early detection for prostate cancer and other men's health issues, including evaluation for advanced cancer patients.

e-mail: info@prostateconditions.org

www.prostateconditions.org

Financial Assistance

Please Save Another (PSA)

10111 Inverness Main St., #0, Englewood, CO 80112.

Contact Cheri Meyn, 303-662-0155.

- Local foundation dedicated to helping families through the emotional and financial burdens that occur when a loved one is fighting prostate cancer.

e-mail: info@pleasesaveanother.org

www.pleasesaveanother.org



Skin Cancer & Melanoma Resources

🇪🇸 = *Servicios disponibles en español. (Services available in Spanish.)*

Colorado Support Groups & Programs

Colorado Melanoma Foundation

- Group for new patients to link up with a community of melanoma survivors.
 - More support services to be added in 2014.
- www.facebook.com/groups/1374243382787135/

McKee Medical Center

2000 N. Boise Ave., Loveland, CO 80538. 970-669-4640.

- Free skin cancer checks at annual health fair in Greeley.

www.bannerhealth.com

National Support & Education Programs

🇪🇸 Aim at Melanoma

3217 Bob O Link Ct., Plano, TX 75093. 877-AIM-2MEL or 877-246-2635 (nurse line).

- Education, treatment, clinical trials, public policy, and nurse information line.

www.aimatmelanoma.org

🇪🇸 American Academy of Dermatology

P.O. Box 4014, Schaumburg, IL 60168. 866-503-SKIN (7546).

- Provides education on skin cancer early detection and prevention.
- Free skin-screening locator with sites in Colorado.

www.aad.org

American Melanoma Foundation

- Provides education on prevention and early detection.
- Offers a clinical trials resource center.

www.melanomafoundation.org

🇪🇸 Melanoma International Foundation

866-463-6663.

- Guides melanoma patients and their loved ones and offers ongoing support throughout their journey.
- Helps patients and caregivers understand their pathology reports, prognosis, and therapy options, including clinical trials, as well as where to get the best possible care.

www.melanomainternational.org

Melanoma Research Foundation

250 Mapleflower Rd., Glenmoore, PA 19343. 800-673-1290.

- Education and support resources for those newly diagnosed with melanoma.
- Toll-free support line offers support and financial assistance information; ask-a-nurse email support available for medical questions.

www.melanoma.org

🇪🇸 The Skin Cancer Foundation

149 Madison Ave., #901, New York, NY 10016.
212-725-5176.

- Only international organization devoted solely to education, prevention, early detection, and prompt treatment of the world's most common cancer.

www.skincancer.org



Statewide and National Support Organizations & Services

 = *Servicios disponibles en español. (Services available in Spanish.)*

Colorado Support Organizations & Services

American Cancer Society

Locations:

Colorado Springs: 1445 N. Union Blvd., #100, 80909. 719-636-5101.

Denver: 2255 S. Oneida, 80224. 720-524-5400.

Durango: 1800 E. 3rd Ave., #101, 81301. 970-247-0278.

Grand Junction: 2754 Compass Dr., #100, 81506. 970-242-9593.

Greeley: 8221 W. 20th St., #A, 80634. 970-356-9727.

American Cancer Society Programs

800-227-2345

- **Reach to Recovery**[®]—Home visits to new breast cancer patients to promote recovery from surgery. Patient or doctor must call to request this program.
- **Look Good...Feel Better**[®]—A one-time, free, two-hour program teaching women in cancer treatment how to cope with changes in their appearance including hair loss and complexion changes.
- **I Can Cope**[®]—A free online cancer education and support program for patients, family, and friends.
- **Wig Bank**—Free wigs, hats, and scarves.
- **Hope Lodge-Hotel Lodging Program**—Free hotel service, as available, for cancer patients in treatment.
- **Road to Recovery**—Patient transportation to treatment appointments.
- **TLC**—Catalog of products and information. Call 800-850-9445 or visit www.tlccatalog.org or www.tlcdirect.com.
- **Relay For Life Events; Making Strides Against Breast Cancer.** www.cancer.org

Colorado Cancer Research Program

1720 S. Bellaire St., #701, Denver, CO 80222. 888-785-6789.

- Providing access to cancer clinical trials throughout Colorado.
- For a current list of available trials and participating physicians, visit our website.

e-mail: ccrp@co-cancerresearch.org

www.co-cancerresearch.org

Colorado Central Cancer Registry—Colorado Department of Public Health and Environment

303-692-2540.

- Cancer statistics and information for Colorado.
- Data is used to educate health professionals and citizens regarding specific cancer risks.

e-mail: cdphe.pscaregistry@state.co.us

www.colorado.gov/cs/Satellite/CDPHE-PSD/CBON

InnovAge

Located in metro Denver and Pueblo and serving Aspen, Cañon City, and Estes Park areas. 855-487-6768.

- Provides affordable home care to help adults remain independent in their homes. Services include post-hospital care (non-medical), personal care, meal preparation, light housekeeping, transportation and errands, medication reminders, and companionship.

e-mail: info@innovage.org

www.myinnovage.org

Live by Living Foundation

4975 Stuart St., Denver, CO 80212. Contact Dan Miller, 303-808-2339.

- Free outdoor recreational opportunities for cancer survivors and caregivers along the Front Range and in Colorado's Rocky Mountains.
- Activities include day trips (walks in the park, hiking, snowshoeing) and weekend survivor retreats (vehicle-supported trips to cozy cabins).

e-mail: dsm@livebyliving.org

www.livebyliving.org

Native American Cancer Research

3110 S. Wadsworth Blvd., #103, Denver, CO. 303-975-2461 or 800-537-8295.

- Education and outreach to American Indians and Alaska Natives (AIAN) for recruitment to screening and cancer support services.
- Native American Cancer Education for Survivors (NACES), a web-based and personal interactive information and education program; native patient advocates available by phone.

www.natamcancer.org

Women's Wellness Connection (WWC)

4300 Cherry Creek Dr. South, Denver, CO 80246.

866-951-WELL (9355).

- Pays for breast and cervical cancer screening for eligible women.
- Provides public education and outreach.

www.womenswellnessconnection.org

Young Empowered Survivors—YES!

P.O. Box 200943, Denver, CO 80220.

- YES! focuses on support, empowerment, and sharing resources to young women diagnosed, recovering from, and surviving cancer so they do not feel alone.
- Members have generally been diagnosed with cancer before the age of 45; however, we welcome any age that might benefit from our group.
- Young Empowered Survivors maintains an active Facebook page and a Yahoo Group to provide current and new members a way of connecting with other cancer survivors and to serve as an avenue of ongoing support and resources for one another.

e-mail: youngempoweredurvivors@gmail.com

www.youngempowered.org

National Support Organizations & Services**Agency for Healthcare Research and Quality (AHRQ)**

540 Gaither Rd., Rockville, MD 20850.

- Provides clear, unbiased information about treatment options and how to prepare for medical appointments.
- A program of the U.S. Department of Health & Human Services.

www.ahrq.gov/patients-consumers/treatmentoptions/index.html

Anderson Network—MD Anderson Cancer Center

- Online support networks and publications on diagnosis, treatment, and survivorship issues and concerns.

www.mdanderson.org/patient-and-cancer-information/index.html

Cancer Hope Network

2 North Rd., #A, Chester, NJ 07930. 800-552-4366

(Monday-Friday, 8:30 a.m.-5:30 p.m. EST).

- Free one-on-one support for cancer patients undergoing cancer treatment and their families.
- Matches cancer patients or co-survivors (caregivers closely connected to patients including spouses and family members) with trained support volunteers who have themselves undergone and recovered from a similar cancer experience.

www.cancerhopenetwork.org

CancerCare

275 Seventh Ave., New York, NY 10001. 212-712-8400 or

800-813-HOPE (4673).

- Free professional help to people with all cancers through counseling, education, information and referral, and direct financial assistance.
- Emotional support for individuals and families, education and outreach information about cancer and treatment, and referral information for breast prostheses and wig clinics.
- Education teleconference workshops in English and Spanish.
- Online support groups.

e-mail: info@cancercare.org

www.cancercare.org

Center for Patient Partnerships

University of Wisconsin-Madison Law Bldg.,

975 Bascom Mall, #4311, Madison, WI 53706. 608-890-0321.

- Assists people with cancer and other life-threatening and chronic illnesses who are experiencing the red tape, confusion, fear, and doubts that often arise with a serious medical condition.
- Assists with navigating complex health care information, exploring evidence, and framing health care decisions, among other services.
- Resources for Hmong community.

e-mail: advocacy@patientpartnerships.org

www.patientpartnerships.org

LiveStrong™

2201 E. Sixth St., Austin, TX 78702. SurvivorCare support

program, toll free 855-220-7777.

- Empowers people affected by cancer by providing practical information and tools.
- Offers counseling and referrals to local resources, help with financial and insurance concerns, and clinical trials matching survivors to new treatments in development and survivorship concerns.
- Services available in many international languages.

www.livestrong.org

National Coalition for Cancer Survivorship

1010 Wayne Ave., #770, Silver Springs, MD 20910.

877-622-7937.

- Information on insurance, employment rights, legal issues, and survivorship.
- Award-winning Cancer Survival Toolbox® program offers a set of basic skills to help navigate a diagnosis and special topics on key issues faced by people with cancer. (English and Spanish).

e-mail: info@canceradvocacy.org

www.canceradvocacy.org

National Comprehensive Cancer Network (NCCN)

275 Commerce Dr., #300, Fort Washington, PA 19034.

215-690-0300.

- Nonprofit alliance of 21 leading cancer centers offers NCCN Treatment Summaries for People with Cancer, designed to provide state-of-the-art cancer treatment information in easy-to-understand language.

www.nccn.org

Patient Advocate Foundation

421 Butler Farm Rd., Hampton, VA 23666. 800-532-5274.

- Serves as a liaison between the patient and their insurer, employer, and/or creditors to resolve insurance, job discrimination, and/or debt crisis matters.
- Provides mediation services to assure access to care, maintenance of employment, and preservation of financial stability.

e-mail: help@patientadvocate.org

www.patientadvocate.org

Transportation Services

Several organizations arrange free or reduced-cost transportation for cancer patients going to or from cancer treatment centers. Financial need is not always a requirement. To find out about these programs, talk with a patient navigator or contact one of these programs directly.

 = *Servicios disponibles en español. (Services available in Spanish.)*

American Cancer Society

- Road to Recovery: Patient transportation to treatment may be available. Call 800-227-2345 for the availability of programs in your area.

Angel Flight West

888-4-AN-ANGEL or 888-426-2643.

- Provides free air transportation to medical treatment.
- e-mail: info@angelflightwest.org*
www.angelflightwest.org

Corporate Angel Network

866-328-1313.

- Arranges free air transportation for cancer patients.
- e-mail: info@corpangelnetwork.org*
www.corpangelnetwork.org

National Patient Travel Center

4620 Haygood Rd., #1, Virginia Beach, VA 23455.

Patient number, 800-296-1217.

- Assists patients in finding appropriate charitable medical air and ground transportation for specialized medical evaluation, diagnosis, and treatment.

e-mail: info@nationalpatienttravelcenter.org

www.patienttravel.org

Northeast Colorado County Express Public Transportation

866-734-6666.

- Serves Northeast Colorado for transportation to medical appointments. Rides available on both a fixed schedule and demand-response basis.

www.necoexpress.com

TransitOptions—A service of the Denver Regional Mobility and Access Council

- A quick and easy interactive tool designed to help individuals find specialized transportation that meets each person's specific needs across the Denver metro area.

www.transitoptions.org



Cancer Genetics

For most cancers, the risk to family members is low. Only about 5% to 10% of cancers are hereditary, meaning they are caused by an altered gene passed down through the family.

Sometimes cancers seem to cluster in families, but a hereditary cause can't be identified. These family clusters may be because family members were exposed to the same thing in the environment, have a moderate hereditary risk, or both. In these cases, family members may have a higher risk and need to have their risk evaluated. Then screening guidelines and prevention steps can be based on the individual family and personal history.

It is important to know if the cancer in a person's family is passed on by an altered gene because these hereditary cancers carry much higher risks. These cancers tend to occur much earlier than typical, and persons are typically at risk for more than one type of cancer. If a hereditary altered gene is identified in a family, screening and prevention can start at an earlier age and can be targeted toward those types of hereditary cancer.

Everyone thinking about genetic testing should seek genetic counseling to be fully informed about the risks. Genetic counselors are health care professionals trained in cancer genetics. They are able to analyze family trees and determine if the cancer in a person or family is inherited.

Genetic counselors calculate a person's risk for cancer as well as the likelihood that an inherited gene is causing the cancer in the family. They teach individuals about reducing their risk

and preventing cancer based on the information from the family history. They discuss the pros and cons of genetic testing and advise what test should be ordered, if needed. In many cases, genetic testing is not needed because it may not give helpful information, but genetic counseling is always valuable.

The following are "red flags" that your cancer or the cancer in your family may be caused by a hereditary gene:

- Breast, colon, or uterine cancer diagnosed before age 50.
- Ovarian cancer at any age.
- More than two primary cancers diagnosed in the same person.
- Male breast cancer.
- More than three cases of cancer in one lineage, especially if the age of onset is earlier than typical.
- Ashkenazi Jewish ancestry with a personal or family history of breast, ovarian, or pancreatic cancer.
- Persons with medullary thyroid cancer, pheochromocytoma, paraganglioma, adrenocortical tumors (especially in children), or other rare cancers.
- A previously identified genetic mutation in the family.

The resources below can help you find additional information and/or contact a certified genetic counselor (CGC) in your area.

For more information:

National Society of Genetic Counselors: www.nsgc.org

American Board of Genetic Counselors: www.abgc.net

Genetic Counseling Services

Center for Cancer Support

123 Main St., Boulder, CO 80301. Contact Sue Smith, RN, 303-244-1111.

- Support groups for newly diagnosed survivors and their caregivers. Groups are offered evenings at no cost.
- Nurse navigator available who specializes in breast cancer education and navigation.

e-mail: info@cancersupport.org

www.centerforcancersupport.org

Children's Hospital Colorado

13123 E. 16th Ave., #B115, Aurora, CO 80045.
Contact Kami Wolfe Schneider, MS, CGC, 720-777-2627.
e-mail: Kami.Schneider@childrenscolorado.org

Colorado Genetic Consultants

P.O. Box 17162, Boulder, CO 80308.
Contact Suzanne Schrock-Kelley, MS, CGC, 303-506-0010.
e-mail: SchrockKelly@gmail.com

Exempla Lutheran Medical Center Cancer Services

3550 Lutheran Pkwy., #105, Wheat Ridge, CO 80033.
303-425-8191.

www.exempla.org

Exempla Saint Joseph Hospital Comprehensive Cancer Center

1825 Marion St., Denver, CO 80218.
Contact Shonee Lesh, MS, CGC, 303-318-1320.
e-mail: Shonee.Lesh@sclhs.net

www.exempla.org

Exempla Good Samaritan Medical Center

340 Exempla Cir., Lafayette, CO 80026.
Contact Shonee Lesh, MS, CGC, 303-673-1600.
e-mail: Shonee.Lesh@sclhs.net

Front Range Cancer Specialists

2314 E. Harmony Rd., #110, Fort Collins, CO 80528.
Contact Amy Wing, MS, AOCN, FNP, 970-212-7600.
www.frontrangecancer.com

Invision Sally Jobe Risk Assessment and Prevention Program

8200 E. Belleview Ave., #200E, Greenwood Village, CO 80111.
Contact Mary Freivogel or Allison Anguiano, MS, CGC, 720-493-3226.
e-mail: Mary.Freivogel@riaco.com; Allison.Anguiano@riaco.com
www.invisionsallyjobe.com

Kaiser Permanente Cancer Genetic Services

P.O. Box 378066, Denver, CO 80237.
Contact Wendy Garlitz, MS, CGC.
e-mail: Wendy.Jane.Garlitz@kp.org

Littleton Adventist Hospital & Mile High Oncology

7780 S. Broadway, #380, Littleton, CO 80122. Contact Lisa Mullineaux, MS, CGC, 303-734-3969.
e-mail: LisaMullineaux@centura.org
www.mylittletonhospital.org/genetic-counseling

Memorial Hospital Oncology Services

525 N. Foote Ave., First Flr., Colorado Springs, CO 80909.
Contact Teresa Castellano, MS, CGC, 719-365-9867.
e-mail: Teresa.Castellano@uchealth.org

Parker Adventist Hospital Hereditary Cancer Clinic

9397 Crown Crest Blvd., #100, Parker, CO 80138. Contact Melissa Gilstrap, MS, CGC, 303-269-4348.
e-mail: MelissaGilstrap@centura.org
www.parkerhospital.org/hereditarycancerclinic

Penrose Hospital/Penrose Cancer Center

2222 N. Nevada Ave., Colorado Springs, CO 80907. Contact Elena Strait, MS, CGC and Kate Crow, MS, CGC, 719-776-6919.
e-mail: LinneaMcdonald@centura.org
www.penrosecancercenter.org

Porter Adventist Hospital Hereditary Cancer Clinic

Cancer Care Center, 2525 S. Downing St., Denver, CO 80210.
Contact Josie Kagey, MS, CGC, 303-765-3923.
e-mail: JosephineKagey@centura.org
www.porterhospital.org/geneticcounseling

Rocky Mountain Cancer Centers Genetic Counseling Service

Services at metro Denver locations: Aurora, Boulder, Denver-Midtown, Denver-Rose Medical Center campus, Lakewood, Littleton, Lone Tree, Longmont, Parker, and Thornton.

- Contact the Rocky Mountain Cancer Centers location nearest you for genetic counseling services, or visit our website for more information.

www.RockyMountainCancerCenters.com

St. Anthony Hospital Cancer Center

11750 W. 2nd Place, #150, Lakewood, CO 80228. Contact Lisa Mullineaux, MS, CGC, 720-321-8383.
e-mail: LisaMullineaux@centura.org
www.stanthonyhosp.org/genetic-counseling

St. Anthony Summit Medical Center

340 Peak One Dr., Frisco, CO 80443.
Contact Lisa Mullineaux, MS, CGC, 720-321-8383.
e-mail: LisaMullineaux@centura.org

St. Mary-Corwin Cancer Center

1008 Minnequa Ave., Pueblo, CO 81004. Contact Elena Strait, MS, CGC and Kate Crow, MS, CGC, 719-557-4252.
e-mail: LinneaMcdonald@centura.org
www.stmarycorwin.org

St. Mary's Regional Medical Center

750 Wellington Ave., Grand Junction, CO 81501.
Contact Christine Barth, MA, CGC, 970-298-7956.
www.stmarygj.org

Shaw Regional Cancer Center

P.O. Box 2559, 322 Beard Creek Rd., Edwards, CO 81632.
Contact Leslie Grimes, MS, CGC, 970-569-7626.
e-mail: Leslie.Grimes@vvmc.com

Southern Colorado Centura Hereditary Cancer Service

2222 N. Nevada Ave., Colorado Springs, CO 80907. 719-776-5279.

- Cancer risk assessment based on medical and family history.
- Genetic lab testing for patients at high risk for mutations.

e-mail: geneticcounselingSS@centura.org
www.penrosecancercenter.org/hereditary-cancer-and-genetic-counseling

Swedish Medical Center

799 E. Hampden Ave., Englewood, CO 80113. Contact Kelly Johnson, MS, RN, APNG, 303-788-4668.
www.swedishhospital.com

University of Colorado Comprehensive Cancer Center

Hereditary Cancer Clinic. Anschutz Outpatient Pavilion, Breast Center, 1665 Aurora Ct., Aurora, CO 80045. Contact Lisen Axell, MS, CGC; Lisa Ku, MS, CGC; and Michelle Springer, MS, CGC, 720-848-1030.
www.uch.edu/conditions/cancer/hereditary-cancer

Valley View Hospital-Cancer Center

1906 Blake Ave., #302, Glenwood Springs, CO 81601.
Contact Joy Stern, MS, CGC, 970-384-7570.

Survivorship Resources

*These are resources to help you along your survivorship journey.
Look for survivorship help in this chapter and throughout the directory.*

 = *Servicios disponibles en español. (Services available in Spanish.)*

WHAT IS SURVIVORSHIP?

In cancer, survivorship focuses on the health and life of a person with cancer from post-treatment until the end of life. It covers the physical, psychosocial, and economic issues of cancer, beyond the diagnosis and treatment phases. Survivorship includes issues related to the ability to get health care and follow-up treatment, late effects of treatment, second cancers, and quality of life. Family members, friends, and caregivers are also considered part of the survivorship experience.

WHO IS A 'SURVIVOR'?

The term “cancer survivor” includes anyone who has been diagnosed with cancer, from the time of diagnosis through the rest of his or her life. The word “survivor” helps many people think about embracing their lives beyond their illness.

—*National Cancer Institute*

TREATMENT IS OVER. WHAT HAPPENS NOW?

When treatment is over, you may wonder what comes next. You may miss the close care and support you had during treatment. You may have questions about follow-up care and how to maintain your health. You may be concerned about the uncertainty that comes with a cancer diagnosis. As you approach the end of treatment, be sure your doctor or caregiver provides you with a treatment summary and a survivorship care plan. The treatment summary covers all treatments you've received, such as surgery, chemotherapy, and radiation. The survivorship plan outlines your follow-up checkups and tests.

You may also want to explore what's available from support groups, wellness programs, integrative therapy, exercise, and other supportive care. Look for listings in this Directory. These are some online resources on survivorship that help develop care and treatment plans:

American Society of Clinical Oncology (ASCO)

- The Survivorship Care Plan is based on specific clinical practice guidelines for certain types of cancer. This document guides your follow-up care as you transition into survivorship.

www.cancer.net/patient/survivorship

Journey Forward

www.journeyforward.org

LiveStrong Care Plan

www.livestrongcareplan.org

Memorial Sloan Kettering Cancer Center

www.mskcc.org/mskcc/html/92028.cfm



Complementary & Alternative Therapies (Integrative Care)

Complementary and alternative medicine (CAM), also called integrative care, includes a variety of therapies not considered part of conventional or mainstream medicine. These therapies, when used with conventional medicine, can help improve quality of life; ease symptoms of treatment such as pain, nausea, and fatigue; and increase a sense of well-being. Examples of CAM therapies are acupuncture, herbs, yoga, and touch therapies like massage and Reiki. It is important to discuss any use of CAM therapies with your medical team.

Avicenna Acupuncture and Lymphedema Clinic

3411 W. 38th St., Denver, CO 80211. Contact Igor Zielinski, LAc, 303-803-0675.

- Acupuncture treatment during and after chemo, radiation or surgery; herbal pharmacy and nutritional recommendations.
- Manual lymphatic drainage, compression garment fitting.

e-mail: avicennadenver@gmail.com

www.avicennadenver.com

Boulder Community Hospital Center for Integrative Care

Tebo Family Medical Pavilion, 4715 Arapahoe Ave., Boulder, CO 80303. 720-854-7292.

- Supportive therapies for patients being treated for cancer by oncology-trained practitioners.
- Acupuncture, massage therapy, Reiki, Healing Touch, wellness care consultants, nutritionists.

e-mail: integrativecare@bch.org

www.bch.org/cancer-care-services/integrative-care.aspx

Center for Integrative Medicine

University of Colorado Hospital, Anschutz Outpatient Pavilion, 1635 Aurora Ct., 5th Flr., Aurora, CO 80045. 720-848-1090.

- Physician-managed care emphasizing wellness and healing of the entire person, drawing on both conventional medicine and complementary and alternative medicine (CAM).
- Symptom management through acupuncture (traditional Chinese medicine); massage therapy; behavior health; nutritional counseling; and consultation on pharmaceutical, herbal, and supplement interactions.

www.uch.edu/integrativemed

Exempla Good Samaritan Comprehensive Cancer Center

340 Exempla Cir., Lafayette, CO 80026. 303-673-1600.

- Oncology wellness services include yoga, acupuncture, massage, Healing Touch, psychotherapy, nutrition consultations, cognitive rehabilitation, speech therapy, spiritual care, and more.
- Cancer-specific massage, acupuncture, and rehabilitation programs.

www.exemplagoodsamaritan.org/cancercenter

Exempla Lutheran Medical Center

—Bridges Integrative Health and Wellness

8098 W. 38th Ave., Wheat Ridge, CO 80033. 303-425-2262.

- Hospital-based sanctuary where cancer patients can access traditional, complementary, and alternative therapies, such as acupuncture, holistic counseling, nutrition consultation, therapeutic massage, and Healing Touch.
- Offers chiropractic services and community education classes such as meditation, yoga, tai chi, and more.

www.wellnessatbridges.com

Exempla Saint Joseph Hospital Comprehensive Cancer Center

1825 Marion St., Denver, CO 80218. 303-318-3434.

- Integrative therapies to improve quality of life, including massage and acupuncture. Also offers music, pet, and art therapy programs.

www.exemplasaintjoseph.org/cancercare

Hope Lives! The Lydia Dody Breast Cancer Foundation

2629 Redwing Rd., #260, Fort Collins, CO 80526. 970-225-6200.

- Complementary Care Program includes services such as acupuncture, massage therapy, counseling, yoga, music therapy, and more.
- Offers housecleaning, errand running, a wig bank, and library.
- All services provided at no cost to the client. Services are offered by providers in Larimer County and Weld County.

e-mail: staff@hopelives.org

www.hopelives.org

Longmont United Hospital—Health Center of Integrated Therapies

Longmont Medical Campus, 1551 Professional La., #125 (South Main Street), Longmont, CO 80501. 303-651-5188.

- Complete integrative medicine, breast health care, and lymphedema services.
- Includes acupuncture, breast massage therapy, lymphedema therapy, and oncology massage therapy. Also medical herbalism and nutrition therapy consultation plus wellness classes.

www.luhcares.org

Continued on next page

Good things to keep in mind about CAM

- Keep your health care providers, including doctors and nurses, informed about any CAM practices you use. This will help ensure coordinated and safe care.
- Be aware that some dietary supplements can interact with other supplements and with some medications.
- Avoid following only one path of therapy or thinking one path can be the whole solution.
- Remember that a testimonial is just one person's experience. A CAM therapy that works for one person may not work for everyone.
- Rely on common sense. Listen to your own body. Use any CAM therapy in moderation.

—Sami Diab, MD, Oncologist,
Rocky Mountain Cancer Centers
—Sandy Priester, Executive Director,
LifeSpark Cancer Resources

How do you know a CAM therapy is of benefit?

It is important to evaluate a complementary or alternative approach by working with your doctor or another member of your health care team. Although some complementary therapies have research supporting their safety and effectiveness when used with conventional cancer treatment, some alternative therapies are ineffective, expensive, and may even cause harm. How are some ways to know?

Find out who is recommending this CAM therapy. If there are only anecdotal claims (people's personal stories) and no trustworthy clinical research, the treatment probably does not treat cancer.

If news or advertisements about a CAM therapy appear in the mass media but not in the scientific literature, such as medical or nursing journals, the therapy is unlikely to help treat cancer. If an advertisement for a treatment promises to cure all cancers, the advertisement could be a fraud.



Memorial Health System Integrated Health Program

1400 E. Boulder St., Colorado Springs, CO 80909. Contact director of breast health services, 719-365-2535.

- Offers tai chi, yoga, relaxation, meditation, and massage.
- e-mail: juanitahamel@memorialhealthsystem.org
www.memorialhealthsystem.com

Porter Adventist Hospital—Oncology Services

2555 S. Downing, Denver, CO 80210. Contact Jeanne Currey, 303-778-5832.

- Massage, acupuncture, tai chi, music, and art therapies available by referral.
- e-mail: lindamitchell@centura.org, jeannecurrey@centura.org,
stephaniestreed@centura.org
www.porterhospital.org

Progressive Health Center

701 E. Hampden Ave., #225, Englewood, CO 80113.

Contact Dominique Bravo, 303-788-9399.

- Nonprofit organization dedicated to optimizing care through integrative medicine, which includes nontraditional (eastern) and traditional (western) approaches. Works in partnership with HealthONE's Swedish Medical Center and Rose Medical Center's Cancer Care programs.
 - Therapists collaborate to provide each client with care through careful integration of complementary and alternative medicine. With clients' consent, therapists maintain communication with their physicians and other specialists about treatment plans.
- e-mail: dbravo@progressivehealthcenter.org
www.progressivehealthcenter.org

Red Rocks Cancer Center

400 Indiana St., #240, Golden, CO 80401. 303-945-2966.

- Located at Red Rocks Medical Center where physicians and providers offer an integrated approach to cancer treatment and other integrated medicine, including breast health care, lymphedema services, acupuncture, and massage.
- www.redrockscancercenter.org

Rocky Mountain Cancer Centers

Aurora; 1700 S. Potomac St., Aurora, CO 80012

Parker; 9397 Crown Crest Blvd., #421, Parker, CO 80138.

- Scientific approach to treatment and healing that integrates standard cancer care with mind-body techniques, including supplements and nutritional counseling, acupuncture, massage therapy, diet and exercise programs, and stress reduction.
- www.rockymountaincancercenters.com

St. Mary's Regional Cancer Center

750 Wellington Ave., Grand Junction, CO 81501. 970-298-2351.

- Supportive Care Program provides complimentary massage therapy, ortho-bionomy therapy, music and pet therapy, nutritional counseling, hats and scarves, and a library.
 - Regular classes of yoga, art, therapeutic touch, and qigong.
- www.stmarygj.org

Wellness Programs

🇪🇸 = *Servicios disponibles en español. (Services available in Spanish.)*

Denver Metro Area

Acu-Choice Health Care

3470 S. Sherman St., #1, Englewood, CO 80113. Contact Anne Chew, 303-794-9505.

- Acupuncture for pain relief, neuropathy, nausea, immune boosting, digestion, elimination, wound healing, and stress relief.
- Massage-reflexology, medical massage, neuromuscular massage, Swedish massage, and raindrop therapy. Nutrition evaluation and counseling to help you through treatment.

e-mail: info@acuchoice.net

www.acuchoice.net

Art of Living Foundation

Centers in Denver, Boulder, and Colorado Springs; other chapters throughout Colorado. 720-722-AOLF (2653).

- Certified instruction on the Sudarshan Kriya breathing technique, guided meditation, and light yoga. This breathing practice releases stress; strengthens the immune system; lowers cortisol, the stress hormone; lowers blood pressure, and enhances well-being.

e-mail: denver@us.artofliving.org

www.artofliving.org

Boulder Cancer Survivorship Program at Avanti Therapy

5350 Manhattan Cir., #100, Boulder, CO 80303.

Contact Joanne Henritze, 303-543-1201.

- Exercise rehabilitation for all cancer survivors; post-surgical physical therapy; manual lymph drainage.
- Nutritional evaluation and recommendations. Symptom management.

e-mail: johenritze@aol.com

www.avantitherapy.com

Boulder Lymphatic and Massage

South Boulder: Hwy 36 & Table Mesa; Central Boulder.

Contact Lynn Herklotz, NCTMB, OTR/L, CLT, LMT, 303-931-3469.

- Internationally certified manual lymphatic drainage therapist. Can bill insurance and offer sliding-fee scale upon request.

e-mail: Lynniebuny66@live.com

www.bouldermassage.net

Cancer Fitness Institute (CancerFit)

Colorado Parks and Recreation Association, P.O. Box 1037, Wheat Ridge, CO 80034. 303-231-0943.

- Six-month exercise programs for adult cancer patients and survivors. Open to adults of all ages and fitness levels. Participants are both men and women who have survived every type of cancer.
- Locations are in recreation centers and organizations across Colorado. Contact for more information and locations.

e-mail: cpra@cpra-web.org

www.cpra-web.org

Chemobrain Consortium

1341 W. Caley Ave., Littleton, CO 80120. Contact Connie Carson, PhD, SLP-CCC (speech-language pathologist), 303-798-7614.

- Available to lead support groups for individuals with chemobrain symptoms.

e-mail: concarson@aol.com

www.feistyfitfemales.org

Tips for Selecting a CAM Practitioner

Making a good choice of a CAM provider is as important as your choice of your surgeon or oncologist. Here are some things to remember when choosing a practitioner:

- Your health care provider may be able to recommend a complementary medicine practitioner. Many larger hospitals and medical centers now offer complementary and alternative therapy services as well.
- Find out as much as you can about the practitioner's experience and training. Be sure the practitioner has the type of license or certification needed for practice.
- Be sure the practitioner is willing to work with your traditional provider to coordinate your care.
- Ask the practitioner about his or her experience working with cancer patients. Some yoga and massage therapists, for example, have additional oncology training.
- Ask yourself: Is this therapy what I expected? Do I feel comfortable with this person, and do I trust him or her?
- Find out if your health insurance will cover this therapy.

How can I learn more about CAM?

A good place to start is with the website of the National Center for Complementary and Alternative Medicine of the National Institutes of Health.

You'll find information about different types of therapies, qualifications, and more.

Also see the National Cancer Institute's Thinking about CAM: Guide for People with Cancer.

<http://nccam.nih.gov>

<http://www.cancer.gov/cancertopics/cam/thinking-about-CAM>



Ways to Manage Emotions Stemming from a Cancer Diagnosis

- Focus on what you can and want to do.
- Say “no” when appropriate. Learn to pace yourself.
- Exercise.
- Take time for activities you enjoy.
- Maintain a healthy diet.
- Drink plenty of water.
- Get plenty of rest.
- Laugh at least once a day—if you can.
- Learn to ask for what you need.
- Use relaxation techniques: deep breathing, clearing your mind, progressive muscular relaxation, and visualization.
- Express your emotions.

—Diane L. Akins, MA, LPC, CAC III,
breast cancer survivor



Exempla Saint Joseph Hospital

Midtown Health & Wellness, 1960 N. Ogden St., Denver, CO 80218. 303-837-7125.

- Full-service lymphedema clinic providing complete decongestive therapy, including manual lymphatic drainage and compression bandaging.
- Cancer rehabilitation and post-operative cancer surgery rehabilitation.

www.exemplasaintjoseph.org

Exempla Lutheran Medical Center

3550 Lutheran Pkwy., #100B, Wheat Ridge, CO 80033. Call Jeri Schmelzel, PT, CLT-LANA, 303-425-2314, or Lauren Garretson, PTA, CLT-LANA, 303-425-2431.

- Full-service lymphedema clinics provide decongestive therapy, including manual lymphatic drainage and compression bandaging as well as cancer rehabilitation and breast reconstruction rehabilitation.
- Lymphedema classes: Meet with specialists to learn why lymphedema occurs and how to manage it.

e-mail: jeri.schmelzel@sclhs.net, lauren.garretson@sclhs.net

Feisty Fit Females

1341 W. Caley Ave., Littleton, CO 80120. Contact Connie Carson, PhD, 303-798-7614.

- Free monthly fitness group for women cancer survivors. Sessions are not always a work-out; rather, expert speakers present topics on wellness and health.
- We don't focus on the disease process but try to celebrate that we are alive and doing as well as possible.

e-mail: concarson@aol.com

www.feistyfitfemales.org

Heart Felt Healing, Inc.

Castle Pines, CO. Contact Suzanne Kesler, 303-909-8182.

- Specializes in lymphedema management using a combination of manual lymphatic drainage and compression therapy.
- Oncology massage therapy for all cancer patients.

e-mail: Heartfelthealing@comcast.net

Integrative Health, Inc., Wellness Center

5191 S. Yosemite St., #B, Greenwood Village, CO 80111. 303-577-9977.

- Board-certified and licensed acupuncturist/herbalist utilizes acupuncture, massage, herbal, chiropractic, egyptian, and nutritional therapy as well as relaxation/breathing exercises for cancer patients, caregivers, and survivors.

e-mail: Integrativehealthinc@yahoo.com

www.integrativehealthinc.com

Intentional Health

303-921-2103.

- Nutritional and lifestyle counseling. Cooking classes available.

e-mail: cheryl@intentionalhealthcoach.com

www.intentionalhealthcoach.com

Kathy Baum Yoga

618 S. Williams St., Denver, CO 80209. 303-854-8454.

- Certified Yoga for Cancer Survivors™ teacher. Group classes and private lessons.

e-mail: kathy@kathybaumyoga.com

www.kathybaumyoga.com

LifeSpark Cancer Resources

Programs held at cancer centers and churches throughout Front Range.

Energy Partners Program, 303-425-5670.

- Matches individuals with cancer to Healing Touch and Reiki providers who offer weekly sessions.
- Aims to improve participants' overall quality of life while they are receiving treatment or recovering from cancer.
- Services offered on a sliding scale based on ability to pay.

e-mail: info@LifeSparkNow.org

www.LifeSparkNow.org

Listening Touch Bodywork & Massage

750 E. 9th Ave., #209, Denver, CO 80203. 1633 Pine St., Boulder, CO 80302. Contact Laura Rose Boyle, CMT, MLD, 303-601-5060.

- Certified and licensed massage therapist with extensive training and experience in oncology massage and manual lymph drainage.
- Offers acupressure, reflexology, and energy balancing to support you through your cancer journey.

e-mail: listeningtouch@gmail.com

www.listeningtouch.org

Massage Therapy by Cheri

3550 S. Harlan St., Bldg. 20, #194, Denver, CO 80235. Contact Cheri Lind, LMT, NMT, 303-985-9633.

- Certified and licensed massage therapist who is also a breast cancer survivor provides deep tissue, sports, and neuromuscular bodywork in a supportive and caring environment.
- Full 60-minute oncology or deep-tissue massage for discounted price of \$45; 90 minutes for \$65 to patients, survivors, or caregivers.

e-mail: massagetherapybycheri@yahoo.com

Massage Works Healing Center, LLC

8191 Southpark La., #101, Littleton, CO 80120. Contact Marie Sandoval-Warner, 303-345-8713.

- Massage to reduce pain, anxiety, and nausea, minimizing side effects of radiation and chemotherapy.
- Modalities include craniosacral therapy, trauma release, somato-emotional release, and energy healing.

e-mail: info@massageworkshealingcenter.com

www.massageworkshealingcenter.com

The Medical Center of Aurora

Cancer Rehabilitation Center, 1444 S. Potomac St., Aurora, CO 80012. 303-338-7746.

- Aids the recovery and general fitness of cancer patients both during and after their cancer treatments.
- Rehabilitation provides assistance with physical functioning, social functioning, patient education, relaxation exercise, dietary advice, and lymphedema management.

www.healthOnecares.com

Medicine Hands, Inc.

3460 S. Sherman St., #201, Englewood, CO 80113. Contact Cheryl Johnson, RMT, or Cindi Vogt, RMT, 303-781-4444.

- Certified, credentialed oncology massage therapists providing medical massage therapies in hospital-based and out-patient treatment settings.
- Medicine Hands Provider Network: Offering discounted massage sessions with oncology-certified medical massage therapists throughout Colorado. Available to pre- and post-surgical patients; patients in all phases of cancer treatment; patients with chronic medical conditions; and caregivers, both family and medical staff.

e-mail: info@medicinehandsofco.com

www.medicinehandsofco.com

N2 Physical Therapy

908 Main St., #104, Louisville, CO 80027 and 1601 E. 19th Ave., #5500, Denver, CO 80218. Contact Kimberly Belz, PT, DPT, CLT, 303-954-8423.

- Physical therapy for cancer survivors. Lymphedema risk reduction and lymphedema management with certified lymphedema therapist.
- Additional services include physical therapy for postural re-education, strengthening and conditioning, mat Pilates, and pelvic floor rehabilitation.

e-mail: kimberly@n2pt.org

www.n2pt.org

Nancy Bilello, Acupuncture & Chinese Herbs

3460 S. Sherman St., #201, Englewood, CO 80113. Contact Nancy Bilello, RN, LAc, 720-280-4905.

- Acupuncture, holistic health counseling, and Chinese herbs in the Englewood/ Denver area since 1998.
- Specializing in care of patients undergoing cancer treatment.

e-mail: info@denveracupunctureandherbs.com

www.denveracupunctureandherbs.com

Nutrition and Cancer

Nutrition Foundations, 4770 E. Iliff Ave., #225, Denver, CO 80222. Contact Colleen Gill, MS, RD, CSO, 303-810-8612.

- Free classes on nutrition and cancer at University Hospital Conference Center, #B, Aurora, CO. Call 720-848-0316.
- Individual counseling for symptom management, cancer prevention diets, and supplement review.
- 20 years' experience with oncology services. Board-certified oncology specialist through the American Dietetics Association.

e-mail: colleen@nutrition-foundations.com

www.nutrition-foundations.com

Oncology Rehab

5300 DTC Pkwy., #200, Greenwood Village, CO 80111.

Contact Julia Osborne, 720-306-8261.

- 24 years' experience with oncology services. Board-certified oncology specialist through the Academy of Nutrition and Dietetics.
- Breast cancer rehabilitation: post-radiation, post-surgery and post-reconstructive care including lymphedema risk reduction and management.

e-mail: julia@oncologyrehab.net

www.oncologyrehab.net

One Yoga

8101 E. Belleview Ave., #Z, Denver CO 80237. 303-221-7000.

- Yoga classes to aid in cancer healing and recovery. Gentle yoga stretching is combined with relaxation and meditation to provide both physical and emotional benefits.
- Contact before attending class.

www.oneyoga.com

Optimizing Presence

5330 Manhattan Cir., #F, Boulder, CO 80303. Contact Jennifer Hudson, RMT, BCST, MNLP, 303-775-1885.

- Certified oncology massage therapist, palliative touch, therapeutic massage, biodynamic craniosacral therapy, lymph drainage.
- Works with oncology, chronically, and terminally ill patients. Body work designed to reduce pain, anxiety, and stress and increase ease of movement, quality of life, and well-being.

e-mail: jennifer@optimizingpresence.com

www.optimizingpresence.com

Pinnacle Physical Therapy

3434 47th St., #107, Boulder, CO 80301.

Contact Kristie Bennett, PT, MS, CLT, 303-440-7078.

- Works with cancer patients before and after surgery/radiation to restore full range of motion to the shoulder, shoulder girdle, rib cage, and spine. A quiet, private setting where mindfulness of motion, strength, and flexibility can be practiced with traditional exercises or through Pilates-based movement.

e-mail: pinnaclept@qwestoffice.net

www.pinnaclephysicaltherapyboulder.com

Porter Adventist Hospital—Oncology Services

2555 S. Downing, Denver, CO 80210. Contact Marcey Gibson MPT, CLT, 303-778-5842.

- Complete decongestive therapy for the lymphedema patient, including manual lymphatic drainage, compression therapy, skin care, therapeutic exercise, and referral for compression garments, if appropriate.
- Self-care strategies, including home exercise programs.
- Nutritional counseling. Contact Amber Thomas, RD, CSO, 303-765-6530.

Positive Pressure

3470 S. Sherman St., #1, Englewood, CO 80113. Contact Brenda Hernandez, LMT, CNMT, NBCMT, 720-289-5415.

- Specializes in medical massage and neuromuscular and sports massage. Reiki practitioner.
- Breast cancer survivor.

e-mail: positiveprsr@aol.com

Red Rocks Cancer Center

400 Indiana St., #240, Golden, CO 80401. 303-945-2966.

- Offers low-cost massage, cooking classes by a holistic health coach and nutrition classes by a certified oncology dietician.

e-mail: Antoinette.Paniagua@HealthONEcares.com

Re-Org

P.O. Box 40021, Denver, CO 80204.

Contact Laura Ginnett, 720-341-2502.

- Helps cancer survivors continue the healing journey beyond medical treatment through massage therapy. Serves those within three years of completing treatment.
- Clients are able to receive massage therapy sessions every two weeks for up to six months at little or no cost.

e-mail: contact@re-orgdenver.org

www.re-orgdenver.org

Rocky Mountain Team Survivor

- Health, education, and fitness program open to women of all ages, fitness levels, and stages of cancer.

e-mail: rmts_info@msn.com

www.rockymtn-teamsurvivor.org

Rose Medical Center

4500 E. 9th Ave., Denver, CO 80220. 303-320-2818.

- Cancer Exercise Program, led by a certified cancer exercise specialist.
- Physical therapists certified in the treatment of lymphedema.

www.healthOnecares.com

Sky Ridge Medical Center

10101 Ridgeway Pkwy., Lone Tree, CO 80124. 720-225-CARE (2273).

- Cancer Exercise Program and complementary massage to radiation therapy patients.
- Physical therapists certified in the treatment of lymphedema.

www.healthOnecares.com

Soulstice, Ltd.

3470 S. Sherman St., #3, Englewood, CO 80113.

Contact Kent Lemburg or Ann Brooks, 303-628-0205.

- Peri-operative massage therapy offered pre- and post-surgery. Lymph drainage massage.
- Massage therapy to support caregivers.

e-mail: info@SoulsticeWellness.com

www.soulsticewellness.com

Specialized Physical Therapy**— Moving Through Cancer Program**

Dry Creek, 720-493-1181. Littleton, 303-933-9057.

South Denver, 303-778-7246.

- Personalized and supervised exercise programs and post-surgical therapy with physical therapists and registered nurse certified in cancer and exercise.
- Moving Through Cancer program helps individuals through every phase from diagnosis through treatment, both physically and emotionally.

www.PTSpecialized.com

St. Anthony Hospital Outpatient Therapy

34 Van Gordon, Lakewood, CO 80228.

Contact Lori Brown, OTR, CHT, 720-321-8921.

- Therapeutic strategies for energy conservation, stress reduction, coping with pain, and a variety of oncology therapy services.
- Lymphedema and venous edema management program post-mastectomy, post-lumpectomy, and post-radiation therapy; therapy for post-pelvic surgery, post-groin dissection, and congenital lymphedema.

e-mail: loribrown@centura.org

www.stanthonyhosp.org

Survivor Shape — Whole Body Cancer Rehab

1776 S. Jackson St., #810, Denver, CO 80210. 720-837-1850.

- Certified cancer rehab specialists create safe and effective rehab programs specifically for survivors.
- Work with a specialist in our Denver studio or via video chat from home, gym, or hospital room.

e-mail: tiffany@survivorshape.com

www.survivorshape.com

VAST Wellness Center Integrative Health Group

2323 S. Troy St., Bldg. 3, #107, Aurora, CO 80014.

Contact Janet Cook, 303-681-7905.

- Provides each client with an option to experience healing as a whole-body approach where physical, mental, emotional, and spiritual aspects are considered.
- Focuses on treating the whole person through medical systems such as acupuncture, energy medicine, mind-body integrated therapy, and body-based practices.

e-mail: jcook6393@gmail.com

www.vastwellnesscenter.com

Yoga for Survivors™ with Laura Kupperman

Boulder County. 303-601-4603.

- Yoga classes and private sessions for survivors of any type of cancer at any stage of recovery led by Laura Kupperman, E-RYT 500, and professional yoga therapist.
- Laura also travels to lead workshops, present at conferences, and train other yoga teachers who want to work with cancer survivors.

e-mail: info@laurakupperman.com

www.yogaforsurvivors.info

Northeastern Colorado**Ballard Nutrition**

206 E. 4th St., Loveland, CO 80537.

Contact Pamela Ballard, 303-378-2689.

- Nutritional counseling, post-treatment oncology nutrition support, diet analysis, Vitamin D and neurotransmitter testing, grocery tours/shopping, pantry and fridge resets, and e-mail/phone support.
- Cooking, meal planning, and grocery store delivery. Special rates for cancer patients.

e-mail: pamela@ballardnutrition.com

www.ballardnutrition.com

Harmony Hand & Physical Therapy Center, Inc.

3744 Timberline Rd., #103, Fort Collins, CO 80525.

970-204-HAND (4263).

- Manual lymphatic drainage, stretches, compression garments, range-of-motion therapy, and home exercise program.

www.harmonyhand.com

Longmont United Hospital Therapy Services

1950 Mountain View Ave., Longmont, CO 80501. Contact

Jodi Winicour PT, CMT, CLT-LANA, 303-485-4163.

- Outpatient physical therapy services, pre- and post-operative therapy, and exercise programs.
- Exercise rehabilitation pool therapy.

e-mail: jwinicour@luhcares.org

www.luhcares.org

Rocky Mountain Cancer Rehabilitation Institute

University of Northern Colorado, Ben Nighthorse Campbell Center, 19th St. at 10th Ave., Greeley, CO 80639. 970-351-1876.

- Specializes in clinical services, clinical and basic research, and education on cancer treatment-related symptoms.
- Provides individualized prescriptive exercise and dietary intervention in recovery from cancer treatment.

www.unco.edu/rmcri

University of Colorado North

Harmony Campus, 2121 E. Harmony Rd., #150, Fort Collins, CO 80528. 970-237-7700 or Poudre Valley Hospital, 1024 S. Lemay Ave., 3rd Floor, Fort Collins, CO 80524, 970-495-8380.

- Free Cancer massage offered to Cancer Center patients at either Fort Collins location.
- Cancer exercise program for patients currently in treatment or who have completed treatment. Held at Poudre Valley Hospital. www.uchealthcancercare.org

Northwestern Colorado**St. Mary's Life Center**

1100 Patterson Rd., Grand Junction, CO 81506.

Contact Rita Stevens, OTR, 970-298-6100.

- Cancer rehabilitation exercise program, lymphedema evaluation and treatment, and a wellness center to continue exercise after therapy.

e-mail: rita.stevens@sclhs.net

St. Mary's Regional Cancer Center

750 Wellington Ave., Grand Junction, CO 81501.

Contact Debra Hesse, 970-298-2351.

- Supportive therapies for people being treated for cancer.
- Art workshop, qigong, therapeutic touch, nutritionists, and Yoga for Life.

www.stmarygj.org

Southeastern Colorado**Lymphatic Treatment Center of Pueblo**

c/o A Wellness Haven, 126 W. "D" St., Pueblo, CO 81003.

Contact Paula Borden, 719-544-0756.

- Lymphedema treatment by a certified lymphedema therapist, including full body lymph drainage therapy; lymph drainage pre- and post-surgery.
- Education in lymphedema, stretches, precautions, prevention, and management.

e-mail: paulaborden@rocketmail.com

www.awellnesshaven.com

Penrose Cancer Center

2222 N. Nevada Ave., Colorado Springs, CO 80907.

719-776-5200.

- Lymphedema programs providing information and treatment.
- Cancer exercise program and rehab. Integrative therapies to improve the cancer treatment experience.

www.penrosecancercenter.org

Southwestern Colorado**True Therapeutic Massage**

3750 Main Ave., #1, Durango, CO 81301.

Contact Lynn Phillipon, 970-385-6708.

- Certified lymphedema therapist through the Dr. Vodder School International.
- Manual lymphatic drainage, combined decongestive therapy, patient education, and therapeutic massage.

e-mail: lynnphilippon@gmail.com

www.truetherapies.com

Cancer & Exercise

Following a diagnosis of cancer, it's easy to become sedentary. Fatigue, pain, anxiety, fear, and sadness are common. Cancer and cancer treatments impact one's physical, emotional, and spiritual well-being. If you are reading this, you may be tired and hope that by initiating an exercise program you might have more strength and stamina. Perhaps you used to be in fairly good shape, but since your diagnosis, you've lost a lot of your athletic ability. Maybe you've never been very fit, but your oncologist told you that you should begin an exercise program. For many, it's taken years to get out of shape and it might take a while to get into better physical condition. Whatever your status, exercise can help.

Literally hundreds of articles show that a combination of good food choices and regular exercise can reduce one's risk of recurrence and help relieve some of the symptoms of treatment. In addition, it can improve health by controlling weight, maintaining healthy bones and joints, minimizing the risk of developing high blood pressure and diabetes, promoting well-being, and reducing the risk of death from heart disease.

The Centers for Disease Control and Prevention recommend that adults engage in moderate-intensity physical activity for at least 30 minutes on five or more days of the week, or engage in vigorous-intensity physical activity for at least 20 minutes on

three or more days of the week. To many of us, 20 to 30 minutes is overwhelming. It may be helpful to begin by noting your own definition of exercise. Depending on your level of fitness, exercise can include going for a walk or doing some light yard work.

Begin slowly. If you are able to build up endurance without problems, increase the time you exercise by no more than 10% each week. For example, if you walk for 15 minutes three times a week for a total of 45 minutes, don't walk more than a total of 50 minutes the next week. People who exercise beyond the American College of Sports Medicine guidelines do not rank higher on measures of cardiovascular fitness than women who follow their guidelines. More is not necessarily better.

Before you begin an active exercise program, it's wise to speak with your physician. For an assessment by a specialist in cancer fitness refer to the **Wellness** section of this directory for providers.

Get moving, feel better, and have fun!

—Connie J. Carson, Ph.D.

For more information, visit the National Comprehensive Cancer Network, Exercising during Cancer Treatment: www.nccn.org/patients/resources/life_with_cancer/exercise.aspx



Palliative Care: Improving Quality of Life

Palliative care (pronounced pal-lee-uh-tiv) is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms, pain, and stress of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. Palliative care is different from hospice care. Although they share the same principles of comfort and support, palliative care begins at diagnosis and continues during cancer treatment and beyond.

Palliative care is provided by a team of doctors, nurses, and other specialists who work together with a patient's other doctors to provide an extra layer of support. This type of care is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

Palliative care focuses on symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping, and depression. It also helps patients gain the strength to carry on with daily life. It improves the ability to tolerate medical treatments. And it helps patients have more control over their care by improving understanding of choices for treatment.

Palliative care is a team approach. The core team includes a doctor, nurse, and social worker who are palliative care specialists. Massage therapists, pharmacists, nutritionists, chaplains, and others, may also be part of the team.

The team spends as much time as necessary with the patient and family. They become a partner with the patient, family, and other doctors. They support the patient and family every step of the way, not only by helping to control symptoms but also by helping the patient to understand the treatment options and goals.

Palliative care services are usually covered by health insurance. Medicare and Medicaid also pay for palliative care, depending on the situation. If patients do not have health insurance or are unsure about their coverage, they should check with a social worker or their hospital's financial counselor.

Talk to your doctor or health care team member about palliative care.

To learn more, the National Cancer Institute has information at:
www.cancer.gov/cancertopics/factsheet/Support/palliative-care

Nutrition Guide for Chemotherapy Patients

*Dr. Lillian Klancar, Hematology/Oncology, Breast Cancer Care Consultants,
and Jana Tompkins, Patient Navigator, Progressive Health Center*

So you've been diagnosed with cancer and you're facing chemotherapy. You've searched the web or you've picked up a pamphlet about eating the proper amounts of protein and carbohydrates during your treatment. That's all good information, but what if you just can't eat or drink and feel too tired to even try?

There are four common side effects of chemotherapy that nearly everyone in treatment will experience – dehydration, changes in appetite, fatigue, and pain. This article will address dehydration and changes in appetite.

Staying hydrated is CRITICAL to preventing nausea, relieving sore mouth and dry mouth, preventing constipation and diarrhea, and adding nutrients.

Sip water in small amounts frequently. Set a timer and sip on the hour or half hour. Try to get at least eight 8-ounce glasses daily. Take it slow—too much at one time may increase nausea.

If sips of water are hard to tolerate, try sucking ice chips every few minutes. One 10 ounce cup of ice chips is about six fluid ounces, so try to eat at least ten 10-ounce cups of ice chips.

Add slices of lemon, lime, ginger, peppermint leaves, or cucumber slices to your water to make it taste better and to relieve nausea. Make a ginger tea by adding hot water to a cup with a quarter-sized slice of peeled ginger root. Let it steep for several minutes, remove the ginger and let it cool to warm.

Avoid alcohol, caffeine, and carbonated sodas, which dehydrate the body.

Maintaining a healthy appetite while going through chemo is important. Most patients say food tastes metallic or too salty. You're likely to experience nausea, indigestion, or heartburn, which can make eating almost impossible. Some patients lose weight and become malnourished, which can affect their ability to heal. Others may crave empty calories, leading to weight gain. Maintaining a nutrient-rich diet and an optimal weight is key to survival and avoiding recurrence. To follow are some suggestions for coping with your changing tastes and nausea:

Altered taste

For altered taste, try using a saltwater rinse prior to eating and use plastic forks and spoons. Use sea salt instead of regular table salt. Sea salt contains 80 minerals essential to the body.

Citrus (lime and lemon) stimulates the taste buds, but do not use citrus if you have mouth sores.

Add tart foods to your diet (anything that makes your mouth pucker) to improve saliva flow and stimulate a different taste sensation. If foods taste too sweet or salty, try adding drops of lemon juice until the food tastes better.

If foods taste bitter or metallic, eat plant-based proteins and add something sweet. For example, add dried cherries to cooked quinoa or try some cooked oatmeal with a tablespoon of maple agave.

Chemo does not affect the bitter taste buds as much as the other tastes. Incorporating healthy bitter vegetables like kale, cabbage, and other greens may appeal to you.

Visit an acupuncturist. Acupuncture helps promote saliva production, which improves the function of taste buds to improve taste.

Nausea or indigestion

Eat small meals every 1-2 hours rather than eating three large meals per day.

Cut out greasy, high-fat, or fried foods. Opt for nutrient-dense soups and broths.

Alternative therapies may also help control nausea and vomiting, including anti-nausea drugs. These therapies include acupuncture, acupressure, and guided imagery.

Stay active as much as possible. Exercise will help to stimulate your appetite, help control the craving for empty calories, and help control nausea.

Healthful eating

We often have cravings for empty calories and tell ourselves that our body is craving some vitamin or mineral it isn't getting. Quite the opposite is true. The cravings originate primarily in our minds and not our bodies. When we eat healthy, nutrient-dense foods and begin to feel better, we begin to crave healthy foods.

Keep a variety of healthful foods on hand so you can choose what appeals to you. Keep only healthy snacks, like kale chips or pieces of fruit, in your home. You will feel so much better emotionally and physically after eating healthful foods that you will begin to love them and crave them.



Follow-up Care after Treatment

Once cancer treatment has finished, a person should receive follow-up care to watch for and manage a cancer recurrence (return of the cancer) and any long-term effects of treatment.

TREATMENT SUMMARIES AND SURVIVORSHIP PLANS

After treatment, getting follow-up care and having access to support is important. Many cancer survivors choose to continue follow-up care with their oncologist, and others may return to their primary care doctor or family doctor. If you are returning to your primary care doctor, ask your oncologist for a detailed summary of all previous treatments and the risk for developing late effects. This information is important to your primary doctor, who may not have been involved in many of the parts of your cancer treatment. It gives him or her the information necessary to plan your follow-up care. This summary should include:

- Date of diagnosis.
- The type of cancer, including tissue/cell type, stage, and grade (if known).
- Dates of treatment and a list of treatments received, including the type of treatment/drug name, dose of drug or radiation, and number of treatment cycles.
- Any related medical findings during the course of treatment (such as the side effects you experienced).
- The results of any diagnostic tests.
- A schedule of required tests needed to evaluate your health after cancer treatment.
- Risks for developing long-term side-effects of cancer treatment.

It is important to talk with your doctors about appropriate tests based on your cancer history. Finally, keep a copy of both the treatment summary and survivorship care plan with your own records in case you need to share the information with another health care provider.

QUESTIONS TO ASK THE DOCTOR

Here are some questions that may be useful when you talk with your doctor about your follow-up care:

- Which doctor or other member of the health care team will provide my follow-up care? Does he or she have experience with cancer survivors?
- How often should I return for a follow-up visit?
- What tests will I need when I go for my follow-up visits?
- What screening tests do you recommend based on the treatments I had?

- How long will I need to continue to go for screening tests?
- Do I need to take any special medications or follow a special diet?
- What signs or symptoms should I be looking for after my cancer treatment is completed? What should I do if I notice one of these symptoms?
- Do I need to be referred to a specialist?
- What can I do to lower my risk of the cancer coming back or developing a second cancer?
- Can you provide me with a summary of my cancer treatment?

To download a copy of a treatment summary, go to:

www.cancer.net/survivorship/follow-care-after-cancer-treatment/asco-cancer-treatment-summaries

Source: Cancer.net

FREE OR REDUCED-COST SCREENING PROGRAMS IN COLORADO

There are several options for free or low-cost cancer screenings across Colorado. Some offer screening for specific types of cancer, and others offer several cancer screening options. Before you have any cancer screening after treatment, check with your provider to be sure you are getting the check-up you need. Here are a few options:

Breast and cervical cancer: The Women's Wellness Connection provides funding for breast and cervical cancer screening for Coloradans who meet eligibility requirements. Call 866-951-WELL (9355).

Colorectal cancer: The Colorado Colorectal Screening Program provides funding for colorectal screenings for Coloradans who meet eligibility requirements and is coordinated by staff at the University of Colorado Cancer Center. To see if you are eligible or to find a screening center near you, call 866-227-7914.

Skin cancer: The American Academy of Dermatology provides a place on their website to search for free skin screenings in Colorado. For more information: www.aad.org/scs/search/default.aspx

9Health Fairs: The community events offer free and reduced-cost health exams, tests, and screenings in locations across Colorado. For more information: www.9healthfair.org



How Can You Trust What You See Online?

🇪🇸 = *Servicios disponibles en español. (Services available in Spanish.)*

With websites, blogs, social media, and e-mail, plenty of cancer information is available on the internet. But how can you trust what you see? Here are a few questions to ask, suggested by the National Cancer Institute:

- **Who manages this information?** The person or group that has published health information online should be identified on the web site.
- **Who is paying for the project, and what is their purpose?** You should be able to find this in the website's "About Us" section.
- **What is the original source of the information they have posted?** If the information was originally published in a research journal or a book, the website should say which one so you can find it.
- **How is information reviewed before it gets posted?** Most health information websites and publications have someone with medical or research credentials (such as someone who has earned an MD, DO, or PhD) review the information before it is posted to make sure it is correct.
- **How current is the information?** Online health information sources should show you when the information was posted or last reviewed.
- **If the website asks for personal information, how will they use that information and how will they protect your privacy?** This is very important. Do not share personal information until you understand the policies under which it will be used and you are comfortable with any risk involved in sharing your information on line.

www.cancer.gov/cancertopics/cancerlibrary/health-info-online

For more information:

🇪🇸 American Cancer Society.

Cancer Information on the Internet.

www.cancer.org/cancer/cancerbasics/cancer-information-on-the-internet

🇪🇸 Federal Trade Commission. Cancer Treatment Scams.

www.consumer.ftc.gov/articles/0104-cancer-treatment-scams

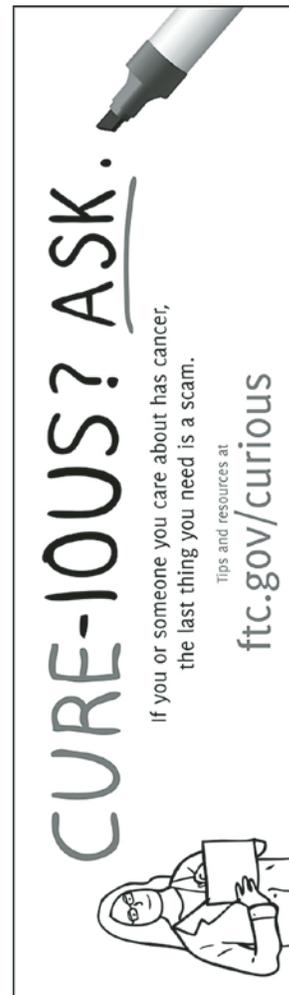
🇪🇸 National Institute on Aging.

How Can I Find Reliable Health Information Online?

www.nia.nih.gov/health/publication/online-health-information

National Library of Medicine. Guide to Finding Health Information.

www.nlm.nih.gov/services/guide.html



CURE-IOUS?

Be skeptical of websites hawking cancer cures.

- No one treatment works for every cancer or every body.
- Natural doesn't always mean effective or safe.
- Bogus marketers often use trickery and vague language to take advantage of people.
- Big words from a medical dictionary are no substitute for the plain-language facts from your doctor.
- A money-back guarantee doesn't prove that a product works.

ASK.

5 questions to ask your doctor.

- 1 Does this product work? Is there any research to support its effectiveness?
- 2 What are the possible risks, side effects, or benefits in my specific case?
- 3 Will it interfere with my current treatment plan?
- 4 Has this product been proven to be safe?
- 5 Can we talk about other treatments or products that could reduce my discomfort or some of my symptoms?



ftc.gov/curious

Diagnosis Summary Chart

Initial Diagnosis Information

Date of diagnosis _____ Doctor's Name _____

Type of cancer _____

Location of tumor _____

Pathology Information

Tumor size: _____

Stage: _____

Other: _____

Additional Diagnostic Test Dates and Results

TEST	DATE	RESULTS

Other

Other areas affected _____

Other areas that could be affected in the future _____

Follow-up _____

Treatment Summary Chart

	CHEMOTHERAPY	RADIATION	HORMONAL THERAPY
Name of Treatment			
Names of Drugs (if applicable)			
How it Works What it Does			
Frequency of Treatment			
No. of Treatments/ Cycles Needed			
Potential Side Effects			
Ways to Manage Side Effects			
Start Date			
Scheduled End Date			

Healthcare Team Contact Information

PRIMARY CARE PHYSICIAN

PH / FAX / EMAIL

PRIMARY CARE NURSE

PH / FAX / EMAIL

SURGEON

MEDICAL ONCOLOGIST

ONCOLOGY NURSE

RADIATION ONCOLOGIST

SOCIAL WORKER / CASE MANAGER

SUPPORT GROUP CONTACT

PRIMARY INSURANCE PROVIDER

SECONDARY INSURANCE PROVIDER

OTHER

OTHER

OTHER

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Women's Wellness Connection

The mission of the Women's Wellness Connection (WWC) is to provide, promote, and ensure quality breast and cervical cancer screening for underserved women in Colorado and connect them to resources. WWC partners with 44 agencies, from local public health agencies, to non-profits, to hospitals, and private practitioners. In Fiscal Year 2013, the WWC program served a total of 17,119 women, and identified 225 women with breast or cervical cancer.

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