

Sharing Knowledge ~ Creating Hope
Breast Cancer Connections' 7th Annual Breast Cancer
Conference

Resource List

All resources are available in the Megan Lynch Memorial Library at Breast Cancer Connections unless otherwise noted. For help accessing these or other resources in our library call the Helpline at (650) 326-6686. Computer access is available at BCC. This list is not intended to be comprehensive, but there is a more inclusive list available at www.bcconnections.org.

General Breast Cancer Resources:

1. **National Cancer Institute, www.cancer.gov** or call 1-800-422-6237 (1-800-4-CANCER)

Useful for treatment summaries that reference the medical literature with links to relevant abstracts. They also put out a document from the Cancer Information Service, "Cancer Information Sources," <http://www.cancer.gov/cancertopics/factsheet/Information/sources> Information available in Spanish.

2. **MedlinePlus, www.medlineplus.gov**

This website is maintained by the National Library of Medicine and has much useful, patient-friendly information including a drug information database online, with side-effects grouped according to their frequency of occurrence and seriousness.

3. **National Comprehensive Cancer Network, www.nccn.org**

Useful for treatment summaries and clinical practice guidelines for oncology. They are presented in a flowchart form that can be ordered in a CD-ROM format. Information available in Spanish.

4. **National Guideline Clearinghouse at www.guideline.gov**

This resource has active links to treatment guidelines related to many aspects of breast cancer from a variety of sources, both government and private. Browse by topic or use specific search keywords.

5. **Cancer.Net, www.cancer.net**

This website is maintained by the American Society of Clinical Oncology and is useful for easy-to-read summaries of the latest research news as well as for other information and support.

6. **American Cancer Society, www.cancer.org** or call 1-800-ACS-2345 anytime in the US or call (408)-871-1062 for the Silicon Valley/Central Coast Region.

Useful for easy-to-read patient information, details regarding support programs, and local contacts. Information available in Spanish. Telephone support also available in Spanish.

7. **BreastCancer.org, www.breastcancer.org**

Useful for easy-to-read treatment information as well as for supportive information and interactive forums.

8. **Living Beyond Breast Cancer, www.lbbc.org**

Useful for teleconferences and a variety of patient friendly information.

9. National Breast Cancer Coalition, www.stopbreastcancer.org

A grassroots advocacy organization which has challenged policymakers, advocates, researchers, and other concerned parties to end breast cancer by 2020. Useful for its “31 Myths & Truths.”

10. Susan G. Komen Foundation, www5.komen.org or call 1-877 GO KOMEN (1-877-465-6636) Useful for news summaries, medical information, advocacy, and much, much more. The “Fast Facts” information sheets are available for download from their website. The “Questions to Ask the Doctor” set is also available to order through their website for free. Information available in Spanish.

11. Breast Cancer Network of Strength at www.networkofstrength.org or call 1-800-221-2141 (Spanish, call 1-800-986-9505). Useful for its 24-hour Helpline and its “Understanding Your Breast Cancer Pathology Report.” Information is also available in Spanish.

Sister Network Inc. <http://www.sistersnetworkinc.org/> is a National African American survivorship network. This organization’s goal is to increase awareness of breast cancer in the African American community.

12. Young Survival Coalition <http://www.youngsurvival.org/>
YSC works with survivors, caregivers and the medical, research, advocacy and legislative communities to increase the quality and quantity of life for women diagnosed with breast cancer ages 40 and under.

13. The Breast Cancer Fund <http://www.breastcancerfund.org/>
The Breast Cancer Fund works to understand the links between breast cancer and exposures to chemicals and radiation in our everyday environments.

14. “Dr. Susan Love’s Breast Book, Fifth Revised Edition” by Susan Love, M.D., published 2010 by Da Capo Lifelong Books or on the web at <http://www.dsllrf.org/index.asp?>

15. National Coalition for Cancer Survivorship website at www.canceradvocacy.org
It’s the oldest survivor-led advocacy organization working on behalf of people with all types of cancer and their families.

16. BreastCancerTrials.org is matching tool at www.breastcancertrials.org.
This site was developed specifically for women and men interested in learning about, enrolling, or browsing breast cancer trials.

17. Evaluating Web-Based Health Resources published by the Nation Center for Complementary and Alternative Medicine in, updated in 2010 and available at: <http://nccam.nih.gov/health/webresources/D337.pdf>

Local California Resources (See also Specific Topics)

1. Cancer Prevention Institute of California www.cpic.org or call (510) 608-5000
Useful for incidence and epidemiology studies of breast cancer in the state of California and northern California in particular.

2. **California Breast Cancer Research Program**, www.cbcrcp.org or call 1-888-313-2277 (BCRP) Useful for 2004 publication, "Breast Cancer in California: A Closer Look." They also fund basic research relating to breast cancer biology, diagnosis, and treatment.
3. **Medical Board of California**, <http://www.medbd.ca.gov/lookup.html>
Useful for looking up doctors' training history, California licensure history, and disciplinary history.
4. **American Cancer Society**, www.cancer.org or call (408) 871-1062 for the Silicon Valley/Central Coast Region. Useful for easy-to-read patient information, details regarding a variety of support programs, and local contacts. Information available in Spanish.
5. **Breast and Cervical Treatment Program (BCCTP)** 1(800)824-0408
www.dhcs.ca.gov/services/medi-cal/pages/BCCTP.aspx
Provides breast and cervical cancer treatment for eligible low-income California residents who are screened by the Cancer Detection Program: Every Woman Counts or Family PACT programs.
6. **Breast Cancer Emergency Fund** at www.bcef-sf.org or (415)558-6999
Provide emergency financial assistance to low-income women and men who are currently being treated for breast cancer. This organization serves San Francisco and San Mateo County and can also provide referrals to other organizations that can provide further assistance.
7. **Women's Cancer Resource Center of Oakland, California**, www.wcrc.org or call (510) 420-7900.
Useful for support groups and information relating to women experiencing any kind of cancer.
8. **The Bay Area Tumor Institute**, www.bati.org or call (510) 465-2242
Useful for support resources for cancer patients living in the East Bay.
9. **Cancer Detection Program** (formerly the Breast Cancer Early Detection Program), Every Woman Counts, www.dhs.ca.gov/cancerdetection or call 1-800-511-2300.
Provides funding for breast cancer screening for uninsured or underinsured women age 50 and over in the state of California. Call to verify that program is accepting new clients.
10. **Bay Area Breast Cancer Resource Guide**, maintained by the Cancer Prevention Institute of California, on the web at <http://bcrg.cpic.org/guide/enter.php?guide=1&cobrand=18> or call 1-888-315-5988. It is a useful tool that allows you to search for local facilities that focus on a specific aspect of breast cancer.
11. **The Cancer Support Community** <http://www.thewellnesscommunity.org/>
This organization offers a network of personalized services and education for all people affected by cancer.
12. **Shanti Lifeline Breast Cancer Services**, www.shanti.org/lifelines
or call at (415) 674-478. Offers help with practical concerns and emotional support to underserved men and women with breast cancer in San Francisco.
13. **Zero Breast Cancer** at <http://www.zerobreastcancer.org/>

This nonprofit organization, located in Marin County, is dedicated to finding the causes of breast cancer through community participation in the research process. They also create educational resources, such as “Tips to Reduce Your Risk for Breast Cancer”.

14. **Bay Area Breast Cancer and the Environment Research Center (BABCERC)** at <http://bayarea.bccerc.org/> BABCERC is one of four centers nationwide that directs its research to the environmental causes of breast cancer by focusing on mammary gland development during puberty when the breast may be particularly susceptible to environmental influences.

The Future for Early Breast Cancer Detection

1. **National Comprehensive Cancer Network**, Clinical Practice Guidelines in Oncology, “Breast Cancer Screening and Diagnosis Guidelines” are available online at: http://www.nccn.org/professionals/physician_gls/PDF/breast_screening.pdf
2. “**Newer Technologies for Breast Cancer Screening**” from the American Cancer Society, last updated in 2010, and is available along with other information about the importance of early detection at: <http://www.cancer.org/Cancer/BreastCancer/MoreInformation/BreastCancerEarlyDetection/breast-cancer-early-detection-new-screening-technologies>
3. “**Breast Cancer Screening**” from the National Cancer Institute, updated 2010 and available at: <http://www.cancer.gov/cancertopics/pdq/screening/breast/Patient/page3>
4. “**Breast Cancer Tests: Screening, Diagnosis, and Monitoring**” published by BreastCancer.org and available at: <http://www.breastcancer.org/symptoms/testing/types/>
5. “**Breast MRI**” at <http://www.mayoclinic.com/health/breast-mri/MY00300> published by the Mayo Clinic, updated in 2010. This website has information about the risks of MRI, an explanation of why it’s done, and how one can prepare for a MRI.
6. “**Review of Preoperative Magnetic Resonance Imaging (MRI) in Breast Cancer: Should MRI Be Performed on All Women with Newly Diagnosed, Early Stage Breast Cancer?**” by Nehmat Houssami and Daniel Hayes, published in 2009 and current as of 2010. The full text of this article is freely available at: <http://caonline.amcancersoc.org/cgi/reprint/59/5/290?maxtoshow=&hits=25&RESULTFORMAT=&fulltext=breast+cancer&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT>
7. **San Antonio Breast Cancer Symposium**, www.sabcs.org
Every year in December an international meeting is held and key research results are reported. The abstracts and some presentations are posted on this website and are freely available.
8. **American Society of Clinical Oncology**, www.asco.org
Every year in May/June, an international meeting is held and key research results are reported. The abstracts and some presentations are posted on this website and are freely available.

9. **Cancer.net** at www.cancer.net. This website is run by the American Society of Clinical Oncology with the purpose of disseminating technical, medical information to the general public in a consumer-friendly and timely format. They offer teleconferences.

10. **MedlinePlus** at www.nlm.nih.gov/medlineplus/breastcancer.html is the consumer health website for the National Library of Medicine. They have up-to-date news summaries that are useful to look up more information about something that appears in the news.

11. **BreastCancer.org** at www.breastcancer.org. This organization exists for the purpose of disseminating technical, medical information regarding breast cancer to the general public in a consumer-friendly format. They often provide summaries from major professional meetings and offer teleconferences.

Survivor Story

1. **“Real Men Do Wear Pink”** by Bethany Kandel, published in 2010 by Parade Magazine. This article details the story of a father and daughter who underwent chemotherapy together and are fighting to raise awareness about male breast cancer. It is available at:

<http://www.parade.com/health/2010/10/17-real-men-do-wear-pink.html>

2. **Original Research: Men's awareness and knowledge of male breast**

<http://www.ncbi.nlm.nih.gov/pubmed/20885124>

This study provides researchers and the public with information regarding ways to increase awareness about male breast cancer.

3. **General Information about Male Breast Cancer** from the National Institute of Cancer Research is available at:

<http://www.cancer.gov/cancertopics/pdq/treatment/malebreast/patient>

4. **"Facing Forward-Life after Cancer" Treatment** from the National Cancer Institute. It is available for download or order at:

<https://cissecure.nci.nih.gov/ncipubs/detail.aspx?prodid=P119>

5. **"A Cancer Patient's Guide to Overcoming Depression & Anxiety, Getting Through Treatment & Getting Back to Your Life"** by Derek R. Hopko and Carl W. Lejuez, published 2007 by New Harbinger Publications, Inc.

6. **“After Breast Cancer, a Common-Sense Guide to Life after Treatment”** by Hester Schnipper, published in 2006 by Bantam Dell.

7. **American Society of Clinical Oncology (ASCO) Breast Cancer Treatment Plan and Summary Templates are available at**

<http://www.cancer.net/patient/Survivorship/ASCO+Cancer+Treatment+Summaries>

These templates can be filled out online or in printed form. They provide a great way to keep a detailed and concise summary of breast cancer treatments received.

8. **Survivorship A to Z** at <http://www.survivorshipatoz.org/breastcancer/>

A resource that provides information to help women and men deal with the practical challenges of breast cancer, from government benefits to help with day-to-day living.

9. **Living Beyond Cancer – A New Cancer Survival Toolbox from the National Coalition for Cancer Survivorship** available at <http://www.canceradvocacy.org/toolbox/> or by calling 1-877-TOOLS-4-U or (301) 650-9127.

10. **After Treatment Ends: Tools for the Adult Cancer Survivor** by Rosalie Canosa, LCSW-R and published by CancerCare in 2010. It is available for download at: http://www.cancercare.org/pdf/booklets/ccc_survivor.pdf

11. **Bay Area Young Survivors (BAYS)**, <http://www.baysnet.org/>. A support and activist group for women with breast cancer who are under 45 and live in the Bay Area.

12. **Young Survival Coalition**, www.youngsurvival.org
Useful for survivors of breast cancer who are 50 years old or younger.

12. **Recovery & Renewal Support Group** at Breast Cancer Connections, www.bcconnections.org or call (650) 326-6686. This support group is for anyone who has completed treatment for breast cancer and is focusing on continued physical, emotional, and spiritual well being.

Managing Weight after Breast Cancer:

1. **“Cooking Smart”** published by the American Cancer Society in 2009, to order call 1(800)227-2345. This resource contains the ACS guidelines on nutrition and physical activity for cancer prevention. It also provides a shopping list and recipes that that can help people implement healthy changes.

2. **“The Nutrition Rainbow”** published by the Cancer Project. It shows a break down of which colors of food contain which cancer fighting compounds. Available at www.cancerproject.org.

3. **“Healthy Eating for Life: Food Choice for Cancer Prevention and Survival”** published by the Cancer Project in 2004. This organization advocates a plant based diet and this guide provides recipes, tips for changing your diet, and information on topics like fat and hormonal effects. It is available at www.cancerproject.org.

4. **“Exercise Prescription after Breast Cancer”** published by EduCare in 2009 and presented by, and available at, Breast Cancer Connections or by calling (650)326-6686. This resource provides recommendations for exercise during and after treatment.

5. **Calculators** from the American Cancer Society at:

<http://www.cancer.org/Healthy/ToolsandCalculators/Calculators/index>

You can use these calculators to help determine your ideal body weight, what your caloric intake should average each day, how many calories you can burn through various activities, and what your target heart rate should be during exercise.

6. **“The Breast Cancer Survivor's Fitness Plan”** by Dr. Carolyn Kaelin, published 2007 by McGraw-Hill Books.

7. **Living Strong, Living Well**, <http://lslw.stanford.edu/> or call (650) 725-5014

This program is sponsored by The Health Improvement Program of the Stanford Prevention Research Center in association with the YMCA. This is a strength/fitness program for cancer patients and survivors.

8. **“Diet and Physical Activity: What’s the Cancer Connection?”** published by the American Cancer Society in 2010 and it is freely available at:

<http://www.cancer.org/Cancer/CancerCauses/DietandPhysicalActivity/diet-and-physical-activity>

9. **“Weight Loss and Nutrition Myths How Much do you Really Know?”** published by the U.S. Department of Health and Human Services in 2009. It is freely available at:

<http://www.win.niddk.nih.gov/publications/PDFs/Myths.pdf>

10. **“Physical Activity for a Healthy Weight”** published by the Centers for Disease Control and Prevention, updated in 2009 and available at:

http://www.cdc.gov/healthyweight/physical_activity/index.html

11. **“Weight, Physical Activity, Diet, and Prognosis in Breast and Gynecological Cancers”** by Anne McTiernan, Melinda Irwin, and Vivian VovGruenigen and published in the Journal of Clinical Oncology in 2010, the abstract is available at:

<http://jco.ascopubs.org/content/28/26/4074.abstract?sid=a55bdb7-36e3-4522-a240-96ae3ebfd0eb>

12. **“Beyond Recreational Physical Activity: Examining Occupational and Household Activity, Transportation Activity, and Sedentary Behavior in Relation to Postmenopausal Breast Cancer Risk”** by Stephanie George et al., published in 2010 by the American Journal of Public Health. Abstract is available at:

<http://ajph.aphapublications.org/cgi/content/abstract/100/11/2288>

13. **“The Cancer Survivor’s Guide: Foods that Help You Fight Back”**

by Neal D. Barnard, M.D., and Jennifer K. Reilly, R.D., published in 2008 by The Cancer Project. Available for purchase or download at:

<http://www.cancerproject.org/resources/guide.php>

14. **American Council on Exercise** <http://www.acefitness.org/> contains information about the requirements for becoming an ACE personal trainer; it also contains recipes, workouts, and an exercise library that demonstrates the correct way to do particular exercises.

Meet the Pathologist

1. **“Quality in Cancer Diagnosis”** by Stephen Raab and Dana Grzybicki, published in 2010 in *A Cancer Journal for Clinicians*. This article is a wealth of information about the accuracy of pathology reports and also opportunities for improvement that exist. The full text for this resource is available at:

<http://caonline.amcancersoc.org/cgi/content/full/60/3/139?maxtoshow=&hits=10&RESULTFORMAT=&fulltext=quality+in+cancer+diagnosis&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT>

2. **“Your Guide to the Breast Cancer Pathology Report”** at

<http://www.breastcancer.org/community/booklets.jsp>, developed by BreastCancer.org in 2010. This is a quick reference guide for terms that women with breast cancer may see in their pathology report. It can be ordered or downloaded at. Also available in Spanish.

3. **“Understanding Your Pathology Report”** published by EduCare in 2009 and copies are available at Breast Cancer Connections or can be received by calling (650) 326-6686.

4. “**Breast Cancer Staging: Working With the Sixth Edition of the AJCC Cancer Staging Manual**” published in *A Cancer Journal for Clinicians* in 2006 and current as of 2010. Full text available for download at:

<http://caonline.amcancersoc.org/cgi/reprint/56/1/37?maxtoshow=&hits=10&RESULTFORMAT=&fulltext=breast+cancer+pathology+report&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT>

5. **Pathology Reports: Questions and Answers** from the National Cancer Institute, reviewed in 2010 and it is available at: <http://www.cancer.gov/cancertopics/factsheet/Detection/pathology-reports>

6. “**Breast Cancer Testing**” at

<http://www.labtestsonline.org/understanding/conditions/breast-3.html>. This website was updated in 2010 and is produced by the American Association for Clinical Chemistry. It has information about tests that one may see on the results of their pathology report.

The Role of Oncoplastic Surgery in Breast Cancer:

1. “**Food & Drug Administration (FDA) Breast Implant Consumer Handbook**” at <http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/ImplantsandProsthetic/BreastImplants/UCM064050>. This is the most recent edition of the handbook, 2004, and has links to various studies about implants and their risks.

2. “**Breast Reconstruction**” from American Society of Plastic Surgeons, 2010, http://www.plasticsurgery.org/Patients_and_Consumers/Procedures/Reconstructive_Procedures/Breast_Reconstruction.html.

3. “**Breast Reconstruction After Mastectomy**” from American Cancer Society, at <http://www.cancer.org/Cancer/BreastCancer/MoreInformation/BreastReconstructionAfterMastectomy/index> or call (408) 879-1032. Available in Spanish.

4. “**The Breast Reconstruction Guidebook**” by Kathy Steligo, 2005. This is an easy-to-understand text which explains mastectomy and demystifies reconstructive options.

5. “**Reconstructing Aphrodite**” showcasing the work of a local surgeon, Dr. Loren Eskenazi, from Verve Editions. For more information see <http://reconstructingaphrodite.com/>

6. **Microsurgical Breast Reconstruction**, www.microsurgery.net

A website maintained by the surgeons of the Buncke Clinic in San Francisco who specialize in microsurgery and various free flaps for breast reconstruction. They have descriptions of the various free flap procedure on this website.

7. **BreastImplantSafety.org** <http://breastimplantsafety.org/>

The American Society for Aesthetic Plastic Surgery (ASAPS) and the American Society of Plastic Surgeons (ASPS) joined together to create this website, which is a valuable resource for information regarding breast implant and safety issues for the general public.

8. **BreastReconstruction.org** at <http://breastreconstruction.org/>

This is another helpful resource for women with questions about breast reconstruction and is updated by a team of plastic surgeons who specialize in various methods of breast reconstruction.

9. "Microsurgical Reconstruction of the Breast after Cancer: An Overview of Procedures and Options" by Karen Horton, 2007, from the BCC report available at www.bconnections.org.

The Problem of DCIS: The Challenge of Making a Surgical Disease Non-surgical

1. "Ductal Carcinoma *In Situ*" updated 2010, at

<http://www.cancer.gov/cancertopics/pdq/treatment/breast/HealthProfessional/page4>

This website is update by the National Cancer Institute, and gives an introduction to DCSI, treatment options, and links to current clinical trials along with other useful resources.

2. "Ductal Carcinoma In Situ Science & Experience" by Elizabeth McLoughlin and Shelley Hwang, published in 2008 by UCSF Helen Diller Family Comprehensive Cancer Center & UCSF Carol Franc Buck Breast Care Center.

3. "Radiation Therapy Helps Prevent DCIS Recurrence after Breast-Conserving Surgery"

published by the National Cancer Institute in 2009, at

<http://www.cancer.gov/clinicaltrials/results/summary/2009/dcis0309>

4. DCIS specific website, www.dcis.info. Hosted by the Cancer Prevention Institute of California, last updated in 2010.

5. "Surgery Choices for Women With Early-Stage Breast Cancer" from the National Cancer Institute, available at <http://www.cancer.gov/cancertopics/treatment/breast-cancer-surgery-choices>. This booklet is for women with DCIS, Stage I, IIA, IIB & IIIA breast cancer and is currently under revision, but should be available soon.

6. DCIS support group at Breast Cancer Connections, www.bconnections.org or call (650) 326-6686.

7. Newly Diagnosed/In-Treatment Breast Cancer Support Group at Breast Cancer Connections, www.bconnections.org or call (650) 326-6686.

Advanced Breast Cancer:

1. Metastatic Breast Cancer Support Group at Breast Cancer Connections, www.bconnections.org or call (650) 326-6686.

2. Metastatic ListServ at www.bcmets.org A wealth of information about metastatic breast cancer. Signing up for the ListServ is a good way to connect with other metastatic breast cancer patients.

3. AdvancedBC.org at <http://www.advancedbc.org/>

Here you will find links to online resources, information about research and treatments, and the perspectives of advocate and author Musa Mayer.

4. BrainmetsBC.org at www.brainmetsbc.org. is a website for patients and families. It is helpful for understanding brain metastases, available treatments, and emerging research.

5. **“Metastatic Breast Cancer Network Information Kit”** provided by the Metastatic Breast Cancer Network and can be ordered by calling 1-888-500-0370 or visiting their website at <http://www.mbcnetwork.org/>.
6. **“When Cancer Returns”** from the National Institutes of Health, posted 2005. Available on the web at <http://www.cancer.gov/cancertopics/When-Cancer>Returns>
7. **“Angiogenesis Inhibitors Therapy”** reviewed 2008, from National Cancer Institute at <http://www.cancer.gov/cancertopics/factsheet/Therapy/angiogenesis-inhibitors>
8. **“Targeted Therapies for Breast Cancer Tutorial,”** at http://www.cancer.gov/cancertopics/understandingcancer/targetedtherapies/breastcancer_htmlcourse. There are links to tutorials about targeted therapies for breast cancer as well clinical trials currently enrolling subjects.
9. **Search for Breast Cancer Clinical Trials**, <http://www.cancer.gov/clinicaltrials/breast-cancer-updates> Useful to search for breast cancer related clinical trials that are currently open.
10. **Frankly Speaking About Advanced Breast Cancer** published in 2009 by the Cancer Support Community and is freely available at: <http://www.thewellnesscommunity.org/mm/Learn-About/FSAC/FSAC-Books/FSAC-ABC.aspx>

Accessing Private Health Coverage in California

1. **Cancer Legal Resource Center** at www.disabilityrightslegalcenter.org or call 1-866-843-2572 or (213) 736-1355. The Cancer Legal Resource Center can address questions about health insurance, access to healthcare, and other legal issues.
2. **Patient Advocate Foundation** at www.patientadvocate.org. The organization has many useful downloadable pamphlets about all kinds of insurance issues as well as a co-pay relief program.
3. **Patient Access Network Foundation** at www.patientaccessnetwork.org
Assists patients who need help paying their deductibles, co-payments, and co-insurance.
4. **Managing the Cost of Cancer Care** published by the American Society of Clinical Oncology (ASCO) in 2010. This resource is a quick reference for financial and insurance concerns and is available at: <http://www.cancer.net/patient/All+About+Cancer/Managing+the+Cost+of+Cancer+Care>
5. **"How to Use Your Health Plan, A Guide to Getting the Most from Your HMO or PPO"** from the State of California, Office of the Patient Advocate, published 2008. The guide is available in English, Spanish, and Chinese at www.opa.ca.gov or call 1-888-466-2219.
6. **“What Cancer Survivors Need to Know about Health Insurance”** by Kimberly Calder and Karen Pollitz, from the National Coalition for Cancer Survivorship (NCCS), published 2006. Available online at: <http://www.canceradvocacy.org/resources/publications/insurance.pdf>
7. **“Coping with the Cost of Care”** published in 2009 by the Wellness Community and it available at: <http://www.thewellnesscommunity.org/hc/Initiatives/Cancer-Costs/Coping->

[with-Costs-1.aspx](#). This resource is designed to help people with cancer gain a greater sense of control over the various financial demands that accompany a cancer diagnosis.

8. **Healthcare.gov** at <http://www.healthcare.gov/index.html>. This website is managed by the U.S. Department of Health and Human Services and can help you understand the law, explore insurance options, compare quality of care, and learn about cancer prevention.

9. **Medicare.gov** is the official U.S. government site for information regarding Medicare, at <http://www.medicare.gov/Default.aspx?AspxAutoDetectCookieSupport=1>.

10. **Social Security Online** at <http://ssa.gov/>, the official website of the U.S. Social Security Administration.

Ask Your DNA

1. “**BRCA1 and BRCA2: Cancer Risk and Genetic Testing**” at <http://www.breastcancer.org/symptoms/testing/types/> published by the National Cancer Institute and reviewed in 2009.

2. **Facing Our Risk Empowered** at <http://www.facingourrisk.org/> is a national nonprofit organization that is dedicated to heredity breast and ovarian cancer. This organization provides women and men with support and education.

3. “**Genetic and Genomic Tests: What Are They All About?**” by Allison Kurian, 2007, in CBHP Report, available at <http://www.bcconnections.org>

4. “**‘GINA’ Genetic Information Nondiscrimination Act of 2008 Information for Researchers and Health Care Professional**” published by the Department of Health of Human Services in 2009 and is available for download at:

<http://www.genome.gov/Pages/PolicyEthics/GeneticDiscrimination/GINAInfoDoc.pdf>

5. **Stanford Cancer Genetics Program**, <http://cancer.stanfordhospital.com/forPatients/services/geneticCounseling/index.html> or call 650-724-4363.

6. **Carol Franc Buck Breast Cancer Prevention Program/High Risk Program**, <http://www.ucsfbreastcarecenter.org/servicesindex1.html> or call 415-885-7779.

7. **University of California at San Francisco Cancer Risk Program at the Comprehensive Cancer Center**, call 1-877-747-5422 (1-877-RISK-4CA).

8. “**National Cancer Institute’s “Breast Cancer Risk Assessment Tool”** at <http://www.cancer.gov/bcrisktool/>

Art of Living-The Power of Meditation:

1. “**Meditation: An Introduction**” published by The National Center for Complementary and Alternative Medicine, updated in 2010, and available at: <http://nccam.nih.gov/health/meditation/meditation.pdf>

2. **“Relaxation Techniques and Mind/Body Practices: How They Can Help You Cope with Cancer”** published by CancerCare in 2009. This fact sheet provides a quick introduction to meditation and deep breathing techniques. It can be ordered or download at: http://www.cancercare.org/reading_room/fact_sheets/fs_relaxation.php
3. **“Meditation: Take a Stress Break Wherever You Are”** published in 2009 by the Mayo Foundation for Medical Education and Research (MFMER). It is available at: <http://www.mayoclinic.com/health/meditation/HQ01070>
4. **“What is Meditation?”** published by the Art of Living at <http://www.artofliving.org/what-is-meditation>. This website provides how-to guides for meditation as well as information regarding the benefits of mediation.
5. **“Cancer, Cognitive Impairment, and Meditation”** by Kelly Biegler, M. Alejandro Chaoul, and Lorenzo Cohen, published in 2009 by *Acta Oncologica*. Abstract is available at: <http://www.ncbi.nlm.nih.gov/pubmed/19031161>

PLEASE NOTE

Our information should not be considered complete, and is compiled from numerous sources, that are not affiliated with BCC.

Our information cannot substitute for medical care, and it should not be used for the purposes of diagnosis or treatment.

Each medical condition is unique.

We strongly advise you to consult your physician with questions about your own situation, or about any of the information we have provided as it may relate to your specific case.

Thank you for allowing us the opportunity to assist you. If we can help in any other way, please call us at 650-326-6686.

Breast Cancer Connections
390 Cambridge Ave.
Palo Alto, CA 94306
Direct line 650-326-6299 ext. 15
Fax 650-326-6673
Website bcconnection.org
Email: info@bcconnections.org