**SPECIALIZED SUPPORT**

**Dealing with a cancer diagnosis, treatment, and long-term survival issues can sometimes be overwhelming or confusing. Find programs, services, information and other assistance on a variety of topics that may address your specific concerns**

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| **Airlift Assistance** | **Angel Flight East (AFE)** Free air transportation to patients and family  **Patient AirLift Services (PALS)** Free medical flights for patients and Veterans | [angelflighteast.org](https://angelflighteast.org/)  215-358-1900  888-818-1231 or 631-694-7257  <https://palservices.org/> |
| **Atrial Fibrillation** | Learn about AF (or afib) the most common irregular heartbeat | [StopAfib.org](https://www.stopafib.org/)  Melissa Moss 678-223-3833 |
| **Benefits of Exercise for Cancer Patients** | Video by WM patient Murray Shaw | <https://www.youtube.com/watch?v=9UkDwY3PRJE> |
| **Cancer Rights** | Practical guide on legal, employment, insurance, and financial issues people face after cancer diagnosis | [nfo@triagecancer.org](https://triagecancer.org/) 424-258-4628 |
| **Your Cancer Roadmap: Navigating Live with Resiliance** | 2021 book by Kim Thiboldeaux, CEO at Cancer Support Community that walks through the cancer journey putting the patient in the driver’s seat | [Cancer Today interview](https://www.cancertodaymag.org/Pages/cancer-talk/Putting-the-Patient-in-the-Drivers-Seat.aspx?utm_source=email&utm_medium=salesforce&utm_campaign=ct-enews-june21) with the author  [Order](https://benbellabooks.com/shop/your-cancer-road-map/) *Your Cancer Road Map: Navigating Live with Resilience* |
| **Clinical Trial Navigation and Transportation** | A resource guide with guidelines and safety protocols from Lazarex Care Patient Assistance | [https://lazarex.org/helping-you/program-services-guide/(link is external)](https://lazarex.org/helping-you/program-services-guide/)  925-820-4517 [info@lazarex.org](mailto:info@lazarex.org) |
| **CONQUER** | Official patient voice magazine of the Academy of Oncology Nurse & Patient Navigators (AONN+) patient stories, immunotherapy, and specialty lymphoma online | [Subscribe or browse and explore online](https://conquer-magazine.com/issues/special-issues/august-2020-immunotherapy) |
| **COVID-19 Learning Center** | Latest information from the Lymphoma Research Foundation | <https://lymphoma.org/covid-19-learning-center/>  800-500-9976 helpline@lymphoma.org |
| **Digital Literacy Course** | Free guided video courses to become more comfortable with technology | Patient Empowerment Network (PEN) <https://iamdigitallyempowered.org/> |
| **Doctor Visits** | Make the most of your appointments by taking time to prepare for and manage your doctor visits | Cancer Today article by Hester Hill Schnipper  [Take Time to Prepare for and Manage Your Doctor Visits](https://www.cancertodaymag.org/Pages/Spring2022/Make-the-Most-of-Your-Appointments.aspx?utm_source=salesforce-marketing-cloud&utm_medium=email&utm_campaign=April+2022+Cancer+Today+E-newsletter&utm_term=Read+More+in+Cancer+Today) |
| **Eating Healthy and Cancer Prevention** | Tips for switching your diet, explore foods; take the Healthy 10 Challenge, a free 10-week interactive online program <https://www.aicr.org/cancer-prevention/healthy-eating/new-american-plate/> | American Institute for Cancer Research 800-843-8114 <https://www.aicr.org/cancer-prevention/healthy-eating/new-american-plate/> |
| **Financial and Legal Planning** | Tools for Cancer Patients: advance care planning, organizing and prioritizing financial and legal affairs and decisions | [Magnolia Purpose in Planning](https://www.magnoliapurposeinplanning.com/estate-planning) is offered through Eisai, Inc. us.eisai.com 919-941-6920 Triage Cancer [info@triagecancer.org](mailto:info@triagecancer.org)  424-258-4628 |
| **Food Assistance, Save Money and Eat Healthy** | [Fact Sheet](chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https:/www.lls.org/sites/default/files/2022-08/PS77_FoodAssistance_2022.pdf) for meal planning, grocery shopping, food safety, federal programs, and additional resources | Leukemia & Lymphoma Patient Education  <https://www.lls.org/nutrition> 877-467-1936 |
| **Imbruvica (ibrutinib) personal assistance for patients** | Talk with a YOU&I Nurse Educator 877-877-3536 | Johnson & Johnson Patient Assistance Foundation 800-652-6227 [jjpaf.org](https://www.jjpaf.org/) |
| **Immune Deficiency Foundation (IDF)** | Learn about primary immunodeficiencies (PI) | [idf@primaryimmune.org](mailto:idf@primaryimmune.org) 800-296-4433 |
| **Lazarex Care Patient Assistance** | Clinical trial navigation and transportation | [https://lazarex.org/helping-you/program-services-guide/(link is external)](https://lazarex.org/helping-you/program-services-guide/) 925-820-4517 [info@lazarex.org](mailto:info@lazarex.org) |
| **Making the Decision to Travel** | A resource guide with guidelines and safety protocols from Connections Housing with links to recognized U.S. health and travel authorities | <https://iwmf.com/wp-content/uploads/2020/12/Making-the-Decision-to-Travel-A-Resource-Guide.pdf> |
| **Medical Bill Management** | Management and advocacy services to help cancer patients avoid overpaying for health care offered by CoPatient through Triage Cancer | [https://TriageCancer.org/Cancer-Finances](https://triagecancer.org/Cancer-Finances).  424-258-7064  [info@copatient.com](https://www.copatient.com/triage-cancer) 800-797-8942 |
| **Medicare Extra Help** | Patient Access Network (PAN) education and financial assistance hub for people on Medicare | <https://www.panfoundation.org/extrahelp/>  877-839-2675 |
| **Medication Resource for Blood Cancer Patients** | Leukemia & Lymphoma Society | [Handbook](https://www.lls.org/sites/default/files/National/USA/Pdf/Publications/PS97_Medication_Resource_2020.pdf) – read or download |
| **Nutrition Consult** | Free one-on-one oncology nutrition consult with a Registered Dietician | Offered by Leukemia & Lymphoma Society  [Schedule an appointment online](https://www.lls.org/managing-your-cancer/food-and-nutrition?utm_source=sfmc&utm_medium=email&utm_campaign=Nutrition+Consultations+4.2.21&utm_term=nutrition&utm_id=136843&sfmc_id=223826878) 800-955-4572 |
| **Pet Awareness and Wellness Webinar** | Joys and challenges of Pets in Your Home When You Have Cancer | [Podcast](https://www.cancercare.org/connect_workshops/720-joys_challenges_pets_when_you_have_cancer_2019-04-08) from Cancer*Care*  800-813-4673 |
| **Oncology Social Workers** | Connect with an Oncology Social Worker who can address emotions and concerns that can come with a cancer diagnosis [Read More](https://www.cancersupportcommunity.org/blog/5-ways-oncology-social-workers-help-after-cancer-diagnosis?eType=EmailBlastContent&eId=574ed712-1d9a-4767-b966-d1cf5b32d596) | Cancer Support Community Helpline  888-793-9355 |
| **Prescription Drug Assistance** | Understanding how your insurance covers your prescription drugs and resources to help reduce costs | From Triage Cancer [**Quick Guide: Getting & Paying for Prescription Drugs**](https://triagecancer.org/QuickGuide-RxAssistance)  [info@triagecancer.org](mailto:info@triagecancer.org) 424-258-4628 |
| **Screening & Prevention** | Keep recommended cancer screenings on track | Speak with a support specialist and learn about screening options in your area 855-537-2733  [Time to Screen](https://timetoscreen.org/) |
| **Seniors Guide to Cancer Rights** | Disability, health insurance, retirement: planning ahead and other concerns for older adults | [**Practical Guide for Older Adults from Triage Cancer**](https://triagecancer.org/Guide-Seniors) |
| **Side Effects Management** | Free info in multiple languages for a variety of symptoms and side effects | [Order or download](https://www.lls.org/resource-center/download-or-order-free-publications?language=English&category=Side+Effect+Management&sortby=alpha&el-view=card-view)  Leukemia & Lymphoma Society 800-955-4572 [www.lls.org](http://www.lls.org) |
| **Wellbeing and Resilience: Ted Talk by** [Julie Larson, LCSW](mailto:julie@julielarsonlcsw.com) 2021 | *Living in the AND -* Message to illuminate the possibility that even in the midst of suffering we can find our footing | 14-minute video [Julie Larson – TEDx Des Moines – Living in the And](https://youtu.be/lrQi15tcd78) |
| ***Twelve Weeks: An Artist’s Story of Cancer, Healing, and Hope*** | 2011 written by WM patient, Karen Lee Sobol | [Order e-book or paperback online](https://www.amazon.com/dp/B006X7OHFI?ref=KC_GS_GB_US) |
| **Write a Free Will in Less Than 20 Minutes** | Create or update your legally binding Last Will & Testament and other end-of-life planning documents online | Patient Access Network (PAN Foundation)  [FreeWill Co., A Delaware Public Benefit Corporation](https://freewill.zendesk.com/hc/en-us/requests/new) |
| **Young Adults – Guide to Cancer Rights** | A booklet for young adults with a cancer diagnosis: education, employment, insurance & finances | [Practical Guide for Young Adults from Triage Cancer](applewebdata://0ACE429F-A14F-421C-850F-10692B889C54)  [info@triagecancer.org](mailto:info@triagecancer.org)   424-258-4628 |
| **Young Adults – Survivorship Workbook** | Age-appropriate information you need throughout diagnosis, treatment, follow-up and long-term management of a blood cancer | Leukemia & Lymphoma Society  [www.LLS.org/booklets](http://www.lls.org/booklets)  800-955-4572 |