

SPECIALIZED SUPPORT MARCH 2024

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.

Air Charity Network	Free air transportation for patients and family provided by a network of volunteer pilots and participating commercial airline partners	https://aircharitynetwork.org/request-a-flight/ 877 621-7177 800-359-1711 https://miracleflights.org/request-a-flight/
Patient AirLift Services (PALS)	Free flights for patients and Veterans	https://palservices.org/ 888-818-1231 or 631-694-7257
Atrial Fibrillation	Learn about AF (or afib) the most common irregular heartbeat	https://www.stopafib.org/ Melissa Moss 678-223-3833
Blood and Marrow Stem Cell Transplant Guide	Easy to read patient education booklet from The Leukemia & Lymphoma Society (LLS)	(800) 955-4572 Email or Live Chat
Cancer Rights	Guidance on legal, employment, insurance, and financial issues people face after cancer diagnosis browse , download , order https://tragecancer.org/cancer-rights-guides#ya	Triage Cancer info@tragecancer.org 424-258-4628
Cancer Rights for Seniors	A guide from Triage Cancer about disability, health insurance, retirement planning, and other concerns for older adults	Practical Guide for Older Adults https://tragecancer.org/Guide-Seniors Triage Cancer info@tragecancer.org 424-258-4628
Cancer Rights for Young Adults	A guide for young adults with a cancer diagnosis: education, employment, insurance & finances	https://tragecancer.org/cancer-rights-guides#ya info@tragecancer.org 424-258-4628
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) 925-820-4517 info@lazarex.org
Cold Agglutinin Disease Foundation (CAD)	Resources and information about this rare type of autoimmune hemolytic anemia (AIHA)	Click Here for Resource Page info@cadfadvocacy.org 770-605-4276
CONQUER Magazine	Patient stories, immunotherapy, and specialty lymphoma online	Subscribe or browse and explore online https://conquer-magazine.com/issues/special-issues/august-2020-immunotherapy Official patient voice magazine of the Academy of Oncology Nurse & Patient Navigators (AONN+)

COVID-19 Learning Center	Latest information from the Lymphoma Research Foundation	https://lymphoma.org/covid-19-learning-center/ 800-500-9976 helpline@lymphoma.org
Dental & Oral Complications	Fact Sheet https://www.lls.org/treatment/managing-side-effects/dental-and-oral-complications from Leukemia & Lymphoma Society (LLS) to help you understand what you should do before and during treatment	Leukemia & Lymphoma Society www.lls.org Information specialists 800-955-4572
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/spring2022/make-the-most-of-your-appointments/?utm_source=salesforce-marketing-cloud&utm_medium=email&utm_campaign=April%202022%20Cancer%20Today%20E-newsletter&utm_term=Read%20More%20in%20Cancer%20Today
Eating Healthy and Cancer Prevention	Tips for switching your diet, explore foods; take the Healthy 10 Challenge, a free 10-week interactive online program	American Institute for Cancer Research 800-843-8114 https://www.aicr.org/cancer-prevention/healthy-eating/new-american-plate/
Estate 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 offered through Eisai, Inc. us.eisai.com 919-941-6920 and Triage Cancer info@triagecancer.org 424-258-4628
Family Planning & Financial Toolkit	Assistance with making critical decisions about emotional, physical, psychological, and financial life issues Family Planning and Financial Considerations Caring for Yourself and Your Children Know Your Family History	Information provided by Global Genes Allies in Rare Disease 949-248-7273 https://globalgenes.org/
Food Assistance, Save Money and Eat Healthy	Fact Sheet for meal planning, grocery shopping, food safety, federal programs, and additional resources	Leukemia & Lymphoma Patient Education https://www.lls.org/nutrition https://www.lls.org/managing-your-cancer/food-and-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 https://www.jjpaf.org/

Immune Deficiency Foundation (IDF)	Learn about primary immunodeficiencies (PI) https://primaryimmune.org/	idf@primaryimmune.org 800-296-4433
Integrative Medicine and Complementary Therapies	Fact Sheet https://www.dropbox.com/s/k2g3uikhfjz0qer/Integrative_Medicine_Complementary_Therapies_04.22.pdf?dl=0 from the Leukemia & Lymphoma Society (LLS)	LLS Information Specialist 800-955-4572
Medical Bill Management	Management and advocacy services to help cancer patients avoid overpaying for healthcare. Service is offered by CoPatient through Triage Cancer	https://TriageCancer.org/Cancer-Finances . 424-258-7064 info@copatient.com 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	Read or download this Handbook https://www.lls.org/sites/default/files/National/USA/Pdf/Publications/PS97_Medication_Resource_2020.pdf from the Leukemia & Lymphoma Society	Leukemia & Lymphoma Patient Education https://www.lls.org/nutrition 877-467-1936
Mental Health: When to Ask for Help	Fact Sheet from The Leukemia & Lymphoma Society Patient Ed Team is a resource for mental wellbeing in daily life	Patti Robinson Kaufmann First Connection peer-to-peer support www.lls.org/firstconnection 800-955-4572 www.lls.org/patientsupport
Neuropathy	Compression and cold therapy to limit chemo-induced peripheral neuropathy June 2023 CancerToday article	Tyler Santora is Health & Science journalist for Popular Science, Medscape, WebMD, Psychology Today, Scientific American and other pubs
Nutrition Consult	Free one-on-one oncology nutrition consult with a Registered Dietician Make an appointment	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
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

Pet Awareness and Wellness	Joys and challenges of Pets in Your Home When You Have Cancer	<p><u>Podcast</u> https://www.cancercares.org/connect_workshops/720-joys_challenges_pets_when_you_have_cancer_2019-04-08 from CancerCare (2019) 800-813-4673</p>
Prescription Drug Assistance	Understanding how your insurance covers your prescription drugs and resources to help reduce costs	<p>From Triage Cancer Quick Guide: Getting & Paying for Prescription Drugs https://trinecancer.org/quick-guides/getting-and-paying-for-prescription-drugs info@trinecancer.org 424-258-4628</p>
Screening & Prevention	Keep recommended cancer screenings on track. Hotline and screening locations offered by CancerCare and Community Oncology Alliance	<p>Speak with a support specialist and learn about screening options in your area 855-537-2733 Time to Screen https://timetoscreen.org/</p>
Side Effects Management	Free info in multiple languages for a variety of symptoms and side effects Order or download https://www.lls.org/publications?language=English&category=Side%20Effect%20Management&sortby=alpha&el-view=card-view	<p>Leukemia & Lymphoma Society 800-955-4572 www.lls.org</p>
Side Effects from Treatment	7 Recipes to ease 7 common Cancer Side Effects: nausea, fatigue, diarrhea, constipation, change in taste, dry mouth, weight loss	<p>Cancer Support Community Helpline 888-793-9355</p>
Travel: Making the Decision to Travel	Travel resources, guidelines, and safety protocols from Connections Housing with links to recognized U.S. health and travel authorities	<p>https://iwmf.com/wp-content/uploads/2020/12/Making-the-Decision-to-Travel-A-Resource-Guide.pdf</p>
Young Adults – Survivorship Workbook	Age-appropriate information you need throughout diagnosis, treatment, follow-up, and long-term management of a blood cancer http://www.lls.org/publications?field_booklets_language_target_id=1=351&field_booklets_category_target_id=72701&sort_by=title&view-type=card	<p>Leukemia & Lymphoma Society (LLS) 800-955-4572</p>
Veterans – Dental Financial Assistance	Covered expenses include, but are not limited to, extractions, root canals, jaw surgery, dentures, cavity fillings, and gum disease. More info here	<p>Leukemia & Lymphoma Society (LLS) 800-955-4572. Eligibility Requirements and Application</p>

<p>Wellbeing and Resilience: Ted Talk by Julie Larson, LCSW</p>	<p><i>Living in the AND</i> - Message to illuminate the possibility that even in the midst of suffering we can find our footing (from 2021)</p>	<p>14-minute video Julie Larson – TEDx Des Moines – Living in the And https://www.youtube.com/watch?v=lrQi15tcd78 julie@julielarsonscsw.com</p>
<p>Wellbeing - Your Cancer Roadmap: Navigating Life with Resilience</p>	<p>2021 book by Kim Thiboldeaux, CEO at Cancer Support Community that walks through the cancer journey putting the patient in the driver’s seat</p>	<p>Cancer Today interview https://www.cancertodaymag.org/cancer-talk/Putting-the-Patient-in-the-Drivers-Seat/?utm_source=email&utm_medium=salesforce&utm_campaign=ct-enevs-june21 with the author Order https://benbellabooks.com/shop/your-cancer-road-map/ <i>Your Cancer Road Map: Navigating Live with Resilience</i></p>
<p>Wellbeing - Twelve Weeks: An Artist’s Story of Cancer, Healing, and Hope</p>	<p>2011 written by WM patient, Karen Lee Sobol</p>	<p>Order e-book or paperback online https://www.amazon.com/dp/B006X7OHHF?ref=K_C_GS_GB_US</p>
<p>Write a Free Will in Less Than 20 Minutes</p>	<p>Create or update your legally binding Last Will & Testament and other end-of-life planning documents online</p>	<p>FREEWILL https://www.freewill.com/americanredcross?&&gclid=CjwKCAjw-vmkBhBMEiwAlrMeF8ZdmcyawNI1DRihLL8HB4_cZjQ8unEQabbq3KAQ-tYaDuoSY3qDZhoCHCgQAvD_BwE&gclid=aw.ds help@freewill.com</p>