Non-Hodgkin’s Lymphoma - Patient Resource Assistance (PRA)

The purpose of this PRA is to help cancer patients and their family find reliable sources of cancer information, including the area of emotional support.

This list is not meant to be comprehensive, but rather to provide a quick reference of available resources at Beaumont and in the community. Call the Rose Cancer Resource Center at 248-551-1339 for additional information.

Beaumont Cancer Resource Centers

The Centers provide patients and their family education, guidance and support to help optimize their cancer treatment and survivorship. Oncology nurse navigators, lending library, brochures and resource center assistance is available. Contact the Rose Cancer Resource Center at 248-551-1339 or Wilson Cancer Resource Center at 248-964-3430.

_Rose Cancer Center information, hours, and check-out process_

- Complimentary booklets, brochures & cancer specific information are available. Most material can be mailed or emailed upon request.
- Resource Center hours: Monday through Friday from 12:30 p.m. – 4:30 p.m.
- Books can be checked out for 1 month
- CDs and DVDs can be checked out for 7 days

Material available at the Rose Cancer Resource Center

**Booklets**

American Cancer Society:
- Caring for the patient with cancer at home
- Caring for the caregiver

National Cancer Institute:
- What you need to know about Non-Hodgkin Lymphoma
- Eating hints before, during, and after cancer treatment
- Taking time: support for people with cancer

**Books**

_for you_

100 questions & answers about lymphoma (2011)

_for your partner_

And in health: a guide for couples facing cancer together (2013)

_Notice_

This material is intended to provide general information to you. Some material may contain information that is the opinion of the author and not necessarily that of your physician. This material also does not represent all that is available on the subject and may not apply specifically to your condition. This material should be used to formulate questions for discussion with your physician or other health care professional.
*Your children*
Why did dad get cancer? (2013)
Our mom has cancer (2001)

*Inspiration*
Cancer for two: an inspiring true story and guide for cancer patients and their partners (2006)

*Nutrition*
The cancer-fighting kitchen (2009)

*Additional titles available at the Rose Cancer Resource Center

**NOTE:**
- Call the Wilson Cancer Resource Center for resource information at 248-964-3430.
- For the Grosse Pointe area, request for booklets can be made to the Rose Cancer Center and items will be mailed. The hospital has partnered with the Grosse Pointe Library for books. For information call the Rose Cancer Center at 248-551-1339.

**Support**

**Beaumont Health System Support/Resources**
Cancer Resource Centers
http://cancer.beaumont.edu/cancer-resource-centers
Rose Cancer Center 248-551-1339
Wilson Cancer Center 248-964-3430

Beaumont Health System
Health Library
http://healthlibrary.beaumont.edu/

Survivorship Program
http://cancer.beaumont.edu/cancer-survivorship-program
Royal Oak 248-551-1339
Troy 248-964-3430
Grosse Pointe 586-447-4070

The Cancer Survivorship Program brings together patients and health care providers to promote optimized health and healing of the mind, body and spirit, through integrative practices and education before, during and after treatment.
Silver Lining (for women only)
http://cancer.beaumont.edu/silverlinings
248-551-4645
The program is designed to help women work on personal goals - such as reducing stress, gaining peace of mind or improving physical fitness.

Look Good…Feel Better (for women only) Pre-registration required
Royal Oak 248-551-1339
Second Monday of the month 6-8 pm
Troy 248-964-3430
Second Monday of the month 10-12 noon
Grosse Pointe
Call 313-473-2097 for dates and times
This program provides information and cosmetic advice to women battling cancer. The training includes hands-on instruction on makeup, skin care, and suggestions for using wigs, turbans, and scarves.

I Can Cope
Royal Oak 248-551-5255
Troy 248-964-3430
Social workers help patients, family and friends find support to manage the day-to-day challenges of living with cancer.

Nutrition for the Cancer Patient
Royal Oak 248-551-1325
Troy 248-964-3430
Grosse Pointe 313-473-2097
As part of its community service to patients, Beaumont Cancer Institute offers individualized nutrition counseling. A dietitian is available to assist patients in optimizing their health through diet therapy.

Integrative Medicine Program
http://cancer.beaumont.edu/integrative-medicine
Royal Oak call 248-551-9990
Troy 248-964-9200
Grosse Pointe 313-473-2801 or 248-964-9200
Rochester Hills 248-267-5660
Beaumont Integrative Medicine Department combines the best of Eastern & Western beliefs while complimenting tradition medical practices. The programs are offered by highly skilled & specially trained practitioners who understand the unique needs of patients. All services are safe and do not interfere with medical treatment.
Other Support Resources

Leukemia & Lymphoma Support Group
Gilda’s Club
www.gildasclubdetroit.org
3517 Rochester Road, Royal Oak, MI 48073
248-577-0800
For adults with these blood cancers. Family and friends welcome. Meetings are the first Wed. of the month 6:30pm-8pm. New members must attend a new member meeting before you start. New member meetings are on Mondays from 1-2 p.m. or Wed. 5:30-6:30 p.m. Hosted by LLS.

The Lake House
http://milakehouse.org/
26701 Little Mack Avenue, St. Clair Shores, MI
586-777-7761

Waldenstrom’s Support-Lymphoma
http://www.iwmf.com/
1000 Harrington Blvd, Mount Clemens, 48043
Contact: Pete Boyse
989-415-9936
For individuals affected by Waldenstrom Macroglobulinemia. Meets twice a year, Spring/Fall, always on a Saturday. The meetings are free.

Telephone Support

Leukemia & Lymphoma Society
www.lls.org/#/diseaseinformation/
800-955-4572 or 248-581-3900

Imerman Angels
http://www.imermanangels.org
877-274-5529
Imerman Angels partners a person fighting cancer with someone who has beaten the same type of cancer.

Lymphoma Society of America
www.lymphomahelp.org/what.php
800-385-1060
One-on-one counseling for those diagnosed or need help coping with the emotional burden of cancer.
Cancer Hope Network
800-552-4366
The program is available to all cancer patients, and will match you with a survivor of the same or similar type & stage of cancer.

Lance Armstrong Foundation
www.livestrong.org
866-235-7205
We provide free, confidential, one-on-one support to anyone affected by cancer—whether you have cancer or are a loved one, friend, health care professional or caregiver of someone diagnosed.

**On-line Support/Resources**

Cancer Care
http://www.cancercare.org/support_groups/41-blood
15 week online support group is for people diagnosed with a blood cancer who are currently receiving treatment.

**Transportation Service**

Road to Recovery
http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery
The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need.

**Mobile “Apps”**

Cancer.Net
http://www.cancer.net/multimedia/mobile-applications
Cancer.Net Mobile is a free app for iOS (iPhone, iPad) & Android and features:
- Guides on 120 types of cancer
- Interactive tool to keep track of questions to ask healthcare providers and record voice answers
- A place to save information about prescribed medications, including photos of labels and bottles (on camera-enabled devices)
- Symptom tracker to record the time, severity of symptoms & side effects
- Section featuring the latest videos, podcasts, Cancer.Net Feature Articles
- Automatically updated content
- Optional passcode lock
- Optional iCloud backup for the questions, medications and symptoms
Focus on Lymphoma By Lymphoma Research Foundation
http://www.focusonlymphoma.org/
Comprehensive lymphoma information and tools to help patients and caregivers understand their lymphoma and manage their cancer treatment. Up-to-date resources on every type of lymphoma from the nation’s largest non-profit dedicated to lymphoma research and education, the Lymphoma Research Foundation (LRF).

Dana-Farber Cancer Institute (Nutrition information)
Dana-Farber Cancer Institute created this free app to help you find recipes for staying healthy, getting you through treatment, and living and eating healthy for the rest of your life.

Communication websites for patients

Caring Bridge
www.caringbridge.org
Free, personal and private websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier.

My Lifeline
http://www.mylifeline.org
MyLifeLine.org is a 501(c)(3) nonprofit organization that encourages cancer patients and caregivers to create free, customized websites. Our mission is to empower patients to build an online support community of family and friends to foster connection, inspiration, and healing.

CarePages
https://www.carepages.com/
CarePages websites are free patient blogs that connect friends and family during a health challenge.

Organizations/Websites

Lymphoma Research Foundation of America
www.lymphoma.org
800-500-9976

Leukemia & Lymphoma Society
www.leukemia.org
Leukemia & Lymphoma Society  
www.leukemia.org  
1421 E. Twelve Mile Road  
Madison Heights, MI 48071  
800-456-5413

American Cancer Society  
www.cancer.org  
800-227-2345

National Cancer Institute (NCI)  
www.cancer.gov  
800-4-CANCER

Navigating Cancer  
www.navigatingcancer.com

Oncolink  
http://www.oncolink.org

ASCO – American Society of Clinical Oncology  
www.cancer.net/patients/Coping

National Coalition for Cancer Survivorship (NCCS)  
www.canceradvocacy.org  
888-650-9127

Look Good…Feel Better  
For Men: http://lookgoodfeelbetterformen.org/  
Website helps men deal with some of the side effects of cancer treatment like skin changes, hair loss, stress, and other issues.  
For Women: http://lookgoodfeelbetter.org/  
Website helps women learn beauty techniques to help combat the appearance-related side effects of cancer treatment.  
For Teens: http://lookgoodfeelbetter.org/programs/programs-for-teens  
Website helps teens deal with appearance, health, & social side effects of cancer treatment.

Notice  
Support group information provided as information only. Beaumont Health System only endorses support groups located at the Beaumont Health Care Facility. Dates and times are subject to change. Call support group for additional information before attending.  
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