Prostate Cancer - Patient Resource Assistance (PRA)

The purpose of this PRA is to help cancer patients and their family finds 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:
  Managing incontinence after prostate cancer
  What you should know about prostate cancer testing
  Sexuality for the man with cancer
  Caring for the patient with cancer at home
  Caring for the caregiver

- National Cancer Institute:
  What you need to know about prostate cancer
  Taking time: support for people with cancer
  Eating hints before, during, and after cancer treatment
  Treatment choices for men with early- stages prostate cancer

- UsToo:
  The prostate cancer playbook
  What you need to know about your partner’s prostate cancer

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**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.
Books

_for you_
100 questions & answers about prostate cancer (2013)
Dr. Patrick Walsh's Guide to surviving prostate cancer (2012)

_you partner_
Intimacy with impotence: the couple's guide to better sex after prostate disease (2004)

_the children_
Why dad has cancer (2013)

_inpiration_
Resilience: the science of mastering life's greatest challenges (2012)

_nutrition_
The Cancer-fighting kitchen (2009)

*Additional titles available at the Rose Cancer Resource Center

**NOTE:**
- Call the Wilson Cancer Resource Center for resources 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](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/](http://healthlibrary.beaumont.edu/)
US TOO! Prostate Cancer Support
*Beaumont Royal Oak, Admin. Building*
(248) 551-6692
*Beaumont Troy Wilson Cancer*
248-879-6660
Call for date and time information
The group provides information and emotional support for men with prostate cancer. Registration is not required. Call for locations and to confirm schedule. For men with prostate cancer, their family and friends.

Survivorship Program
[http://cancer.beaumont.edu/cancer-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.

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](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

Gilda’s Club
www.gildasclubdetroit.org
3517 Rochester Road, Royal Oak, MI 48073
248-577-0800

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

American Cancer Society
http://www.cancer.org/Treatment/SupportProgramsServices/ManToMan/index
800-227-2345
Man-To-Man
The Man to Man program helps men cope with prostate cancer by offering community-based education and support for patients and their family members. A core component of the program is the self-help and/or support group. Volunteers organize these free monthly meetings where speakers and participants learn about and discuss information about prostate cancer, treatment, side effects, and how to cope with prostate cancer and its treatment. Some Man to Man groups may invite wives and partners to attend meetings. In other locations, wives and partners may meet separately in a group setting called Side by Side. Can provide one-on-one visits with a prostate cancer survivor.

Reel Recovery
http://www.reelrecovery.org
Email: info@reelrecovery.org
800-699-4490
160 Brookside Road, Needham, MA 02492
The mission of Reel Recovery is to help men in the cancer recovery process by introducing them to the healing powers of the sport of fly-fishing, while providing a safe, supportive environment to explore their personal experiences of cancer with others who share their stories. Retreats are offered at no cost to the participants and are led by professional facilitators and expert fly-fishing instructors. Reel Recovery provides all meals, lodging and fly-fishing equipment, and no previous fishing experience is required. A maximum of 14 men are invited to participate. Check website for possible Michigan locations.
Online Support

Cancer Care
Men With Cancer Support Group
http://www.cancercare.org/support_groups/50-men_with_cancer_support_group
800-813-4673
15 week online support group is for men diagnosed with cancer who are currently receiving treatment. Online registration process.

Telephone Support

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.

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.

Cancer Hope Network
1-800-552-4366
The program is available to all cancer patients, and will match you with a survivor of the same of similar type & stage of cancer.

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 & the use of their cars so that patients can receive the life-saving treatments.
Mobile “Apps”

Cancer.Net
http://www.cancer.net/multimedia/mobile-applications
Cancer.Net Mobile is a free app for iOS (iPhone, iPad) and 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 and side effects
- Section featuring latest videos, podcasts, & Cancer.Net Feature Articles
- Automatically updated content
- Optional passcode lock
- Optional iCloud backup for the questions, medications and symptoms

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/index.cfm
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

Man to Man Prostate Cancer Education & Support Program
www.cancer.org
(ACS partnership) For more information about Man to Man or to locate a program in your area contact your local American Cancer Society or call toll-free 1-800-ACS-2345.

US TOO! Prostate Cancer Education and Support
www.ustoo.org

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  Search: 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 Teens: http://lookgoodfeelbetter.org/programs/programs-for-teens
Website helps teens deal with appearance, health, & social side effects of cancer treatment.