

Princeton Radiation Oncology-Exclusive Cancer Care Resources

On-Site and Available at the Monroe, NJ Facility:

FREE parking, support groups, nutrition counseling & social services

- **Patient Transportation:** Collins Taxi- Ken & Sharon Collins, 732-521-1698 or 1-800-540-1698; John Longly, 609-655-2015; Monroe Van, 732-521-6100; ACS, 732-951-6303
- **"Cleaning for a Reason" house cleaning service:** FREE housecleaning for anyone undergoing cancer treatment {1 time per month for up to 4 months while in treatment} www.cleaningforareason.org
- **Wigs and head wear:** American Cancer Society, 1-800-ACS-2345; WISE Center Wig Boutique, 732-257-6611; www.hatboxfoundation.org;
- **Simply Living Healthy:** Nutrition and Lifestyle Coaching, Plainsboro, NJ www.simplylivinghealthy.com; 609-750-8559
- Ask us about our **Eucerin and Aveeno skin product samples** and **alcohol-free mouthwash** {www.dental-professional.com-a case per month, per doc}
- **Madeline's Table:** Personal Chef, Catering, will deliver to your home. Kathleen Rana, www.madelinestable.com; 908-421-6434
- **Juice PLUS:** Health & Wellness Advisor, offers unique options for vitamin and nutrition intake. www.marilynlovesjuiceplus.com; 800-942-1260
- **Brenda Mehling Cancer Fund**-Provides resources for: repairs, groceries, car insurance, transportation, rent/mortgage, and even financial assistance for those who apply. www.bmcf.net; Phone-661-310-7940; Fax-1-800-878-9184
- **Simple Living Healthy: Nutrition and Lifestyle Coaching** Are you ready to get your life and health back on track? Learn to fall in love again with healthy eating, passionate living, and extreme self care. www.simplylivinghealthy.com; 609-750-8559.
- **Range of Motion- Physical Therapy**- 732-257-0900

- **New Princeton YWCA Wellness Programs-** healing meditation, gentle yoga, tai chi, strengthen & stretch, zumba, reiki, networking nights, support groups
- **Princeton Healthcare System sponsored cancer support groups-** Breast, Head & Neck, Prostate, ACS-"Look Good, Feel Better"
- **Patient advocacy-** access to private patient web portal {coming soon}
- **Patient Massage Therapy-** In the privacy of our patient facility {coming soon}
- **Special on-site events-** Meet the doctor, cancer awareness months-informational days, therapeutic tea tasting, care days, and more...

Resources~ Web Sites, Books, & Links for Cancer Patients

Web Resources:

- American Cancer Society, 800-ACS-2345, www.cancer.org
- American Society of Clinical Oncology, 888-651-3038, www.cancer.net
- Cancer Care, 800-813-HOPE, www.cancercare.org
- Inspire, 703-243-0303, www.inspire.com
- National Cancer Institute, 800-4-CANCER; www.cancer.gov
- National Coalition for Cancer Survivorship, 888-YES-NCCS, www.canceradvocacy.org
- National Comprehensive Cancer Network, 215-690-0300; www.nccn.org
- Prevent Cancer Foundation, 800-227-2732; www.preventcancer.org
- The Wellness Community, 888-793-WELL; www.thewellnesscommunity.org
- Association of Cancer Online Resources (ACOR) www.acor.org
- Comprehensive reliable information on cancer and cancer care, www.cancerconsultants.com
- Cancer411, 877-cancr411; www.cancer411.org
- www.breastcancer.org
- www.caring4cancer.com
- www.cancernutritioninfo.com
- Journey Forward's Survivorship Care Plan Builder , www.journeyforward.org
- Your Shoes 24/7 Breast Cancer Support Center, 800-221-2141;
- www.networkofstrength.org
- International Association for Hospice & Palliative Care, 866-374-2472, www.hospicecare.com

{General Cancer Information}

- ***CURE-Magazine, www.curetoday.com***
- ***Diagnosis, Cancer: Your Guide to the First Months of Healthy Survivorship; WH Schlessel***
- ***Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated, and Managed Day to Day; Rosenbaum, Dollinger***
- ***Understanding Cancer: A Patient's Guide to Diagnosis, Prognosis, and Treatment; NC Coleman***

{Advanced Disease}

- ***Looking Good Was Never My Problem: Steps for Living with Metastatic Cancers or Other Chronic Illnesses; EM Stahl***
- ***Quick Facts: Advanced Cancer; American Cancer Society***

{Inspirational}

- ***The Last Lecture; Zaslav Pausch***
- ***Hope in the Face of Cancer: A Survival Guide for the Journey You Did Not Choose; OR Eugene***
- ***Cancer Has Its Privileges: Stories of Hope and Laughter; C. Clifford***

{For Caregivers and family members}

- ***Cancer For Two, An Inspiring True Story and Guide for Cancer Patients and Their Partners; D. Balch***
- ***How to Organize a Group to Care for Someone Who Is Seriously Ill; Warnock c. Capossela***
- ***When A Parent Has Cancer: A Guide to Caring for Your Children; WH Schlessel***
- ***When Someone You Love Has Cancer: A Guide to Help Kids Cope; A. Lewis***
- ***When Someone You Love Has Cancer: Comfort and Encouragement for Caregivers and Loved Ones; C. Murphey***
- ***The Emotional Survival Guide for Caregivers: Looking After yourself and Your Family While Helping an Aging Parent; BJ Jacobs***

Minding the Body, Mending the Mind; J. Borysenko

- *The Relaxation Response*; H. Benson
- *Mindbody Cancer Wellness: A Self-Help Stress Management Manual*; M. Edwards

Clinical Trials:

- American Cancer Society, 800-227-2345; www.cancer.org
- Coalition of Cancer Cooperative Groups, 877-520-4457; www.cancertrialshelp.org
- Emerging Med Navigator, 877-601-8601; www.emergingmed.com
- National Cancer Institute, 800-4-CANCER; www.cancer.gov/clinicaltrials
- National Institutes of Health; www.clinicaltrials.gov
- The Wellness Community Clinical Trials Matching Service, 800-814-8927; www.thewellnesscommunity.org/education/trials/search.php

Specialized Resource List:

- MEDLINEplus Cancer Chemotherapy; www.nlm.nih.gov/medlineplus/cancerchemotherapy.html
- Support for people with Oral and Head and Neck Cancer (SPOHNC), 800-377-0928; www.spohnc.org
- The Cancer Club, 800-586-9062; www.cancerclub.com
- Cancer Hope Network, 877-HOPENET, www.cancerhopenetwork.org
- American Dietetic Association, 800-877-1600; www.eatright.org
- American Psychological Association, 800-374-2721; www.apa.org
- American Psychiatric Association, 888-357-7924; www.psych.org
- Cancer and Careers, www.cancerandcareers.org
- Division of Cancer Prevention and Control, National Center for Chronic Disease Prevention and Health Promotion Centers for Disease Control and Prevention, 888-842-6355; www.cdc.gov/cancer
- Book written by a dietician who is a breast cancer survivor that offers useful resources and links.. www.cancerrd.com