

Cancer Support Services and Resources

A guide for patients of the Robert H. Lurie
Comprehensive Cancer Center of
Northwestern University



M Northwestern
Medicine®



ROBERT H. LURIE
COMPREHENSIVE CANCER CENTER
OF NORTHWESTERN UNIVERSITY



Support where and when you want it

The people and groups listed in this guide are ready to help with the emotional, financial and practical issues that often arise during cancer treatment. Services are available in your neighborhood, on the Internet and through the Supportive Oncology team at the Lurie Cancer Center.

Please note that whenever you see an asterisk (*), this indicates that services are supported in Spanish, as well. El (*) indica que los servicios están también en español.

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For more resources, visit cancer.northwestern.edu, or call the Alberto Culver Health Learning Center at 312-926-5465.

Check out our videos to tour the campus, meet various members of your healthcare team and discover valuable support resources available to you at cancer.northwestern.edu/orientation.

Outpatient Support Services at the Lurie Cancer Center

Emotional and Day-to-Day Support

Lurie Cancer Center social workers, health psychologists and psychiatry professionals help patients cope with challenges that may arise during and after treatment. They offer assistance managing practical concerns related to treatment, such as transportation and finance. They also suggest ways to manage difficult emotions and symptoms, such as fatigue, insomnia, pain and memory problems. Call 312-695-0990 to speak with a Lurie Cancer Center social worker.

American Cancer Society

The American Cancer Society can connect you with information, emotional support and resources for day-to-day help. It also offers appointments in the Lurie Cancer Center's Healing Boutique for patients who wish to obtain a free wig. To schedule a wig fitting or sign up for a Look Good ... Feel Better® makeover session, call 312-472-5302. Both are held in Northwestern Memorial's Prentice Women's Hospital on the fifth floor, Suite 520. To get connected to a patient navigator, find discount lodging and connect to other resources, call 800-227-2345.

"Cancer didn't change who I am. It only magnified who I am."

—Christy, Colon Cancer Survivor

Alberto Culver Health Learning Center

Medical librarians and health educators link patients and families with trusted sources of information. Find materials on specific types of cancer and their treatments, research advances and support groups. For more information, call 312-926-5465 or visit hlc.nm.org.

Financial Counseling

A financial counselor assists with outpatient billing concerns and provides information about financial assistance programs for cancer treatment. Call 312-695-0990 to speak with a Lurie Cancer Center financial counselor.

Fertility Preservation

Working with Lurie Cancer Center physicians, the fertility preservation navigator can help patients explore the best options for maintaining their ability to build a family. Call 312-503-3378 or visit myoncofertility.org or fertilitypreservation.northwestern.edu.

Nutrition Counseling

Registered dietitians counsel patients on healthy food choices, weight management and strategies to manage eating difficulties that can occur during treatment. Call 312-695-0990 to schedule an appointment with a Lurie Cancer Center dietitian.

Integrative Medicine

Certified practitioners at the Osher Center for Integrative Medicine offer therapies such as massage, acupuncture and Reiki. Please talk with your oncologist if you are considering these therapies. Smoking cessation programs also are available. Call 312-926-3627 or visit nim.nm.org.

Rehabilitation Services

Cancer rehabilitation specialists at the Rehabilitation Institute of Chicago (RIC) are available from the start of cancer treatment throughout your care. They focus on preventing, treating and restoring function that might be lost due to muscle weakness, fatigue, pain, lymphedema, neuropathy and cognitive difficulties. Call 800-345-7342 or visit ric.org.

Clinical Trial Information

Our clinical research and education specialist provides patients, family members and referring physicians with information about Northwestern Medicine cancer clinical trials, including those focused on cancer-related emotional and social concerns. Call 312-695-1102 or visit cancer.northwestern.edu/clinicaltrials.

Nurse Navigators (available in select clinics)

Nurse navigators provide patients and their families with information about their diagnosis, treatment and available support services. Navigators serve as educators, advocates and guides before, during and after treatment, as well as throughout survivorship. Call 312-695-0990 to speak with a nurse navigator.

Cancer Survivorship Specialty Clinics

The Lurie Cancer Center offers Survivorship Specialty Clinics to provide patients with continued support and education after being diagnosed with cancer. The survivorship clinics provide patients with a wide range of services including, but not limited to, a summary outlining their treatment, a care plan that details future follow-up, monitoring for late side effects of treatment and tools to address physical and emotional concerns. To contact the Survivorship Specialty Clinics, call 312-695-0990.

Classes and Events at the Lurie Cancer Center

Cancer Connections

These events feature information about nutrition, physical activity, stress reduction, integrative therapies, peer support, networking groups and more. These events occur throughout the year and focus on wellness for anyone touched by cancer. Visit cancer.northwestern.edu for upcoming dates and locations.

Gilda's Club Chicago at the Lurie Cancer Center

Join us for free activities that are fun, informative and relaxing. Drop by for yoga, art therapy and more. Ask about the artist in residence. For times and locations, call Gilda's Club Chicago at 312-464-9900, or visit cancer.northwestern.edu.



Look Good ... Feel Better® Makeover

Sponsored by the American Cancer Society, this free makeover class helps female patients manage appearance-related side effects of cancer treatment. To register, call 312-472-5302, or go to lookgoodfeelbetter.org to find a program near you.

Support Groups Sponsored by the Lurie Cancer Center

Brain Tumor Patient and Caregiver Support Group

This networking group provides patients, family members and friends an opportunity to learn more about brain tumors, share experiences and receive support. Call 312-926-5351 to register.

Myeloma Patient and Caregiver Support Group

This support group provides information about myeloma, insurance and billing, nutrition and pain management. Call 312-695-4523 to register.

Living Well with Metastatic Breast Cancer

This networking group provides an opportunity for patients, family members and friends to learn, share experiences and receive support. Call 312.472.5820 to register.

Resources for Young Adults Living with Cancer

About 70,000 people between the ages of 15 - 39 are diagnosed with cancer in the U.S. annually. Young cancer survivors often face unique medical and psychological challenges, including concerns about returning to school or the workforce, insurance coverage, fertility, sexuality, secondary cancers, or emotional distress.

The Lurie Cancer Center has been designated a Center of Excellence in Adolescent and Young Adult (AYA) Oncology. To learn more about the Lurie Cancer Center's programs and services for AYAs visit: cancer.northwestern.edu/ayao

Stupid Cancer

Addresses young adult cancer through advocacy, research, peer support, mobile health and social media
stupidcancer.com

National Cancer Institute

Adolescent and young adult portal
cancer.gov/cancertopics/aya



Cancer Information on the Internet

The following websites and telephone hotlines are resources to learn more about your cancer diagnosis and treatment options.

Robert H. Lurie Comprehensive Cancer Center of Northwestern University

cancer.northwestern.edu

Health Learning Centers of Northwestern Memorial Hospital

hlc.nm.org

American Cancer Society*

cancer.org • 800-227-2345

American Society of Clinical Oncology

cancer.net

National Cancer Institute*

cancer.gov • 800-4-CANCER

National Comprehensive Cancer Network

nccn.org/patients



One-to-One Support from Cancer Survivors

These organizations link patients and caregivers to others who have shared a similar cancer experience.

Cancer Hope Network

Information at 800-552-4366 or cancerhopenetwork.org

Imerman Angels*

Information at 312-274-5529 or imermanangels.org

What Next Cancer Support Network through the American Cancer Society

Information at 800-227-2345 or whatnext.com

Neighborhood Cancer Support Communities

Local centers offer support groups, classes and activities for individuals and families living with cancer. Most programs are free.

Chicago: Gilda's Club*

Information at 312-464-9900 or gildasclubchicago.org

Geneva: Living Well Cancer Resource Center

Information at 630-262-1111 or livingwellcrc.org

Hinsdale: Wellness House

Information at 630-323-5150 or wellnesshouse.org

Homewood/Mokena: The Cancer Support Center

Information at 708-798-9171 (Homewood), 708-478-3529 (Mokena) or cancersupportcenter.org

Munster, IN: Cancer Resource Centre

Information at 219-836-3349 or cancerresourcecentre.com

Northbrook/Grayslake: Cancer Wellness Center

Information at 847-509-9595 or cancerwellness.org

Rockford: Healing Pathways

Information at 815-977-4123 or healingpathwayscrc.org

Valparaiso, IN: Porter County Cancer Society

Information at 219.462.7466

Additional Services

Cancer Legal Resource Center*

Free information and resources on cancer-related legal issues. Information at 866-843-2572 or cancerlegalresourcecenter.org

Culinary Care

Get a free meal, have one less worry. Information at 847-781-0955 or culinarycare.org

CancerCare*

National organization that provides free telephone counseling, support groups and more. Information at 800-813-4673 or cancercare.org

Cancer and Careers*

Free career coaching, tools and resources to empower people with cancer to thrive in their workplace. Information at cancerandcareers.org

NeedyMeds* and GoodRx

Free information on programs that help people pay for medications and health care, as well as assistance applying for those programs. Information at 978-865-4115, needymeds.org or goodrx.com

Support for Specific Types of Cancer

These and many other national organizations provide resources and support for people living with specific types of cancer. For more resources, visit cancer.northwestern.edu.

Biliary Cancer

The Cholangiocarcinoma Foundation
801-999-0455 or cholangiocarcinoma.org

Bladder Cancer

Bladder Cancer Advocacy Network
888-901-2226 or bcn.org

Blood Cancers

International Myeloma Foundation
800-452-2873 or myeloma.org

Leukemia and Lymphoma Society
800-955-4572 or lls.org

Leukemia Research Foundation
888-558-5385 or leukemia-research.org

Lymphoma Research Foundation
800-500-9976 or lymphoma.org

Multiple Myeloma Research Foundation
203-229-0464 or themmr.org

Brain Cancer

American Brain Tumor Association
800-886-2282 or abta.org

National Brain Tumor Society
braintumor.org

Breast Cancer

Living Beyond Breast Cancer
888-753-5222 or lbbc.org

Young Survival Coalition - Chicago Affiliate
866-541-1972 or youngsurvival.org/chicago

Sisters Network
866-781-1808 or sistersnetworkinc.org

Alas Wings*
630-440-1335 or alas-wings.org

Colorectal Cancer

Colon Cancer Alliance
877-422-2030 or ccalliance.org

Fight Colorectal Cancer
877-427-2111 or fightcolorectalcancer.org

Esophageal Cancer

Esophageal Cancer Awareness Association
ecaware.org

Gynecological Cancers

National Ovarian Cancer Coalition
888-682-7426 or ovarian.org

Foundation for Women's Cancer
312-578-1439 or foundationforwomenscancer.org

Hereditary Breast and Ovarian Cancer syndrome

FORCE: Facing Our Risk of Cancer Empowered
866-288-7475 or facingourrisk.org

Bright Pink
brightpink.org

Kidney Cancer

Kidney Cancer Association
800-850-9132 or kidneycancer.org

Lung Cancer

Lung Cancer Alliance
800-298-2436 or lungcanceralliance.org

Lungevity Foundation
312-464-0716 or lungevity.org

Melanoma and Other Skin Cancers

Melanoma International Foundation
866-463-6663 or melanomaintl.org

The Skin Cancer Foundation
212-725-5176 or skincancer.org

Oral, Head and Neck Cancers

Oral Cancer Foundation
949-646-8000 or oralcancerfoundation.org

Support for People with Oral, Head and Neck Cancer (SPOHNC)
800-377-0928 or spohnc.org

Pancreatic Cancer

Pancreatic Cancer Action Network (PanCAN)
877-272-6226 or pancan.org

Prostate Cancer

Us Too International
800-808-7866 or ustoo.org

Sarcoma

Sarcoma Alliance
415-381-7236 or sarcomaalliance.org

Thyroid Cancer

Thyroid Cancer Survivors' Association (ThyCa)
877-588-7904 or thyca.org

Transplant Resources

The American Society for Blood and Marrow Transplantation
asbmt.org

Be the Match
bethematch.org

Patient and Visitor Campus Guide



Discounted parking is available for patients and visitors in the Huron/Saint Clair parking garage, 222 E. Huron St. Please bring your parking ticket with you. To receive discounts, tickets must be validated at customer service desks on the first and second floors of the Feinberg and Galter pavilions and on the first floor of Prentice Women's Hospital.

Galter Pavilion

675 N. Saint Clair St., Suite 21-100
Chicago, Illinois 60611

Prentice Women's Hospital

Maggie Daley Center for Women's Cancer Care

250 E. Superior St., Suite 420
Chicago, Illinois 60611

Phone

866-LURIECC or 312-695-0990
cancer.northwestern.edu



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National Cancer Institute