The purpose of this PRA is to help cancer patients and their family locate 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.

**Beaumont Cancer Resource Centers**

The Cancer Resource 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.

- Rose Cancer Resource Center – Royal Oak (248) 551-1339
- Wilson Cancer Resource Center - Troy (248) 964-3430
- Grosse Pointe patients call Royal Oak (248) 551-1339

Resource Center hours: Monday through Friday from 8:00 a.m. – 4:15 p.m. Call one of our resource centers to learn about the lending libraries and support information.

**Esophageal cancer web information**

- American Cancer Society
  - Esophageal Cancer

- National Cancer Institute:
  - Esophageal Cancer

- Oncology Nutrition
  - Esophageal Cancer & Diet during Treatment

- National Comprehensive Cancer Network (NCCN)
  - NCCN Guidelines for Patients
    - [https://www.nccn.org/patients/guidelines/cancers.aspx](https://www.nccn.org/patients/guidelines/cancers.aspx)
    - Click on view all cancer types

**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.
ONCOLOGY SERVICES

Support material

Please call the Rose or Wilson Cancer Resource Center for brochures and a list of available support material from our lending libraries. Grosse Pointe patients can request booklets from the Rose Cancer Center and most items can be mailed. The Grosse Pointe hospital has partnered with the Grosse Pointe Library for books.

Books

*For you*
NCCN guidelines for patients: esophageal Cancer (2017)

*Your partner/family*
And in health: a guide for couples facing cancer together (2013)

*Your children*
Nana, what is cancer? (2010)

*Inspiration*
Coping with anxiety: 10 simple ways to relieve anxiety, fear & worry (2016)

*Nutrition*
The cancer-fighting kitchen, nourishing big-flavor recipes for cancer treatment and recovery (2017)
Superfood smoothies: 100 delicious, energizing & nutrient-dense recipes (2013)
Smooth and tasty easy to swallow foods (2010)
I-can’t-chew cookbook (2003)
Easy-to-swallow, easy-to-chew cookbook (2002)

Support

**Beaumont Health System Support/Resources**

Cancer Resource Centers
https://www.beaumont.org/services/oncology/centers-clinics-and-locations/cancer-resource-centers
Rose Cancer Center 248-551-1339
Wilson Cancer Center 248-964-3430

Medical Oncology Social Work
https://www.beaumont.org/services/oncology/classes-support-resources/counseling-social-work
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.

Look Good…Feel Better (for women only) Pre-registration required
http://lookgoodfeelbetter.org/programs/women/
Royal Oak 248-551-1339
Second Monday of the month 4:30-6:30 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.

Spiritual Care
http://www.beaumont.edu/centers-services/spiritual-care-pastoral-care/
Beaumont chaplains are professionally trained to provide spiritual and emotional care to patients and families who are dealing with a stressful situation.

Physical Therapy and Occupational Therapy
https://www.beaumont.org/services/rehabilitation
Royal Oak 248-655-5695    Troy 248-964-0700    Grosse Pointe 586-447-4070
Rehabilitation services’ physical therapists and occupational therapists are cancer specialists who help to prevent and treat issues related to cancer, including weakness, fatigue and pain, lymphedema swelling and returning to daily activities in a safe, healthy manner. Therapists will also work with you to gain fitness and return to your preferred recreational activities.

Clinical Trials
https://www.beaumont.org/clinical-trials
248-551-7835
Since 1999, the Cancer Clinical Trials Office (CCTO) at Beaumont Hospitals has offered personalized service to those seeking care through clinical trials.
Cancer Genetics
https://www.beaumont.org/services/oncology/genetics-programs
248-551-3388
The program’s goal is to provide patients with the most up-to-date guidelines for cancer screening and treatment. It is important to identify families with a hereditary susceptibility to cancer because in many cases, they may take steps to reduce their risk or prevent cancer from occurring.

Integrative Medicine
https://www.beaumont.org/services/integrative-medicine
248-964-9200
Programs are offered by highly skilled & specially trained practitioners who understand the unique needs of patients. Services are safe & do not interfere with medical treatment.

Beaumont Center for Mindfulness
https://www.beaumont.org/services/center-for-mindfulness
947-522-1674
Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally. Mindfulness training has been shown to positively impact overall well-being, mental health and physical health. Additional information on the website or call the office.

Survivorship Program
https://www.beaumont.org/services/oncology/classes-support-resources/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.

Other Support Resources

Gilda’s Club
www.gildasclubdetroit.org
248-577-0800
3517 Rochester Road, Royal Oak, MI 48073
Offers support, education and other resources. New member meeting required to learn about available services. Call Gilda’s Club for additional details.
The Lake House
http://milakehouse.org/
586-777-7761
23500 Pare St, St. Clair Shores, MI 48080
The Lake House welcomes and encourages all who are touched by cancer to benefit from our free cancer support groups, one-on-one cancer support consultations and guidance, health and wellness talks and activities, stress management activities, and social events.

Esophagostomy Support Group
http://surgery.med.umich.edu/thoracic/patient/support_group.shtml
734-936-8857
From newly diagnosed to survivors, patients and their caregivers meet to share a message of hope for life before and after esophagectomy. Meetings are the 1st Thursday of each month. Call the office for additional information.

Telephone Support

Esophageal Cancer Awareness Association
https://www.ecaware.org/get-help/regional-contacts/
Regional Contacts have relationships with local survivors, caregivers, patients, medical community, etc. and can help guide you to what you are looking for.

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
https://www.cancerhopenetwork.org/
800-552-4368
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
Free, confidential, one-on-one support to anyone affected by cancer—whether you have cancer or are a loved one, friend, or caregiver of someone diagnosed.

Online Resources

Esophageal Cancer Awareness Association
http://www.ecaware.org/get-help/helpful-links/echat/
Offers conference call support groups that meet on a monthly basis. Groups for patients and caregivers who have experienced surgery or recurrence.
**Caregiver Resource**

Caregiver Action Network  
202-454-3970  
General E-mail: info@caregiveraction.org  
CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

**Transportation Service**

Road to Recovery – American Cancer Society  
800-227-2345  
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.

**Mobile “Apps”**

Cancer .Net  
[http://www.cancer.net/multimedia/mobile-applications](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  
- An interactive tool to keep track of questions to ask healthcare providers and record voice answers

**Communication websites for patients**

Caring Bridge  
[www.caringbridge.org](http://www.caringbridge.org)  
Free, personal & private website that connects people experiencing a significant health challenge to family & friends, making each health journey easier.

My Lifeline  
[http://www.mylifeline.org](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.
Organizations/Websites

Esophageal Cancer Awareness Association
http://www.ecaware.org
800-601-0613

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

American Society of Clinical Oncology (ASCO)
https://www.asco.org/
888-282-2552

Support for people with oral and head and neck cancer (SPOHNC)
www.spohnc.org
800-377-0928

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

Cancer Support Community
https://www.cancersupportcommunity.org/

Dana-Farber Cancer Institute (Nutrition information)
https://www.dana-farber.org/health-library/recipes/

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/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 Beaumont. Dates and times are subject to change. Call support group for additional information before attending.
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