Bladder - Survivorship Resource Assistance (SRA)

The purpose of this SRA is to help cancer survivors and their family locate reliable sources of information. 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 survivors 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. Open Monday – Friday 8:00 am – 4:15 pm.

- 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

**Web information**

- Facing forward: life after cancer treatment – National Cancer Institute (NCI)
- Facing forward: when someone you love has completed cancer treatment (NCI)
- Self-image and Sexuality (NCI)
- Fertility and Sexual Side Effects in People with Cancer – American Cancer Society (ACS)

**Resources**

**General Survivorship**

- Cancer Survivorship - American Society of Clinical Oncology (ASCO) Booklet

**Eating Healthy**

- Nutrition and the cancer survivor - American Institute for Cancer Research (AICR) Booklet

**Body Image Changes**

- Living well with an ostomy (2012) Book

**Recovery after Cancer**

- Beaumont Survivorship Program Brochure

**Exercise & Wellness**

- Varies yoga and relaxation titles DVD/CD

**Returning to Work**

- Business from bed: the 6-step comeback plan to get yourself working again (2013) Book

**Spiritual Support**

- Beaumont Health System Spiritual Care Brochure

**Stress/Integrative Medicine**

- Beaumont Integrative Medicine services Brochures

*Grosse Pointe patients can request booklets from the Rose Cancer Center & items will be mailed.*
Survivor Programs and Support

Beaumont Cancer Survivorship Program
https://www.beaumont.org/services/oncology/classes-support-resources/survivorship-program
Royal Oak (248) 551-0268    Troy (248) 964-3430    Grosse Pointe (586) 447-4070
The program brings together patients & health care providers to promote optimized health & healing
of the mind, body & spirit.

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.

Gilda’s Club
www.gildasclubdetroit.org
248-577-0800    3517 Rochester Road, Royal Oak, MI 48073
The Life after Treatment Support Group is for adults who have completed treatment.

The Lake House
http://milakehouse.org/
586-777-7761    23500 Pare St, St. Clair Shores, MI 48080.
A healthy balance of body and mind will produce a sense of overall wellness. The Lake House offers
programs that can help you attain that balance. Call for details.

Detroit Bladder Cancer Network (DBCN)
https://www.bcan.org/in-person-support-group/
Scroll down the page for information related to Michigan locations.

Online resources for survivors

American Cancer Society
- Life after treatment: The next chapter in your journey
  o https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/life-after-treatment-
    next-chapter-in-your-survivorship-journey.pdf
- Cancer Survivors Network
  o http://csn.cancer.org/
- Survivorship videos
  o http://tinyurl.com/m4oqh67

Cancer Care
- Post-treatment 15 week online Survivorship Support Group
  o https://www.cancercare.org/support_groups/52-post-treatment_survivorship_support_group

National Coalition for Cancer Survivorship
- Survivorship Library
  o https://www.journeyforward.org/library?taxonomy_vocabulary_1_tid=1&taxonomy_vocabulary_2_tid=All&k
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