



POST-TREATMENT  
SURVIVORSHIP  
RESOURCE GUIDE

CANCER ALLIANCE  
OF TEXAS

## Post-Treatment Survivorship Resource Guide

This resource is intended for those who have completed their cancer treatment as well as their friends and loved ones. These services and the information herein focus on the special needs of someone who has completed cancer treatment and is managing treatment's late- and long-term effects, whether physical, financial, legal or emotional.

Please contact these resources to find out what is available in your area.

The resources listed in this Post-Treatment Survivorship Resource Guide represent resources and services provided by Cancer Alliance of Texas members. The listed resources are known to provide support and quality services to cancer survivors. This resource guide includes links to other websites that are not under the control of the Cancer Alliance of Texas. We have no control over the nature, content or availability of those sites. The inclusion of any links does not necessarily imply a recommendation or endorse the views expressed within them.

# American Cancer Society

American Cancer Society (ACS) offers information, resources and books, social networking opportunities, transportation and housing, educational classes, support and visitation, and makeover enhancements to cancer patients and survivors in Texas. ACS offers the following resources:

- Online social network — Cancer Survivors Network
- Lodging for patients/caregivers — Hope Lodge
- Educational classes — I Can Cope
- Transportation — Road to Recovery
- Breast cancer survivor visitor — Reach to Recovery
- Prostate cancer survivor visitor — Man to Man
- Magazine/catalog of resources for women survivors — TLC

## Information

American Cancer Society  
Austin Corporate Office  
2433 Ridgepoint Dr.  
Austin, Texas 78754

Phone: 1-800-227-2345

Fax: 817-227-1602

Email: [karen.torges@cancer.org](mailto:karen.torges@cancer.org)  
[www.cancer.org](http://www.cancer.org)

There are 23 ACS offices in communities across Texas. Call the 800 number to find the one closest to you.

# Cancer Care Services

Cancer Care Services (CCS) provides post-diagnosis assistance to cancer patients and survivors and their families and caregivers through direct financial, emotional, spiritual and social programs, services and activities. The nonprofit organization serves Hood, Parker and Tarrant counties in Texas and helps 3,700 people annually. Financial assistance is provided to cancer patients in active treatment and is based on a sliding scale. Emotional, spiritual and social support programs are provided free of charge to anyone, regardless of income. CCS offers the following resources:

- Support groups
- Educational classes
- Social activities
- Yoga
- Spiritual services

## Information

Cancer Care Services  
623 S. Henderson St.  
Fort Worth, Texas 76104-2920

Phone: 817-921-0653 / 800-789-9944

Fax: 817-921-1701

Email: [info@cancercareservices.org](mailto:info@cancercareservices.org)  
[www.cancercareservices.org](http://www.cancercareservices.org)

# Cancer Foundation For Life® (CFFL)

Cancer Foundation For Life (CFFL) provides FitSTEPS for Life® at seven facilities in the Dallas metroplex and seven facilities in the East Texas area. All cancer types and stages are eligible regardless of whether they are newly diagnosed, in remission or in relapse and regardless of magnitude of debilitation.

CFFL offers individualized exercise programs at no cost, with structured, unlimited duration.

## Information

Cancer Foundation For Life® (CFFL)  
P.O. Box 8257  
Tyler, Texas 75711

Phone: 903-561-0149  
Fax: 903-561-7975

Email: [g.kimmel@att.net](mailto:g.kimmel@att.net)

[www.cancerfoundationforlife.org](http://www.cancerfoundationforlife.org)  
[www.fitstepsforlife.org](http://www.fitstepsforlife.org)

# Cancer Services Network

Cancer Services Network (CSN) provides financial and emotional support to underserved cancer patients and their families in 19 counties of West Central Texas. Patients are referred by physicians and then CSN caseworkers assess individual and family needs on a case-by-case basis. Financial services are based on income and family size. Emotional support is available to anyone with a cancer diagnosis and their caregivers, family and friends. CSN offers the following resources:

- Prescription assistance related to a cancer diagnosis
- Transportation reimbursement
- Nutritional supplements
- Medical supplies related to a cancer diagnosis
- Support groups
- Educational sessions
- Information and referral

## Information

Cancer Services Network (CSN)  
100 Chestnut, Suite 100  
Abilene, Texas 79602

Phone: 325-672-0040  
Fax: 325-672- 6169

Email: [nancyestes@cancerservicesnetwork.org](mailto:nancyestes@cancerservicesnetwork.org)  
[www.cancerservicesnetwork.org](http://www.cancerservicesnetwork.org)

# CTxCARES

Communities of Texas: Cancer • Activity • Research • Education • Support (CTxCARES) is a partnership between Texas A&M School of Rural Public Health, Scott & White Healthcare and Texas AgriLife Extension. It exists to accelerate the adoption of cancer prevention and control activities in Texas communities. The partnership, which is funded as part of the CDC Cancer Prevention and Control Research Network, is especially interested in connecting cancer survivors to physical activity programs. CTxCARES offers the following resources:

- Access to Texas AgriLife Extension's free eight-week walking program, "Walk Across Texas," which can help cancer survivors be more physically active
- A list of wellness programs for cancer survivors throughout the state

## Information

CTxCARES: Communities of Texas  
1266 TAMU  
College Station, Texas 77843

Phone: 979-458-8099

Fax: 979-458-4264

Email: [ctxcares@srph.tamhsc.edu](mailto:ctxcares@srph.tamhsc.edu)

[www.ctxcares.com](http://www.ctxcares.com)

# Dia de la Mujer Latina, Inc.

Dia de la Mujer Latina, Inc. is a Latino community-based nonprofit organization dedicated to motivating, informing, navigating and empowering the Latino community to cancer awareness, patient navigation and survivorship. Dia de la Mujer Latina, Inc. offers the following resources:

- Training for promotores/community health workers
- Monthly clinical breast exams and pap tests (appointment necessary)
- Patient navigation for follow-up care
- Survivorship support group

## Information

Dia de la Mujer Latina, Inc.  
1818 Crockett  
Houston, Texas 77009

Phone: 281-489-1111

Fax: 713-798-3990

Email: [venusgines@gmail.com](mailto:venusgines@gmail.com)

[www.diadelamujerlatina.org](http://www.diadelamujerlatina.org)

## The Free & Clear Quit For Life Tobacco Cessation Quitline

The Free & Clear Quit For Life Tobacco Cessation Quitline offers professional support to help individuals with their tobacco cessation efforts. The confidential and free service offers personalized phone counseling as well as other tools to become tobacco-free. The Free & Clear Quit For Life Tobacco Cessation Quitline offers the following resources:

- Phone-based counseling to prepare individuals for long-term success
- Self-help materials designed to keep individuals motivated for a life without tobacco
- Advice about support programs available in callers' communities
- Free nicotine replacement therapy — Patches, gum, lozenges (requires a physician's fax referral form)

### Information

Free & Clear Quit For Life  
Tobacco Cessation Quitline

Phone: 1-877-YES-QUIT  
(1-877-937-7848)  
Fax: 1-877-747-9528

[www.yesquit.org](http://www.yesquit.org)

## The Leukemia & Lymphoma Society

The Leukemia & Lymphoma Society seeks to cure blood cancers and improve the quality of life of patients and their families. The Leukemia & Lymphoma Society offers the following resources:

- Research funding
- Family support groups
- Educational programs
- Financial assistance
- Trained peer volunteers for newly diagnosed blood cancer patients

### Information

The Leukemia & Lymphoma Society  
5005 Mitchelldale, Suite 115  
Houston, Texas 77095

Phone: 713-680-8088  
Fax: 713-683-9504

Email: [cherry.evans@lls.org](mailto:cherry.evans@lls.org)  
[erika.pomares@lls.org](mailto:erika.pomares@lls.org)

[www.lls.org](http://www.lls.org)

# Life Beyond Cancer Foundation

The Life Beyond Cancer Foundation (LBCF) is dedicated to improving the lives of cancer patients and their families on their journey to a life beyond cancer. LBCF assists cancer patients and their families by:

- expanding access to information needed to deal with the challenges faced and make effective decisions
- expanding use of resources needed including financial support

Life Beyond Cancer Foundation  
21 Waterway Avenue, Suite 300  
The Woodlands, Texas 77380

Phone: 1-800-282-LBCF (5223)

Email: [info@lifebeyondcancer.org](mailto:info@lifebeyondcancer.org)

[www.lifebeyondcancer.org](http://www.lifebeyondcancer.org)

## LIVESTRONG

LIVESTRONG offers free, confidential, one-on-one support for anyone affected by cancer. Navigators can help you with the physical, emotional and financial issues related to cancer. Our free services are available in English and Spanish.

How we can serve you:

- Emotional Support—assistance coping with a cancer diagnosis and help accessing support groups and making peer-to-peer connections.
- Fertility Risks and Preservation Options—information on fertility risks and help accessing discounted rates for fertility preservation options.
- Insurance, Employment and Financial Concerns—information on employment rights and benefits, financial assistance and debt management, including insurance and billing issues as well as medication co-pay assistance.
- Treatment Concerns—information on general cancer and treatment information including clinical trials and help choosing treatment options.

### Information

**LIVESTRONG**  
2201 E. 6th Street  
Austin, Texas 78702  
Phone: 855.220.7777

Call **LIVESTRONG**  
Monday—Friday, 9am—5pm CST,  
visit us online at  
[www.LIVESTRONG.org](http://www.LIVESTRONG.org)  
or in-person at the **LIVESTRONG**  
Cancer Navigation Center in Austin

[www.LIVESTRONG.org](http://www.LIVESTRONG.org)

# The Nurse Oncology Education Program

The Nurse Oncology Education Program (NOEP) provides continuing education to all nurses on cancer prevention, detection, treatment, and survivorship. The program is based on the belief that every nurse can fight cancer. The NOEP website also provides information for the general public.

## Information

Nurse Oncology Education Program  
7600 Burnet Rd., Suite 440  
Austin, Texas 78757

Phone: 1-800-515-6770, ext. 161  
Fax: 512-467-0834

Email: [noep@texasnurses.org](mailto:noep@texasnurses.org)

[www.noep.org](http://www.noep.org)

# Sisters Network® Inc

Sisters Network® Inc. is a leading voice and the only national African American breast cancer survivorship organization in the United States. Sisters Network is governed by an elected Board of Directors and assisted by an appointed Medical Advisory Board. The organization's purpose is to save lives and provide a broader scope of knowledge that addresses the breast cancer survivorship crisis affecting African American women around the country. Affiliate chapters are located in more than 22 states throughout the United States. Sisters Network also collaborates with various national organizations and corporate partners to increase breast cancer awareness, stressing the importance of early detection. The national headquarters for Sisters Network offers the following resources:

- Support
- Standardized outreach programs implemented by four affiliate chapters in Houston, Dallas and Austin
- Breast health education collateral material
- Advocacy training
- Clinical trial recruitment assistance to major studies

## Information

Sisters Network® Inc  
National Headquarters  
2922 Rosedale St.  
Houston, Texas 77004

Toll-free: 1-866-781-1808  
Fax: 713-780-8998

Email: [infonet@sistersnetworkinc.org](mailto:infonet@sistersnetworkinc.org)

[www.sistersnetworkinc.org](http://www.sistersnetworkinc.org)

# Susan G. Komen for the Cure®

As the world's largest grassroots network of breast cancer survivors and activists, Susan G. Komen for the Cure® Affiliates work together to save lives, empower people, ensure quality care for all and energize science to find the cures.

The Komen website provides an array of information on survivorship, including the following breast cancer resources:

- After Treatment/Living with Cancer
- Follow-Up
- If Breast Cancer Returns
- Life After Treatment
- Lymphedema

## Support Issues

- Coping with Cancer Diagnosis
- End-of-Life Care
- Getting the Support You Need
- Sexuality & Intimacy
- Talking with your Children
- Talking with your Doctor
- Talking with your Partner

Komen Affiliates host an annual Susan G. Komen Race for the Cure® that focuses on survivorship. Komen Affiliates have a variety of grant programs focusing on survivors. For more information: <http://ww5.komen.org/Affiliates.aspx>

Susan G. Komen for the Cure®  
5005 LBJ Freeway, Suite 250  
Dallas, Texas 75244  
[www.komen.org](http://www.komen.org)

Komen Greater Amarillo Affiliate  
806-354-9706  
[www.komenamarillo.org](http://www.komenamarillo.org)

Komen Lubbock Area Affiliate  
806-698-1900  
[www.komenlubbock.org](http://www.komenlubbock.org)

Komen Austin Affiliate  
512-473-0900  
[www.komenaustin.org](http://www.komenaustin.org)

Komen North Texas Affiliate  
972-378-4808  
[www.komennorthtexas.org](http://www.komennorthtexas.org)

Komen Central Texas Affiliate  
254-753-3037  
[www.komencentraltexas.org](http://www.komencentraltexas.org)

Komen San Antonio Affiliate  
210-222-9009  
[www.komensanantonio.org](http://www.komensanantonio.org)

Komen Dallas County Affiliate  
214-750-RACE  
[www.komen-dallas.org](http://www.komen-dallas.org)

Komen Texarkana Affiliate  
903-791-9585  
[www.komentexarkana.org](http://www.komentexarkana.org)

Komen El Paso Affiliate  
915-533-4433  
[www.komenelpaso.org](http://www.komenelpaso.org)

Komen Tyler Affiliate  
903-561-6992  
[www.komentyler.org](http://www.komentyler.org)

Komen Tarrant County Affiliate  
817-735-8580  
[www.komentarrant.org](http://www.komentarrant.org)

Komen Houston Affiliate  
713-783-9188  
[www.komen-houston.org](http://www.komen-houston.org)

Komen Wichita Falls  
940-781-2035  
[www.komenwichitafalls.org](http://www.komenwichitafalls.org)

# The University of Texas Medical Branch

The University of Texas Medical Branch offers the following resources specific to cancer care and survivorship:

- Look Good Feel Better
- Breast Prosthesis Program
- Educational materials
- Assistance with finding cancer resources

## Information

The University of Texas Medical Branch  
301 University Blvd.  
Galveston, Texas 77555

Phone: 409-747-1752

Fax:: 409-772-7430

Email: [mjstrauc@utmb.edu](mailto:mjstrauc@utmb.edu)

[www.utmb.edu](http://www.utmb.edu)

# The University of Texas MD Anderson Cancer Center

The University of Texas MD Anderson Cancer Center is the state's first Comprehensive Cancer Center. MD Anderson's Cancer Survivorship Program addresses the outcomes of cancer and its therapy, and provides programs and services to improve the health and quality of life for adult and pediatric patients. Some cancer survivor services are offered only to MD Anderson patients; others are open to the community. MD Anderson offers the following resources:

- Disease follow-up: Survivorship Passport Plan for Health tool and care management plans
- Prevention and screening services: Breast, colorectal, prostate, cervical, skin, oral/head and neck screening exams; risk assessment; smoking cessation programs and research studies; corporate mobile mammography
- Long-term/late effects follow-up programs: Heart Success, Bone Disease Program, Integrative Medicine Program, Pain and Supportive Care Program
- Quality of life/psychosocial/spiritual services: Nutrition and weight management classes; social work services; support groups; sexuality programs; chaplaincy services; spiritual support programs; wellness/fitness programs; beauty/barber shop; cosmetic prostheses shop.

- Outreach and education programs — Survivorship website; Anderson Network (patient conference; Piknic; survivor and caregiver message board; telephone support); newsletters; annual survivorship celebration; patient, community and professional education programs; information and referral

## Information


The University of Texas  
MD Anderson Cancer Center  
1515 Holcombe Blvd.  
Houston, Texas 77030

Phone: 1-877-MDA-6789

Email: [askmdanderson@mdanderson.org](mailto:askmdanderson@mdanderson.org)

[www.mdanderson.org/survivorship](http://www.mdanderson.org/survivorship)





The Cancer Alliance of Texas is supported by the Texas Department of State Health Services through Centers for Disease Control and Prevention Cooperative Agreement Number U58/DP000824.