Cancer Resource Guide for Treatment

This guide is meant to serve as an outline of programs and services that address many of the needs of cancer patients during active treatment, as well as resources for loved ones.

All programs and services are (unless otherwise indicated):

- no cost,
- reduced cost based on income, or
- government assistance program.

Patients and providers may use this guide to help navigate through the resources that are currently available to assist patients. In addition to the resources listed, always check with the hospital/treatment center social worker, patient navigator, nurse, or other health care provider for programs and services offered through the hospital.

If a patient is being treated outside of the town or city where the patient resides, the patient should discuss logistics such as lodging options with his or her hospital/treatment center provider team.

For broad information about cancer, contact:

National Cancer Institute: www.cancer.gov, 1.800.422.6237
American Cancer Society*: www.cancer.org, 1.888.227.6333

*The American Cancer Society's toll-free phone number listed above will connect callers with a live resource navigator who can assist with identifying appropriate community resources and answer questions about many of the resources listed below.

Physical Needs:

- **Where do I find...?**
  - **Information about Treatment Side Effects**
    - *Talk with hospital/treatment center provider team regarding treatment side effects.*
  - **Recommended Cancer Screening**
    - *Check with local hospitals for a schedule of free or low-cost cancer screenings.*
    - *Check with your insurance provider for covered screenings.*
    - *Check with local health departments for:*
      - Cancer Prevention, Education, Screening, and Treatment Program, http://phpa.dhmh.maryland.gov/cancer/pages/crf_cpest.aspx
      - Breast and Cervical Cancer Program, http://phpa.dhmh.maryland.gov/cancer/pages/bccp_home.aspx
  - **Primary Care**
    - Esperanza Center Health Services Clinic
      - Baltimore Metro
      - 410.522.2668
      - http://www.catholiccharities-md.org/immigrants/healthcare-services-center.html
    - Federally Qualified Health Centers throughout Maryland http://phpa.dhmh.maryland.gov/opca/docs/FQHC_Factsheet.pdf

        - Shepherd's Clinic
            - Baltimore Metro
            - 410.467.7140
            - http://shepherdsclinic.org
    - **Genetic Testing and/or Risk Assessment**
        - *Talk with hospital/treatment center provider team regarding options and results.*
    - **Dental Care**
        - University of Maryland School of Dentistry
            - Baltimore Metro
            - 410.706-7101
            - http://www.dental.umaryland.edu
        - Community College of Baltimore County Dental Hygiene Clinics
            - Baltimore Metro
            - 443.840.3495
            - http://www.ccbcmd.edu/Programs-and-Courses/Schools-and-Academic-Departments/School-of-Health-Professions/Dental-Hygiene.aspx
        - Maryland Oral Health Resource Guide
            - Maryland State
            - http://phpa.dhmh.maryland.gov/oralhealth/Documents/OralHealthResourceGuide.pdf
    - **Fertility Preservation Planning Information**
        - Fertile Hope
            - National
            - www.fertilehope.org
        - The Ulman Cancer Fund for Young Adults
            - Baltimore Metro/ Howard County
            - 410.964.0202
            - www.ulmanfund.org
    - **Research and Access to Cancer Clinical Trials**
        - American Cancer Society
            - National
            - 1.800.303.5691
            - http://www.cancer.org/treatment/treatmentsandsideeffects/clinicaltrials/app/clinical-trials-matching-service
        - National Cancer Institute
            - National
            - 1.800.422.6237
            - www.cancer.gov/clinicaltrials
        - U.S. National Institutes of Health
            - National
            - www.clinicaltrials.gov
        - Breast Cancer Trials
            - National
            - 415-476-5777
            - www.breastcancertrials.org
        - The Leukemia & Lymphoma Society
            - National
            - 1.800.955.4572
            - www.lls.org/clinicaltrials
        - Pancreatic Cancer Action Network
            - National
            - www.pancan.org
        - *Talk with hospital/treatment center provider team regarding details and options.*

- **Body Image Resources**
  - ACS Look Good Feel Better
    - National
    - www.lookgoodfeelbetter.org
  - Cricketts Answer for Cancer
    - York, PA/ Breast Cancer only
    - 717.843.7903
    - www.crickettsanswerforcancer.org
  - EBeauty
    - Washington DC Metro
    - www.ebeauty.com
  - Lolly Locks
    - Maryland/Washington DC Metro
    - www.lollyslocks.org
- **Ability to Live/Function Independently**
  - *Talk with hospital/treatment center provider team regarding physical therapy, occupational therapy, and home healthcare options.*

Medical Decision Making and Options:

- **Where do I find...?**
  - **Medical Orders for Life-Sustaining Treatment (MOLST)**
    - Maryland MOLST
      - Maryland State
      - http://marylandmolst.org/index.html
    - *Talk with hospital/treatment center provider team regarding options and assistance with completion of forms.*
  - **Advance Directives**
    - Maryland Health Care Commission
      - Maryland State
      - http://mhcc.maryland.gov/consumerinfo/longtermcare/AdvanceDirectiveInformation.aspx
    - *Talk with hospital/treatment center provider team regarding options and assistance with completion of forms.*
  - **Hospice Care Options**
    - *Talk with hospital/treatment center provider team regarding details and options.*
    - Hospice and Palliative Care Network of Maryland (list of Maryland hospices)
      - http://www.hnmd.org/?page=FindLocalCare
  - **Palliative Care**
    - Information About and Hospitals Offering Palliative Care
      - Center to Advance Palliative Care
        - National/ Online
        - www.getpalliativecare.org
    - *Talk with hospital/treatment center provider team regarding details and options.*
  - **Second Opinions**
    - *Consider the option of receiving a second opinion regarding diagnosis and treatment plan.*

Psychosocial Needs:

- **Psychological**
  - **Where do I find…?**
    - ***Individual Counseling***
      - Annapolis Wellness House
        - Anne Arundel County

        - 410.990.0941
        - www.annapoliswellnesshouse.org
    - Cancer LifeNet
        - Baltimore Metro/ Harford County
        - 1.866.393.4355
        - http://www.uchcancer.org
    - Expressive Therapy Center
        - Montgomery County
        - 301.869.1017
        - www.expressivetherapycenter.com
    - Family and Children's Services of Central Maryland
        - Baltimore Metro, Anne Arundel County
        - http://www.fcsmd.org/counseling1.html
    - Federally Qualified Health Centers throughout Maryland
        - http://phpa.dhmh.maryland.gov/opca/docs/FQHC_Factsheet.pdf
    - Hopewell Cancer Support (short term)
        - Baltimore Metro and Surrounding Counties
        - 410.832.2719
        - www.hopewellcancersupport.org
    - Jewish Community Services
        - Baltimore Metro
        - 410.466.9200
        - http://www.jcsbaltimore.org
    - Loyola Clinical Centers
        - Baltimore Metro/ Howard County
        - 410.617.1200
        - www.loyola.edu/clinical-centers
    - Nueva Vida (Spanish Speaking, Latinas)
        - Baltimore Metro/ Washington DC/ Richmond, VA
        - 1.866.986.8432
        - www.nueva-vida.org
    - Pro Bono Counseling Project
        - Maryland State
        - 410.825.1001
        - www.probonocounseling.org
    - The Women's Growth Center
        - Baltimore Metro
        - 410.235.2153
        - www.womensgrowthcenter.com

- ***Support Groups***
    - Annapolis Wellness House
        - Anne Arundel County
        - 410.990.0941
        - www.annapoliswellnesshouse.org
    - Caring Bridge
        - Online platform for family communication; does not offer traditional support groups but allows patients and caregivers to create personal websites to share treatment news and updates.
        - www.caringbridge.org
    - Hope Connections for Cancer Support
        - Montgomery County
        - 301.634.7500

            - www.hopeconnectionsforcancer.org
        - Hopewell Cancer Support
            - Baltimore Metro and Surrounding Counties
            - 410.832.2719
            - www.hopewellcancersupport.org
        - Leukemia and Lymphoma Society
            - 443.471.1600, www.lls.org/md Maryland
            - 703.399.2900, www.lls.org/nca Washington D.C. Metro
        - Nueva Vida (Spanish Speaking, Latinas)
            - Baltimore Metro/ Washington DC/ Richmond, VA
            - 1.866.986.8432
            - www.nueva-vida.org
        - The Ulman Cancer Fund for Young Adults
            - Baltimore Metro/ Howard County
            - 410.964.0202
            - www.ulmanfund.org
        - Women Supporting Women
            - Eastern Shore/ Breast Cancer only
            - 410.548.7880
            - www.womensupportingwomen.org
        - *Check with local hospital/treatment center for general and site-specific support groups offered through the hospital and in the community.*

    - ***Crisis Centers***
        - *All Maryland Crisis Centers listed by city and county*
            - www.suicidehotlines.com/maryland

- **Spiritual**
    - **Where do I find…?**
        - ***Spiritual Counseling***
        - Pastoral Counseling Services of Maryland
            - Baltimore Metro/ Howard County
            - 410.433.8861
            - www.pcsm.org
        - Pro Bono Counseling Project
            - Maryland State
            - 410.825.1001
            - www.probonocounseling.org
        - *Check with local congregations and religious communities.*

- **Family Support**
    - **Where do I find…?**
        - ***Family Counseling***
        - Annapolis Wellness House
            - Anne Arundel House
            - 410.990.0941
            - www.annapoliswellnesshouse.org
        - Family and Children's Services of Central Maryland
            - Baltimore Metro, Anne Arundel County
            - http://www.fcsmd.org/counseling1.html
        - Hopewell Cancer Support
            - Baltimore Metro and Surrounding Counties
            - 410.832.2719

        - www.hopewellcancersupport.org
    - Pro Bono Counseling Project
        - Maryland State
        - 410.825.1001
        - www.probonocounseling.org
    - Roberta's House
        - Baltimore Metro and Surrounding Counties
        - 410-235-6633
        - www.robertashouse.org

- ***Resources for Caregivers***
    - Annapolis Wellness House
        - Anne Arundel House
        - 410.990.0941
        - www.annapoliswellnesshouse.org
    - Caring Bridge
        - Online platform for family communication; does not offer traditional support groups but allows patients and caregivers to create personal websites to share treatment news and updates.
        - www.caringbridge.org
    - Hope Connections for Cancer Support
        - Montgomery County
        - 301.634.7500
        - www.hopeconnectionsforcancer.org
    - Hopewell Cancer Support
        - Baltimore Metro and Surrounding Counties
        - 410.832.2719
        - www.hopewellcancersupport.org
    - Mothers Supporting Daughters
        - Maryland State
        - 410-778-1982
        - www.mothersdaughters.org
    - Pro Bono Counseling Project
        - Maryland State
        - 410.825.1001
        - www.probonocounseling.org
    - Well Spouse Association
        - Maryland State
        - http://www.wellspouse.org/support/support-groups/find-a-local-group/united-states/maryland.html

- ***Resources for Children and Young Adults***
    - Annapolis Wellness House
        - Anne Arundel County
        - 410.990.0941
        - www.annapoliswellnesshouse.org
    - Camp Kesem (camp for children whose parent has cancer)
        - National
        - 260.225.3736
        - www.campkesem.org
    - Casey Cares (children with cancer)
        - National
        - 443.568.0064

            - www.caseycaresfoundation.org
        - Camp Sunrise through Johns Hopkins (children with cancer)
            - Maryland State
            - 410-516-2385
            - www.hopkinsmedicine.org/kimmel_cancer_center/centers/pediatric_oncology/camp_sunrise
        - Cool Kids Campaign (children with cancer)
            - 410.560.1770
            - http://www.coolkidscampaign.org
        - First Descents (outdoor adventure retreats for young adult survivors)
            - National
            - 303.945.2490
            - www.firstdescents.org
        - Hope Connections for Cancer Support
            - Montgomery County
            - 301.634.7500
            - www.hopeconnectionsforcancer.org
        - Hopewell Cancer Support (programs for children, teens, and young adults with a loved one diagnosed with cancer)
            - Baltimore Metro and Surrounding Counties
            - 410.832.2719
            - www.hopewellcancersupport.org
        - The National Children's Cancer Society: Beyond the Cure (scholarships and online community for childhood cancer survivors)
            - National
            - http://www.beyondthecure.org/scholarships
        - The Ulman Cancer Fund for Young Adults (support groups, scholarships, and activities for young adult cancer survivors)
            - Baltimore Metro/ Howard County
            - 410.964.0202
            - www.ulmanfund.org
        - Young Survival Coalition
            - National
            - http://www.youngsurvival.org

- **Intimacy**
    - *Talk with hospital/treatment center provider team regarding intimacy issues.*
    - http://www.cancercouncil.com.au/cancer-information/after-cancer-treatment/

- **Financial**
    - **Where do I find…?**
        - ***Job Related Resources***
            - Cancer Support Foundation
                - Maryland State
                - 410.964.9563
                - www.cancersupportfoundation.org
            - *Check with employer to determine eligibility for coverage under the federal Family and Medical Leave Act (FMLA).*

        - ***Medical Resources***
            - **Insurance**
                - In Need of Insurance

- *Talk with hospital/treatment center provider team regarding insurance and financial assistance options.*
- *Contact your local health department for assistance finding insurance coverage or medical bill assistance.*
  - Links to all county local health departments can be found at http://dhmh.maryland.gov/PAGES/DEPARTMENTS.ASPX

- Department of Social Services for Maryland listed by county
  - msa.maryland.gov/msa/mdmanual/01glance/html/social.html
- Cancer Support Foundation
  - Maryland State
  - 410.964.9563
  - www.cancersupportfoundation.org
- Chronic Disease Fund
  - National
  - 1.877.968.7233
  - https://patientsandpros.cdfund.org/
- Maryland Cancer Fund
  - Maryland State
  - http://phpa.dhmh.maryland.gov/cancer/Pages/mcf_home.aspx
- Maryland Health Connection (state health benefit exchange)
  - Maryland State
  - www.marylandhealthconnection.gov

- Covered by Private Insurance
  - *Check with insurance provider for coverage, benefits, and out-of-pocket costs.*
- Veterans Benefits(National)
  - www.va.gov/opa/publications/benefits_book.asp

- **Medical Bills (co-pay/deductible assistance)**
  - *Check with hospital/treatment center for financial assistance programs.*
  - Bonnie Hilghman Fund
    - Middle Eastern Shore
    - 410.479.8030
  - Chronic Disease Fund
    - National
    - 1.877.968.7233
    - https://patientsandpros.cdfund.org/
  - HealthWell Foundation
    - National
    - 1.800.675.8416
    - www.healthwellfoundation.org
  - The Leukemia & Lymphoma Society
    - National
    - 1.877.557.2672
    - www.lls.org/copay
  - Marie Harkowa Patient In Need (PIN) Fund
    - Middle Eastern Shore
    - 410.820.6800 x5361

        - Patient Advocate Foundation
            - National
            - 1.800.532.5274
            - www.patientadvocate.org
        - Peggy Fund
            - Middle Eastern Shore
            - 410.820.6800 x5361

    - **Prescriptions**
        - *Check with the manufacturer(s) of prescriptions for patient assistance programs.*
        - Bonnie Hilghman Fund
            - Middle Eastern Shore
            - 410.479.8030
        - Cancer Care
            - National
            - 1.800.813.4673
            - www.cancercare.org
        - Cancer Support Foundation
            - Maryland State
            - 410.964.9563
            - www.cancersupportfoundation.org
        - Leukemia and Lymphoma Society
            - 443.471.1600, www.lls.org/md Maryland
            - 703.399.2900, www.lls.org/nca Washington D.C. Metro
        - Marie Harkowa Patient In Need (PIN) Fund
            - Middle Eastern Shore
            - 410.820.6800 x5361
        - Needy Meds/HealthWeb Navigator
            - National/ Resource Service
            - 1.877.435.7755
            - www.needymeds.org/ http://healthwebnav.org/
        - Patient Advocate Foundation
            - National
            - 1.800.532.5274
            - www.patientadvocate.org
        - Patient Access Network Foundation
            - National
            - 1.866.316.7263
            - www.panfoundation.org
        - Peggy Fund
            - Middle Eastern Shore
            - 410.820.6800 x5361
        - The Red Devils
            - Maryland State/ Breast Cancer/ Referrals through hospitals only
            - 1.877.643.0202
            - www.the-red-devils.org

- ***Basic Living Needs Information and/or Assistance***
    - Local Departments of Social Services (provide temporary cash assistance, emergency shelter, energy assistance, eviction prevention, food stamps, etc.)
        - msa.maryland.gov/msa/mdmanual/01glance/html/social.html
    - All Shades of Pink

        - Prince George's County/ Breast Cancer
        - 301.356.4688
        - www.asopinc.org
    - Bonnie Hilghman Fund
        - Middle Eastern Shore
        - 410.479.8030
    - Cancer Care
        - National
        - 1.800.813.4673
        - www.cancercare.org
    - Cancer Support Foundation
        - Maryland State
        - 410.964.9563
        - www.cancersupportfoundation.org
    - Catholic Charities
        - Baltimore Metro
        - 410.547.5490
        - www.catholiccharities-md.org
    - Cleaning for a Reason
        - National
        - 877.337.3348
        - www.cleaningforareason.org
    - Fuel Fund of Maryland
        - Maryland State
        - 410.235.9080
        - www.fuelfundmaryland.org
    - Leukemia and Lymphoma Society
        - 443.471.1600, www.lls.org/md Maryland
        - 703.399.2900, www.lls.org/nca Washington D.C. Area
    - Marie Harkowa Patient In Need (PIN) Fund
        - Middle Eastern Shore
        - 410.820.6800 x5361
    - The National Children's Cancer Society
      (Financial Assistance to Parents of Children with Cancer)
        - National
        - 314.241.1600
        - www.thenccs.org/page.aspx?pid=652
    - Peggy Fund
        - Middle Eastern Shore
        - 410.820.6800 x5361
    - The Pink Fund
        - National
        - www.thepinkfund.org
    - The Red Devils
        - Maryland State/ Breast Cancer/ Referrals through hospitals only
        - 1.877.643.0202
        - www.the-red-devils.org
    - The Salvation Army
        - National
        - 410.268.4577
        - http://www.salvationarmyusa.org/
        -
    - Tigerlily Foundation

            - National
            - http://tigerlilyfoundation.org
        - United Way First Call for Help
            - National
            - 1.800.492.0618
            - www.uwcm.org
        - *For information regarding transportation:*
            - MTA Mobility/Paratransit Program
                - Maryland State
                - mta.maryland.gov/mobility
        - *Check with hospital/treatment center social worker, patient navigator, or nurse for transportation assistance.*

Wellness and Lifestyle Behaviors

- **Where do I find…?**
    - ***Alcohol/Drug Rehabilitation Services (Rehab)***
        - Maryland Alcohol and Drug Abuse Administration
            - Maryland State
            - Community Services Division: 410.402.8600
            - http://bha.dhmh.maryland.gov/Pages/Index.aspx

    - ***Smoking Cessation Services (to stop smoking)***
        - Maryland Quitline
            - Maryland State
            - 1.800.784.8669
            - www.smokingstopshere.com
            - *Check with hospital/treatment center social worker, patient navigator, or nurse for additional resources..*

    - ***Exercise/Physical Activity Resources and Classes***
        - Annapolis Wellness House
            - Anne Arundel House
            - 410.990.0941
            - www.annapoliswellnesshouse.org
        - Hope Connections for Cancer Support
            - Montgomery County
            - 301.634.7500
            - www.hopeconnectionsforcancer.org
        - Hopewell Cancer Support
            - Baltimore Metro and Surrounding Counties
            - 410.832.2719
            - www.hopewellcancersupport.org
        - M.A.C.- Maintaining Active Citizens
            - Eastern Shore
            - 410.742.0505
            - www.macinc.org
        - *Check with local senior center and/or recreation center.*

    - ***Nutrition Assistance***
      Food Assistance
        - Maryland Food Bank
            - Maryland State/ Referral Information

        - 410.737.8282
        - http://www.mdfoodbank.org
    - Meals on Wheels
        - National
        - 410.558.0827
        - www.mowaa.org
    - Moveable Feast
        - Baltimore Metro/ Breast and Blood Cancers
        - 410. 327.3420
        - www.mfeast.org
    - *Check with local Department of Social Service for Food Stamp eligibility.*
        - msa.maryland.gov/msa/mdmanual/01glance/html/social.html
    - *Check with local congregations and religious communities for meal assistance.*

    Supplement Assistance
    - *Check with hospital/treatment center for more information.*

- ***Stress Reduction and Relaxation Resources***
    - Annapolis Wellness House
        - Anne Arundel House
        - 410.990.0941
        - www.annapoliswellnesshouse.org
    - Baltimore School of Massage
        - Baltimore Metro
        - 888.636.7929
        - http://www.bsom.com
    - Believe Big
        - Baltimore Metro
        - 888.317.5850
        - http://www.believebig.org
    - Hopewell Cancer Support
        - Baltimore Metro and Surrounding Counties
        - 410.832.2719
        - www.hopewellcancersupport.org
    - Hope Connections for Cancer Support
        - Montgomery County
        - 301.634.7500
        - www.hopeconnectionsforcancer.org
    - *Check with primary care provider or cancer treatment center for services like acupuncture and massage therapy.*

Complementary and Integrative Medicine and/or Therapy:

- **Where do I find…?**
    - ***Information about Complementary and Integrative Medicine for Cancer Patients***
        - National Cancer Institute Office of Cancer Complementary and Alternative Medicine
            - National
            - http://cam.cancer.gov/health_patients.html

    - ***Resources for Mind/Body Therapy***
        - Annapolis Wellness House
            - Anne Arundel House
            - 410.990.0941
            - www.annapoliswellnesshouse.org

- Believe Big
  - Baltimore Metro
  - 888.317.5850
  - http://www.believebig.org
- Hopewell Cancer Support
  - Baltimore Metro and Surrounding Counties
  - 410.832.2719
  - www.hopewellcancersupport.org
- Hope Connections for Cancer Support
  - Montgomery County
  - 301.634.7500
  - www.hopeconnectionsforcancer.org

- ***Fee Based Complementary/Integrative Medicines***
  - Maryland University of Integrative Health
    - Baltimore Metro/ Howard County
    - 410.888.9048, x6614
    - www.muih.edu/health-resources/natural-care-center
  - *Check with local acupuncturists, massage therapists, naturopathic practitioners, aromatherapists, etc,. for reduced prices or discounts for cancer patients.*

Rehabilitation and Physical Therapy:

- *Talk with hospital/treatment center provider team about options, or call insurance provider for coverage.*