

## Treatment's Over: Now What?

### DC Metropolitan Area Resource Guide

#### *Breast Cancer Survivorship: DC Area Resources*

*This list is not intended to be a complete or exhaustive list of resources available. If you would like a resource added or removed, please contact the GW Cancer Institute at (202) 994-2449.*

<b><u>Survivorship Care Plans, Psychosocial Support, Educational Programs</u></b>	<b><u>Services</u></b>	<b><u>Contact</u></b>
Inova Alexandria Hospital	<ul style="list-style-type: none"> <li>Partnership with Life with Cancer</li> <li>Breast Cancer Support Groups</li> </ul>	Laura Harty, (703) 504-7921 laura.harty@inova.org
Inova Fairfax Hospital	<ul style="list-style-type: none"> <li>Partnership with Life with Cancer</li> <li>Survivors Offering Support</li> </ul>	Pamela Crum, (703) 698-2532 pamela.crum@inova.org
MedStar Washington Hospital Center	<ul style="list-style-type: none"> <li>Survivors Offering Support</li> <li>Transition to Wellness - Jumpstart Your Entry Into Survivorship</li> </ul>	Edla Coleman, (443) 777-2505 Edla.V.Coleman@medstar.net
George Washington University Medical Faculty Associates	<ul style="list-style-type: none"> <li>Thriving After Cancer Adult Survivorship Clinic</li> <li>Post-treatment Breast Cancer Support Group</li> </ul>	Survivorship Clinic: Carrie Tilley, NP (202) 741-2222 for appointment  Breast Cancer Support Group: Monica Dreyer mdreyer@mfa.gwu.edu
MedStar Georgetown Hospital	<ul style="list-style-type: none"> <li>Transition to Survivorship Breast Cancer Workshop</li> </ul>	Denise O'Neill, (202) 444-5285
Sibley Memorial Hospital	<ul style="list-style-type: none"> <li>Meditation and Yoga Classes</li> <li>Cancer Education Programming</li> </ul>	Pam Goetz, (202) 243-2320 pgoetz4@jhmi.edu

Howard University Hospital	<ul style="list-style-type: none"> <li>• S.E.E.D.S Cancer Support Group for cancer survivors and their caregivers</li> </ul>	<p>Kimberly Higginbotham (202) 865-4655 Teletia R. Taylor, PhD (202) 806-4199</p>
Providence Hospital	<ul style="list-style-type: none"> <li>• Breast Cancer Support Group</li> </ul>	<p>(202) 269-7497 (202) 269-7543 <a href="http://www.provhosp.org/services/cancer-oncology-services/breast-cancer">http://www.provhosp.org/services/cancer-oncology-services/breast-cancer</a></p>
Washington Adventist Hospital	<ul style="list-style-type: none"> <li>• Breast Cancer Support Group</li> </ul>	<p>Cancer Care Call Line (240) 826-6297</p>
Doctors Community Hospital	<ul style="list-style-type: none"> <li>• Breast Cancer Support Group</li> </ul>	<p>Center for Comprehensive Breast Care (301) 552-8524 Terry Trimmer <a href="mailto:ttrimmer@dchweb.org">ttrimmer@dchweb.org</a> Dr. Regina Hampton <a href="http://www.signaturebreastcare.com">www.signaturebreastcare.com</a></p>
Facing Our Risk of Cancer Empowered (F.O.R.C.E)	<ul style="list-style-type: none"> <li>• Information, advocacy, and support for women affected by breast cancer and their caregivers</li> </ul>	<p>Susan Davis, <a href="mailto:susan.davis11@verizon.net">susan.davis11@verizon.net</a></p>
Hope Connections	<ul style="list-style-type: none"> <li>• Support groups for survivors and caregivers</li> <li>• Educational classes</li> </ul>	<p>(301) 634-7500</p>
GoPink! DC	<ul style="list-style-type: none"> <li>• Network that engages survivors in physical activity through dragon boating</li> <li>• Focus on physical activity, mobility, nutrition, fitness, and mental health</li> </ul>	<p>Jane Crawford, <a href="mailto:crawford@gopinkdc.com">crawford@gopinkdc.com</a></p>
Sisters Network Washington, DC	<ul style="list-style-type: none"> <li>• Social support through a social network of local survivors.</li> <li>• Financial assistance to breast cancer survivors through the Breast Cancer Assistance Program</li> </ul>	<p>Vonda Jones Shelley Barnes (202) 695.2228 <a href="mailto:washingtondc@sistersnetworkinc.org">washingtondc@sistersnetworkinc.org</a></p>

Sisters Network Inc.-Prince George County	<ul style="list-style-type: none"> <li>• Social support through a social network of local survivors.</li> <li>• Financial assistance to breast cancer survivors through the Breast Cancer Assistance Program</li> </ul>	Mary Gabourel (301) 494-7315 snpgc@sistersnetworkinc.org
African Women's Cancer Awareness Assoc.	<ul style="list-style-type: none"> <li>• Address disparities in awareness, prevention and access to quality healthcare services for African communities that face cancer</li> </ul>	Ify Nwabuku, Founder and President (301) 565-0420 www.awcaa.org
Life with Cancer	<ul style="list-style-type: none"> <li>• Support groups</li> <li>• Education programs</li> </ul>	Sage Bolte, ABD, LCSW, OSW-C (703) 698-2520
Nueva Vida	<ul style="list-style-type: none"> <li>• Mental health and emotional support services to Latina survivors</li> <li>• Survivor and family support group</li> </ul>	Anna Quijada, Navigator (202) 223-9100 info@nueva-vida.org
Smith Center for Healing and the Arts	<ul style="list-style-type: none"> <li>• Holistic support services, including classes on emotional well-being, nutrition, acupuncture, and yoga</li> </ul>	(202) 483-8600
<b><u>Rehabilitation Services</u></b>	<b><u>Services</u></b>	<b><u>Contact</u></b>
Reston Hospital Center	<ul style="list-style-type: none"> <li>• STAR Cancer Rehabilitation Program</li> </ul>	Susan Foy, Oncology Services Director (703) 639-9425
Sibley Memorial Hospital	<ul style="list-style-type: none"> <li>• Lymphedema Specialists</li> </ul>	Pam Goetz, Oncology Survivorship Coordinator (202) 243-2320
Virginia Hospital Center	<ul style="list-style-type: none"> <li>• STAR Cancer Rehabilitation Program</li> </ul>	Cancer Resource Center (703) 558-5550
GW Hospital Outpatient Rehabilitation Services	<ul style="list-style-type: none"> <li>• Lymphedema Specialists, physical</li> </ul>	Marcella Bassora, Lymphedema Therapist

		therapy	(202) 715-5655
<b><u>Fertility Services</u></b>	<b><u>Services</u></b>	<b><u>Contact</u></b>	
Shady Grove Fertility- Multiple locations	<ul style="list-style-type: none"> <li>In vitro fertilization (IVF), cryopreservation of eggs, sperm, embryos</li> </ul>	(888)761-1967	
Columbia Fertility- Multiple locations	<ul style="list-style-type: none"> <li>IVF, cryopreservation of eggs, sperm, embryos</li> </ul>	(202) 293-6567	
Virginia Center for Reproductive Medicine- Reston, VA	<ul style="list-style-type: none"> <li>Egg freezing, IVF</li> </ul>	(703) 437-7722	
Genetics and IVF Institute- Fairfax, VA	<ul style="list-style-type: none"> <li>Fertility Center for Cancer Patients: IVF and cryopreservation of egg, sperm, testicular tissue, and embryos</li> </ul>	(703) 698-7355	
<b><u>Practical Services</u></b>	<b><u>Services</u></b>	<b><u>Contact</u></b>	
Food and Friends	<ul style="list-style-type: none"> <li>Delivery of prepared meals to those living with a life changing health condition</li> <li>Nutritional counseling and education</li> </ul>	<a href="http://www.foodandfriends.org">www.foodandfriends.org</a> (202) 269-2277	
LIFT- DC	<ul style="list-style-type: none"> <li>Resume building and aid for clients in their job search and homeownership</li> </ul>	The Arc Office (202) 450-2787	
DC Office of Aging	<ul style="list-style-type: none"> <li>Educational and job training programs for seniors</li> <li>Housing services</li> </ul>	(202) 724-5622 dcoa@dc.gov	



## *Treatment's Over. Now What?: National Resources*

*This list is not intended to be a complete or exhaustive list of resources available. If any of the links are no longer working, please contact the GW Cancer Institute at (202) 994-2449.*

<b><u>Late and Long Term Effects</u></b>	<b><u>Details</u></b>	<b><u>Link</u></b>
American Cancer Society: What Happens After Treatment for Breast Cancer?	Overview of what happens after treatment for breast cancer with links to additional information	<a href="http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-after-follow-up">http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-after-follow-up</a>
National Cancer Institute: Facing Forward-Life After Cancer Treatment	Information on physical effects that can be seen after cancer treatment	<a href="http://www.cancer.gov/publications/patient-education/facing-forward">http://www.cancer.gov/publications/patient-education/facing-forward</a>
National Cancer Institute: General Information About Lymphedema	Information about lymphedema	<a href="http://www.cancer.gov/cancertopics/pdq/supportivecare/lymphedema/Patient">http://www.cancer.gov/cancertopics/pdq/supportivecare/lymphedema/Patient</a>
Breastcancer.org: Hormonal Therapy- What to Expect	Breast cancer-specific information on hormonal therapy	<a href="http://www.breastcancer.org/treatment/hormonal/expect">http://www.breastcancer.org/treatment/hormonal/expect</a>
LIVESTRONG: Late Effects of Cancer Treatment	Online articles on the late effects of cancer treatment	<a href="http://www.livestrong.org/we-can-help/healthy-living-after-treatment/late-effects-of-cancer-treatment/">http://www.livestrong.org/we-can-help/healthy-living-after-treatment/late-effects-of-cancer-treatment/</a>
Breastcancer.org: Managing Fatigue	Breast cancer-specific information on fatigue	<a href="http://www.breastcancer.org/tips/fatigue">http://www.breastcancer.org/tips/fatigue</a>
National Cancer Institute: Managing Physical Effects	Information on side effects by topic	<a href="http://www.cancer.gov/cancertopics/coping/physicaleffects">http://www.cancer.gov/cancertopics/coping/physicaleffects</a>
Susan G. Komen: Life After Treatment	Information on medical care after treatment	<a href="http://www5.komen.org/LifeAfterTreatment.html">http://www5.komen.org/LifeAfterTreatment.html</a>
<b><u>Survivorship Care Planning</u></b>	<b><u>Details</u></b>	<b><u>Link</u></b>
Journey Forward	Survivorship care planning tools for patients and professionals	<a href="http://www.journeyforward.org/">http://www.journeyforward.org/</a>
LIVESTRONG Care Plan	Survivorship care planning tools for	<a href="http://www.livestrongcareplan.org/">http://www.livestrongcareplan.org/</a>

patients		
<b><u>Emotional Effects</u></b>	<b><u>Details</u></b>	<b><u>Link</u></b>
American Cancer Society: Emotional Aspects of Breast Cancer	Overview of the emotional aspects of breast cancer	<a href="http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-after-emotional-aspects">http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-after-emotional-aspects</a>
National Cancer Institute: Facing Forward-Life After Cancer Treatment	Information on the emotional effects of cancer and support resources	<a href="http://www.cancer.gov/publications/patient-education/facing-forward">http://www.cancer.gov/publications/patient-education/facing-forward</a>
The Wellness Community/ Cancer Support Community	Information on the emotional impact of cancer and support resources	<a href="http://www.cancersupportcommunity.org/">http://www.cancersupportcommunity.org/</a>
Cancer Care	Telephone, online and face-to-face counseling, support groups, education, publications and financial and co-payment assistance	<a href="http://www.cancercare.org/">http://www.cancercare.org/</a>
Susan G. Komen: Life After Treatment	Information about fear of recurrence and quality of life topics	<a href="http://ww5.komen.org/LifeAfterTreatment.html">http://ww5.komen.org/LifeAfterTreatment.html</a>
<b><u>Healthy Living</u></b>	<b><u>Details</u></b>	<b><u>Link</u></b>
American Institute for Cancer Research: After Cancer Treatment	After-treatment diet, nutrition and physical activity guidelines	<a href="http://www.aicr.org/patients-survivors/after-cancer-treatment.html">http://www.aicr.org/patients-survivors/after-cancer-treatment.html</a>
American Cancer Society: Nutrition and Physical Activity Guidelines for Cancer Survivors	Guidelines for staying healthy	<a href="http://www.cancer.org/healthy/informationforhealthcareprofessionals/acs-guidelines/nupaguidelinesforcancersurvivors/">http://www.cancer.org/healthy/informationforhealthcareprofessionals/acs-guidelines/nupaguidelinesforcancersurvivors/</a>
<b><u>Employment, Insurance &amp; Financial Issues</u></b>	<b><u>Details</u></b>	<b><u>Link</u></b>
The Cancer Legal Resource Center	Information and education about cancer-related legal issues	<a href="http://www.disabilityrightslegalcenter.org/cancer-legal-resource-center">http://www.disabilityrightslegalcenter.org/cancer-legal-resource-center</a>
Cancer and Careers	Expert advice, tools and educational events to support people with cancer	<a href="http://www.cancerandcareers.org/en">http://www.cancerandcareers.org/en</a>

in the workplace		
American Cancer Society: Understanding Financial and Legal Matters	Information on financial and legal matters and resources	<a href="http://www.cancer.org/treatment/findingandpayingfortreatment/understandingfinancialandlegalmatters/index">http://www.cancer.org/treatment/findingandpayingfortreatment/understandingfinancialandlegalmatters/index</a>
<b>LIVESTRONG</b>	Information on insurance, appealing claims denials and financial information	<a href="http://www.livestrong.org/we-can-help/insurance-and-financial-assistance/">http://www.livestrong.org/we-can-help/insurance-and-financial-assistance/</a>
National Coalition for Cancer Survivorship	Information on employment rights	<a href="http://www.canceradvocacy.org/resources/employment-rights/">http://www.canceradvocacy.org/resources/employment-rights/</a>
Cancer Care	Provides financial assistance for treatment-related expenses (transportation, pain meds, home care)	<a href="http://www.cancercare.org/">http://www.cancercare.org/</a>
Patient Advocate Foundation	Provides assistance to patients with workplace, insurance or employment issues; also has a co-pay relief program	<a href="http://www.patientadvocate.org/">http://www.patientadvocate.org/</a>

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