



# ***2024 – 2025 Resource Guide***



## Welcome to My Hope Bag!

Thank you for allowing us to be a part of your journey. This is not a fun time in your life, I understand. When I was faced with my own breast cancer journey, I kept telling my husband that “they” need to give women bags of hope when they find out they have breast cancer. I just wasn’t seeing it whenever I had a doctor appointment or went to a treatment.

When I completed my radiation, my family encouraged me to get this project going. It is ever-evolving, but the biggest part of our organization is getting to know YOU. In the bag are items of comfort for you, as well as resources, but it also allows us to get to know you. We want you know you are not alone through this journey.

When we meet in-person or talk via email, we will discuss any needs you may have. We want you to know we are here for you. Whether it be just to talk, or help you find a resource, or put you in touch with someone who has experienced what you are going through, we are here. If you haven’t already, please visit us at [www.myhopebag.org](http://www.myhopebag.org). There are items on our web page that may be of interest to you. We look forward to keeping in touch with you.

Most Sincerely,

*Sarah*

Sarah Ellery  
Breast Cancer Survivor  
CEO / Founder of My Hope Bag

P.S. I’d love to hear from you!  
Feel free to email me anytime at:  
[Sarah@MyHopeBag.org](mailto:Sarah@MyHopeBag.org)



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When it comes to your cancer battle, you are unique. While everyone's journey is different, there are questions that we hear quite often. Below are our thoughts on questions that you may have, but we are not medical professionals. Please consult with your medical team before engaging with anything that will impact your care.

We invite you to join **Circle of Hope** on Facebook ([www.facebook.com/groups/mycircleofhope](http://www.facebook.com/groups/mycircleofhope)). My Hope Bag hosts this private group where women and caregivers support each other and discuss a very wide variety of topics about their breast cancer journey. Topics include: procedures, treatments, medications and side effects, relationships, and so much more!

## FREQUENTLY ASKED QUESTIONS

### **What should I do after hearing “You have breast cancer”?**

Breathe. Find solace in the fact that it was found. You have time to develop a treatment plan with your care team and do not have to engage in every option offered to you. The most common questions at your doctor appointments should be: “What other options are there?” and “What other questions should I be asking?”

Stay away from Dr. Google! As with many things online, the most dramatic situations are often highlighted and can be scary. Until you know your specific details, refrain from blanket searches that may not apply to your situation.

Use reputable breast cancer sites to learn about the terms and vocabulary that your care team is using. Such sites include: [breastcancer.org](http://breastcancer.org), American Cancer Society, American Breast Cancer Foundation ([abcf.org](http://abcf.org))

Start a medical journal: This should be taken to all appointments, noting the date and care team member you are meeting with, and what was discussed. You can also use this journal to keep track of your medications.

### **I can't stop crying! What should I do?**

Lean into help and support of friends and family (and My Hope Bag). It is completely up to you who you tell but those who love you want to help. No matter what your treatment plan, you will be tired and fatigued as your body fights this foreign invasion. Sleep when you need to, say yes whenever someone offers to make dinner, go shopping for you or pick up your kids, use the services of a mental health professional. When someone says “I can do whatever you need for me to do”, give them something to do! Your loved ones want to help but don't know how.



### **I can't relax and feel stressed. Any suggestions?**

- Yoga
- 15 minutes of Meditation
- 15 minutes of quiet in the nice warm sun

### **Where can I find support groups or should I get a counselor?**

Support groups or counseling can be very beneficial during your cancer battle. People that are going through this or have gone through this can be very helpful. It may be easier to discuss your cancer issues with them since they have or are going through the same thing. Counselors are great to have one-on-one visits to help you express your feelings, fears, and stress. They can give you suggestions on how to cope with your diagnosis.

- Ironwood Cancer Center provides support groups that anyone can attend, not just patients. Send an email to [wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) or call 480-314-6660 for further information.
- Facebook has many options for support groups based on the type of breast cancer you have. You can find these by doing a search.
- Sign up for [BezyBC.com](http://BezyBC.com) (online or download free app). It is a valuable resource of women in all stages of breast cancer with forums focused on many different topics such as treatment and side effects, breast reconstruction, newly diagnosed, and many more.

### **Should I get a Second Opinion and will it be covered by my insurance?**

A second opinion should be sought when you feel there might be further options for you that your doctor isn't discussing, you feel that your care team has put you on an assembly line for treatment, or feel you want to make sure to cover all your bases. Yes, most insurance cover a second opinion but please confirm with the insurance before proceeding.

### **What should I do during my doctor appointments?**

When visiting your doctors, it is a good idea to have someone go with you to help with remembering the information. If you can't take someone with you, maybe have someone on speaker phone to be a part of the visit. Prepare your questions ahead of time in your medical journal with enough space to write the answers.

### **What is the difference between a lumpectomy and a mastectomy?**

With a lumpectomy, only part of the breast containing breast cancer is removed. This procedure removes cancer and some surrounding normal tissue.

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With a mastectomy, the breast tissue and possibly some surrounding tissue, is removed. In appropriate cases, only a single breast is removed (including the nipple) and in other cases, a double mastectomy is the removal of both breasts.

Check with your insurance company as many will have some coverage for surgical bras, prosthetics, and post-mastectomy undergarments. You can find a Certified Mastectomy fitter at The Boutique of Hope located in the Banner MD Anderson Cancer Center in Gilbert, Tina's Treasures Boutique with Honor Health, as well as at some specialty shops and at select Nordstrom locations. Appointments are recommended.

### **Will I need radiation or chemotherapy?**

Each woman's journey will be different and your doctor will advise you on the best treatment plan that will work for you. There are several different types of radiation, but in general, it is the use of high-energy rays which kill cancer cells. Chemotherapy treatments are cancer-killing drugs that can be given by mouth or injected into a vein. The drugs travel through the bloodstream to reach cancer cells in the body. Chemotherapy is given in cycles, and the treatment can last several months. While on chemotherapy, you may experience possible side effects including: hair loss, fatigue, loss of appetite or increased appetite, nausea and vomiting, easy bruising. See section below about chemo specifics.

### **If I don't need chemo or radiation, did I really have breast cancer?**

Refrain from comparing yourself to other breast cancer patients...everyone is different. Some women have surgery to remove the cancer, but have to take hormone therapy for 5-10 years to keep the cancer from recurring. Others have forms of breast cancer that will be managed with treatments because they will live with it their whole lives. Chemo and radiation are only two of the tools used to treat breast cancer.

### **How can a Cancer Center Social Worker / Nurse Navigator help me?**

A consultation is recommended when you first start your cancer battle, so you can find out what resources they can help you with. They are very familiar with the resources out there, so you should use their knowledge as much as you can. These individuals should be able to assist with FMLA and Social Security Disability paperwork.

### **I am wondering if changing my diet will help battle the cancer; should I consult a Nutritionist?**

Your cancer center should offer this service and it is highly recommended to at least do an initial consultation. My Hope Bag has an excellent Nutritional Guide to assist you during treatment as well ([www.naturalhope.org](http://www.naturalhope.org)).



### **What should I bring to the hospital for breast surgery?**

If it is same day surgery, bring as little as possible. Of course, ID, insurance card, medication list and your medical journal for questions and notes. You will likely come out of surgery with a surgical bra and instructions not to reach over your head, so bring a (oversized) button up top, slip on pants and shoes. If you do not already have one from My Hope Bag, be sure you have a pillow in the car to ease the pressure from the seat belt.

If you are staying overnight, add to the list above: lip balm, cell phone, phone charger with an extension cord, makeup wipes and moisturizer to freshen your face.

### **I just had breast surgery. What items should I have on hand at home to help me?**

- Apron with pockets for drains, and a lanyard to clip drains to while in the shower
- A chart for your meds and when to take them. Stay on top of the pain before it starts or gets out of control
- Sleep at a 45-degree angle, using a wedge, pillows, or comforter to prop yourself up, unless your doctor recommends a different position
- Button-up tops and easy to pull up pants (elastic waist sweats)
- Water bottle with straw to drink while partially reclined
- Thin maxi-pads to adhere to inside of surgical bra for post surgical drips and oozes
- Frozen dinners and easy to prepare meals. Be sure your dishes and utensils are at counter height. A friend or family member should load and unload the dishwasher for a few weeks as you have bending and lifting restrictions.

For concerns or questions about your current condition, don't hesitate to call your doctor. Avoid asking others specific questions about something happening that you are unsure of; it is important to discuss your health concerns with a doctor.

### **During surgery, the doctor took out lymph nodes and now my arm isn't working right and is swelling. It looks like I might have lymphedema. Now what should I do?**

Make sure to consult with your oncologist or surgeon and look for a lymphatic doctor (verify through your insurance for providers). You might also benefit from physical therapy.

On the Mend Physical Therapy in the East Valley specializes in lymphedema (confirm with your insurance if they are a covered provider).

Through the specialist, you might be prescribed a compression sleeve, compression glove or a suit/pneumatic pump. Arizona Vascular Medical Equipment is a valuable resource for these devices.

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The Boutique of Hope located in the Banner MD Anderson Cancer Center in Gilbert can also fit you with a compression sleeve.

### **Is it a good idea to have a medical alert bracelet?**

Yes. In case of an emergency, personnel will have information about your cancer and allergies. It is also a good idea to carry a current medications list (and chemotherapy meds) in the glove compartment of your car, in your wallet or on your phone.

### **Where can I store information on my phone to ensure it will be found by medical personnel?**

Create a contact on your phone named ICE (In Case of Emergency). Medical personnel are familiar with the acronym and will look for an “ICE” contact to learn your relevant information.

### **What Resource Books are there that might help my battle go easier?**

- *The Cancer Effect* by Claudia Bretzing
- *Help! I'm a Science Project* by Lana Gates
- *Hi, I'm Chuck* by Chuck Keels
- *Faith Life Skin* by Hannah Dekker Keels
- *100 Q&A About Breast Cancer* by Zora K. Brown
- *EMPOWERED: A cancer guide to healing, surviving, and feeling better* by Adelaide Lenox

Amazon has a large list of great reads for any cancer journey.

## CHEMOTHERAPY FAQs

### **What should I take with me to my Chemotherapy Infusion session?**

- Bottled Water
- Blanket - if they don't provide one or you have a special one you'd like to use
- Headphones
- Snack or lunch - if a long session
- Entertainment (phone games, books, etc.)
- Phone charging cord
- Socks and Sweater - in case the room gets cold
- Companion - if allowed
- Hat or Beanie - to keep your head warm
- Lip balm
- Kleenex
- Ginger candy - for nausea

### **I was told hydration is really important during treatment. Any suggestions?**

- Coconut Water (caution: too much could cause diarrhea)
- Alkaline and Electrolyte water is better on the system than normal water (suggestions: Core, Essentia, Smart Water)
- Nuun electrolyte tablets help with hydration, add per the instructions to your water
- Pedialyte popsicles
- IV fluids either in your doctor's office or remote service (recommended a few days after treatment)

### **I have been told my chemotherapy might cause Hand and Foot Syndrome. What are the best remedies to help with the issue?**

- Keep your hands and feet clean
- Wear socks to bed if you are comfortable with this or just around the house
- Supplement B6 or P5P (make sure to consult your doctor first for interactions with treatment)

After washing your hands and feet make sure to always apply some kind of lotion, cream or moisturizer. Here are some recommendations:

- O'Keefe Skin Repair Body Lotion
- CeraVe Cream
- Derma Vitality Hand Foot Calming Cream

### **Can I take Vitamins and Supplements while in treatment?**

The recommendation is to consult an Integrative Oncologist, which should be available at your cancer center, before starting any type of vitamin or supplement to make sure there aren't any interactions with treatment.

### **Can I use THC/CBD during treatment?**

Consult with a cannabis nurse/doctor or an integrative oncologist before using. Dosage matters and some cancer/chemotherapy treatments can have an interaction with THC/CBD.

### **Can I still get Pedicures / Manicures during chemotherapy treatment?**

Confirm with your doctor before proceeding due to chances of infection when your blood counts are low during treatment. Most doctors prefer that you do not get your nails done during treatment. Another reason some doctors don't want you to have a mani or pedi is your doctor monitors blood circulation through examining your nails.



### **Do I need to watch what I eat when going out to a restaurant?**

Confirm with your oncologist or integrative oncologist about foods you should avoid. If your blood count is low, it can be risky to eat salads, fruit or grapefruit. Raw meats like hamburger / steaks, cold cuts and hotdogs, may contain bacteria and should be avoided. My Hope Bag can provide you with an outstanding Nutritional Guide for cancer patients.

### **Can people send me Flowers?**

Be cautious in this area if your blood count is low while in treatment, so confirm with your doctor if this is ok. There are spores in the water and flowers that carry bacteria which can cause health issues.

### **How did you handle your hair when you found out it was going to fall out due to Chemotherapy?**

- Some people use the Cold cap method to maintain hair; talk with your oncologist about this method.
- If you have long hair, we suggest cutting it a few weeks before starting treatment (you can donate to Locks of Love or use it to create a wig). Getting used to a short style can make the hair loss a little easier (especially through the itching and discomfort).
- When it starts falling out and you are ready to cut it completely off, don't shave. We recommend a buzz cut.

### **I am getting hot flashes. What helps to relieve this?**

- Try a neck fan or a cool cloth around your neck
- Peppermint Essential Oil (put a drop on the back of your neck)

### **I am starting to get mouth sores and they hurt. What can I do to relieve the pain and burn?**

- Biotene Mouthwash
- Sensodyne Toothpaste
- Magic Mouthwash (a prescription is needed)



## MEDICAL ASSISTANCE

**American Cancer Society | [cancer.org/cancer/breast-cancer.html](https://cancer.org/cancer/breast-cancer.html) | 800-227-2345**

American Cancer Society is the leading cancer-fighting organization with a vision to end cancer as we know it, for everyone. Improving the lives of people with cancer and their families as the only organization combating cancer through advocacy, research, and patient support, to ensure that everyone has an opportunity to prevent, detect, treat, and survive cancer. ACS offers support groups, information, financial resources, and information pertaining to different types of cancer and ways to manage life with cancer. ACS offers emergency financial assistance via phone call to discuss options.

**Arizona Copper RX Card | [arizonarxcard.com](https://arizonarxcard.com) | 888-227-8315**

Arizona residents have access to a statewide Prescription Assistance Program (PAP). Create and print your FREE discount prescription drug card coupon online. This pharmacy coupon card will provide you with Rx medication savings of up to 75% at more than 68,000 pharmacies across the country including Kroger, Walgreens, Walmart, Albertsons, CVS/pharmacy, and many more.

**Arizona Naturopathic Medical Association (AzNMA) | [aznma.org](https://aznma.org) | 480-921-3088**

Professional organization of Naturopathic Doctors in AZ to help ensure the growth of naturopathic medicine.

**Arizona Young Breast Cancer Survivor Initiative | [azbreastcancer.org](https://azbreastcancer.org)**

Cooperative agreement between the CDC and John C. Lincoln Breast Health & Research Center. Their aim is to educate and create awareness for young women with breast cancer through educational activities and outreach events.

**Avon Foundation for Women | [avonworldwide.com/supporting-women/breast-cancer-awareness](https://avonworldwide.com/supporting-women/breast-cancer-awareness)**

Since 1992, we've committed to help educate and empower millions of women by providing them with the essential understanding of breast health signs, risks, and proactive measures. We aspire to create a future where every woman has access to the critical information and support needed, envisioning a world where breast health is universally recognized, valued, and protected.

**Banner MD Anderson Cancer Center | [mdanderson.org](https://mdanderson.org) | 480-256-6444**

At Banner MD Anderson patients have a team of experts who understand the nuances of each type of cancer to develop a treatment plan based on his or her unique needs. Cancer experts include medical oncologists, surgeons, radiation oncologists, physician specialists, nurses, and clinical support staff. Clinical nurse navigators work closely with patients, guiding them through their first visit and serving as a single point of contact throughout their care.

**Cancer and Blood Specialists AZ | [cancerbloodspecialistsaz.com](https://cancerbloodspecialistsaz.com) | 480- 530-4220**

A community-based Medical Oncology-Hematology, Gynecologic Oncology, Radiation Oncology and Surgery practice providing treatment for patients diagnosed with all types of cancer and blood disorders.

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### **Cancer Fighters at City of Hope | [cancerfighters.com](https://cancerfighters.com)**

The Cancer Fighters Community offers truly amazing connections and support from wonderful people who know what you're going through.

### **City of Hope (formerly Cancer Treatment Centers of America) | [cancercenter.com](https://cancercenter.com) | 623-745-9632**

City of Hope is a one-of-a-kind, 100-plus-year-old, National Cancer Institute (NCI)-designated comprehensive cancer center. We're world-renowned pioneers in cancer research, treatment and prevention, bringing breakthroughs from the laboratory to our patients, with lifesaving speed.

### **Clinical Trials | [clinicaltrials.gov](https://clinicaltrials.gov)**

A web-based resource that provides information on publicly and privately supported clinical studies.

### **Comprehensive Breast Center of AZ | [azbreastcenter.com](https://azbreastcenter.com) | 602-374-3440**

Seven valley locations are home to a collaborative network of caring, supportive, breast surgeons in Phoenix who are uniquely positioned to provide the specialized care you need for your breast health and breast cancer care.

### **Dignity Health | [dignityhealth.org](https://dignityhealth.org) | 844-274-8497**

We are dedicated to delivering high-quality, affordable health care services in a compassionate environment that meets each patient's physical, mental, and spiritual needs.

### **Health-E-Arizona Plus | [healtharizonaplus.gov](https://healtharizonaplus.gov) | 855-432-7587**

A tool to determine what services and benefits are available in the state of Arizona.

### **HonorHealth Breast Health and Research Center - Comprehensive Breast Center of Arizona | [honorhealth.com/locations/specialtycare/breast-health-and-research-center-deer-valley](https://honorhealth.com/locations/specialtycare/breast-health-and-research-center-deer-valley) | 623-780-HOPE (4673)**

Provides comprehensive medical assistance in a caring, comfortable setting—along with state-of-the-art diagnostic tools and interventional technologies. From routine mammograms to advanced interventional procedures, you'll encounter breast healthcare that's comprehensive, comfortable and convenient. Three locations: Deer Valley Medical Center, Sonoran Health and John C. Lincoln Medical Center.

### **Ironwood Cancer & Research Center | [ironwoodcrc.com](https://ironwoodcrc.com) | 480-821-2838**

Ironwood Cancer & Research Centers' community-based centers are strategically located throughout the Metro Phoenix area. Ironwood offers advanced therapies and a multi-disciplinary approach usually associated with large academic centers – but with a personalized touch recognizing the individual needs of the patient. They also offer support groups for cancer patients.

### **Louisa Kellam Center for Women's Health at Banner Del E Web Medical Center | [bannerhealth.com/locations/sun-citywest/banner-del-web-medical-centers-louisa-kellam-center-for-womenshealth](https://bannerhealth.com/locations/sun-citywest/banner-del-web-medical-centers-louisa-kellam-center-for-womenshealth) | 623-524-2914**

Offers a full continuum of breast health screenings and diagnostic services.



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### Ma'am Exams | [maamexams.com](http://maamexams.com) | 480-448-2411

Ma'am Exams provides exceptional medical care for women from adolescence and young adulthood through post-childbearing years and menopause in a beautifully designed office. Ma'am Exams offers a onestop, single copay appointment known as the Women's Wellness Check. This exam includes a mammogram, a PAP test, and a cancer watch skin check.

### Maricopa County Department of Public Health | [maricopa.gov/3849/Public-Health](http://maricopa.gov/3849/Public-Health) | 888-257-8502

Provides breast cancer diagnostic and treatment services for women who have no other financial resources and that are not covered by the Well Women Health Check Program.

### Mayo Clinic | [mayoclinic.org](http://mayoclinic.org) | 480-515-6296

Mayo Clinic in Phoenix, is a community-based center which is strategically located in the Metro Phoenix area. Mayo offers advanced therapies and a multi-disciplinary approach usually associated with large academic centers – but with a personalized touch recognizing the individual needs of the patient.

### National Hospice and Palliative Care Organization | [nhpco.org/patients-and-caregivers](http://nhpco.org/patients-and-caregivers) | 703-837-1500

Leading group that represents hospice and palliative care providers. Provides information on hospice and palliative care for adults and children, along with free resources, to help individuals make decisions about end-of-life care and services.

**Impact One**  
BREAST CANCER FOUNDATION

**What We Believe**  
We're strongly rooted in the belief that no woman should have to face a breast cancer diagnosis alone.

**"Hope In A Box"**

- Wigs
- Prosthesis
- Post-Surgical Clothing
- Head Coverings
- Mastectomy Bras

**Additional Offerings**  
Breast Cancer Screenings  
Educational Awareness  
Emotional Services  
Support Services  
Referrals

We founded our program services to empower all women with self-worth and to feel whole again. Impacting One Woman at a Time.

[www.ImpactOne.pink](http://www.ImpactOne.pink)

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### **Naturopathic Specialists | [listenandcare.com](https://listenandcare.com) | 480-990-1111**

The range of services offered are as varied as the reasons that bring people in! One of their specialties is naturopathic oncology, including alternatives to hormone therapy, side effect management and cancer survivorship.

### **Pharmaceutical Research and Manufacturers of America: Medicine Assistance Tool | [medicineassistancetool.org](https://medicineassistancetool.org)**

Search designed to help patients, care partners, and healthcare providers learn more about the patient assistance resources that are available through the various biopharmaceutical industry programs. Resources, including medication cost and health insurance information, are available in both English and Spanish.

### **ReNew Infusions | [renewinfusions.com](https://renewinfusions.com) | 480-372-2984**

You may benefit from intravenous (IV) therapy by registered nurses and the team takes a holistic approach to care and offer many innovative therapies to optimize health and wellness, including IV therapy nutrient cocktails and vitamin injections.

### **Select Physical Therapy | [selectphysicaltherapy.com](https://selectphysicaltherapy.com) | 800-331-8840**

Part of the Select Medical Outpatient Division, a nationally prominent, locally driven provider of outpatient physical rehabilitation. Select Physical Therapy empowers its therapists by providing industry-leading continuing education opportunities.

### **Solis Mammography | [solismammo.com](https://solismammo.com) | 866-717-2551**

Solis Mammography offers breast screening and diagnostic 3D mammography, computer-aided detection, breast ultrasound, stereotactic breast biopsy, ultrasound-guided biopsy, and bone density scanning – all in an environment uniquely designed to promote patient peace of mind.

### **Spooner Physical Therapy | [spoonerpt.com/specialties/breast-health/](https://spoonerpt.com/specialties/breast-health/) | 602-497-2968**

Research shows that physical exercise and activity are key factors in breast cancer survivors regaining vitality and returning to optimal health. Spooner's team of breast cancer rehab specialists are available to help you move better, regain strength and energy, and help you return to the activities you love.

## FINANCIAL ASSISTANCE

### **Accessia Health | [accessiahealth.org](https://accessiahealth.org) | 800-366-7741**

Nonprofit patient assistance organization offering financial assistance for health insurance premiums, medication copayments, travel, and other essential medical expenses to individuals of all ages with qualifying household income and diagnosed chronic medical conditions. Legal assistance is also available. We speak health and human.

### **American Breast Cancer Foundation | [abcf.org](https://abcf.org) | 410-730-5105**

The American Breast Cancer Foundation provides direct financial assistance to women and men of all ages for breast cancer screening and diagnostic tests through their Community Partnership Program, and Community Advocacy Program.

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### **APS | [aps.com](https://aps.com) | 602-371-7171**

Assistance is available for customers statewide facing financial hardship. If you are having difficulty paying your electric bill because of a job loss, unexpected medical expenses or other financial hardship, you may be eligible for assistance.

### **Arizona Assistance in Health Care | [goodyear.aih.org](https://goodyear.aih.org) | 623-207-3009**

Patients currently undergoing cancer treatment in the Phoenix metro area can complete an online application and a written form requesting assistance. They assist cancer patients and their families with non-medical expenses when the cost of prolonged medical care creates financial hardship. Provides up to \$250/month. Must be in active treatment.

### **Arizona Cash Assistance | [www.healtharizonaplus.gov](https://www.healtharizonaplus.gov) | 855-432-7587**

The Cash Assistance program will provide temporary cash grants and benefits, as well as other supportive services, to families in Arizona who need the most aid. The program will assist families with meeting basic needs for well-being and safety and it will help serve as a bridge back to self-sufficiency.

### **Arizona Department of Economic Security - Short Term Crisis Assistance (Utilities) | [azdes.gov](https://azdes.gov)**

The DES contracts with Community agencies to administer Short Term Crisis Services (STCS) and temporary assistance to low-income families experiencing an emergency need.

### **Arizona Property Tax Exemption | [azdor.gov/businesses-arizona/propertytax.com](https://azdor.gov/businesses-arizona/propertytax.com) | 602-716-2367**

Arizona offers residents the ability to file for tax exemption based on disability status.

### **Arizona State Health Consumer Assistance Services and State Department of Insurance | [insurance.az.gov](https://insurance.az.gov) | 602-364-2499**

ASHCAS helps with understanding medical bills and whether to purchase additional health insurance. Offers information on insurance laws, rights, and companies.

### **CancerCare | [cancercares.org/financial\\_assistance](https://cancercares.org/financial_assistance) | 800-813-4673**

Offers limited financial assistance for cancer-related costs such as transportation and child care. Must have a diagnosis of cancer confirmed by an oncology health care provider and be in active treatment. Must meet eligibility guidelines of 250% of the Federal Poverty Limit.

### **CancerCare Co-Payment Assistance Foundation | [cancercares.org/copayfoundation](https://cancercares.org/copayfoundation) | 866-552-6729**

The CancerCare Co-Pay Assistance Foundation is a nonprofit organization that helps people being treated for cancer afford insurance co-payments for chemotherapy and targeted treatment drugs. Certain criteria must be met. Patients must be in active chemotherapy or targeted treatment when applied and at the time of approval.

### **Cancer Recovery Foundation of America | [cancerrecovery.org](https://cancerrecovery.org) | 717-545-7600**

Through the Pink Diamond Fund, women diagnosed with Breast cancer, Cervical cancer, Endometrial cancer, Ovarian cancer, Uterine cancer, are helped with a myriad of non-medical expenses associated with cancer.

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### **Families Raising Hope | [familiesraisinghope.org](https://familiesraisinghope.org) | 602-510-3342**

The mission of Families Raising Hope is to assist cancer patients and their families with the financial burden that cancer treatments pose so that they can focus on their health, healing, and recovery. Our focus lies in providing support for essential living expenses during their treatment journey and empowering patients to focus on what truly matters.

### **Family Reach Financial Treatment Program | [familyreach.org](https://familyreach.org) | 857-233-2764**

Nonprofit dedicated to removing the financial barriers that often accompany a cancer diagnosis. Offers financial support services to individuals with a cancer diagnosis who are receiving active treatment or have completed treatment within 1 year. Qualified individuals will be assigned a Resource Navigator, who can determine the most appropriate services, create a customized financial road map, and serve as their primary point of contact. Services include: financial education, planning, and financial assistance for everyday nonmedical living expenses.

### **FindHelp | [findhelp.org](https://findhelp.org)**

Our Mission is to connect all people seeking help and the programs that serve them - with dignity and ease. At FindHelp, we believe that every person's dignity matters, organizations are the social care experts, and the right technology creates connection. Navigating the social care system is complicated. We make helping easier.

### **Full of Hope Foundation | [fullofhopefoundation.org](https://fullofhopefoundation.org) | 480-867-9832**

Provides financial assistance to patients and families dealing with a cancer diagnosis in Arizona.

### **Healthwell Foundation | [healthwellfoundation.org](https://healthwellfoundation.org) | 800-675-8416**

An independent non-profit organization providing financial assistance to adults and children to cover the cost of prescription drug coinsurance, copayments, deductibles, health insurance premiums and other selected out-of-pocket health care costs.

**Help Now Fund | [rentassistance.org](https://rentassistance.org)** Provides one-time emergency financial assistance (up to \$500) for rent and utility bills. Application for financial assistance is found on website.

### **John F. Long Family Services | [rentassistance.us/li/az\\_john\\_f\\_long\\_family\\_services](https://rentassistance.us/li/az_john_f_long_family_services) | 602-534-2433**

John F. Long Family Services provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and senior services centers.

### **Lazarex Cancer Foundation | [lazarex.org](https://lazarex.org) | 877-866-9523**

Nonprofit that focuses on improving the outcomes of cancer care, offering hope and dignity to patients with advanced-stage cancer and the medically underserved. Program provides patients and their care partners with access to clinical trial options. Assistance with costs associated with FDA clinical trial participation, including transportation, lodging, and medical expenses not covered by insurance.

### **NeedyMeds | [needymeds.org](https://needymeds.org) | 800-503-6897**

NeedyMeds is an online information resource on programs that provide assistance to people who are unable to afford their medications and health care costs. NeedyMeds has information on patient assistance programs supported by various pharmaceutical companies. These

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programs make drugs available for free or at low costs to patients who are uninsured or underinsured. Copay programs are also available for some drugs. Information on other assistance programs, such as discount drug cards, disease-based assistance (programs that help with costs associated with specific diseases), and free or low-cost clinics is also provided on the website.

### **Patient Access Network Foundation | [panfoundation.org/index.php/en/](http://panfoundation.org/index.php/en/) | 866-316-PANF (7263)**

To help underinsured people with life-threatening, chronic and rare diseases get the medications and treatment they need by paying for their out-of-pocket costs and advocating for improved access and affordability.

### **Patient Advocate Foundation | [patientadvocate.org](http://patientadvocate.org) | 866-512-3861**

Program provides direct financial assistance to qualified patients for copayments, coinsurance, or deductibles associated with active treatment and prescription drugs. Assistance with insurance premiums and ancillary services associated with a disease may also be available.

### **Provision Project | [provisionproject.org](http://provisionproject.org)**

Our mission is to provide financial relief to women in active treatment for breast cancer. In addition to fighting for their lives, they are battling to keep up with the most basic of bills or provisions: food, rent, utilities, gas, medical co-pays. Provision Project makes a way for women in active breast cancer treatment to receive tangible help quickly.

# kesem

*A child's friend through and beyond  
a parent's cancer.*

Kesem is a nationwide community that supports children through and beyond their parent's cancer with free, fun-filled creative programs and a lasting community.

#### **Chapters in Arizona:**

##### **Arizona State University**

asu@kesem.org

##### **University of Arizona**

uarizona@kesem.org

#### **GET IN TOUCH**

**kesem.org**

support@kesem.org

253.736.3821



camp kesem.





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### **RxAssist Patient Assistance Program Center | [rxassist.org](https://rxassist.org)**

Web-based, comprehensive directory of patient assistance programs run by pharmaceutical companies to provide free medications to individuals who cannot afford to purchase them. Also offers: RxAssist Prescription Savings Card; medication access resources for patients; and a list of programs that offer free or low-cost medications and other healthcare services.

### **Rx Hope | [rxhope.com](https://rxhope.com)**

RxHope is exactly what its name implies...a helping hand to people in need in obtaining critical medications that they would normally have trouble affording. RxHope acts as your advocate in making the patient assistance program journey easier and faster by supplying vital information and help.

### **Sisters Network, Inc | [sistersnetworkinc.org/programs.html](https://sistersnetworkinc.org/programs.html) | 866-781-1808**

The Breast Cancer Assistance program provided by this national African American breast cancer survivorship organization, provides financial assistance for expenses including utility bills, rent, medical bills, and mortgage. Patients must provide a copy of 1 outstanding bill to be eligible.

### **Sam Fund | [thesamfund.org](https://thesamfund.org) | 617-938-3484**

Provides financial assistance to young adults (ages 21-39) as they regain momentum in their lives after cancer.

### **The Pink Fund | [pinkfund.org](https://pinkfund.org) | 877-234-7465**

Provides financial support to help meet basic needs, decrease stress levels, and allow breast cancer patients in active treatment to focus on healing while improving survivorship outcomes. Their 90-day grant program allows them to meet breast cancer patients' critical expenses for housing, transportation, utilities, and insurance.

### **United Breast Cancer Foundation | [ubcf.org/programsapplication-index](https://ubcf.org/programsapplication-index) | 877-822-4287**

For patients who are currently being treated for breast cancer or are within 3 to 5 years of remission, this foundation offers an individual grant (for medical, insurance, living expenses, travel expenses), Holistic Care Individual Grant (for diet and nutritional services, as well as mind-body, therapies and treatments), and Breast Reconstruction Grant (for breast reconstructive surgery). All eligible applicants will receive assistance. To be eligible, patients must have a household income of less than 2.5 times the federal poverty level and are required to make a "Pay It Forward Contribution" either \$25 or \$50 (depending on the grant).

### **Utility Discount Program | [des.az.gov](https://des.az.gov)**

Arizona Department of Economic Security offers assistance with telephone bills, housing and utilities for those who qualify.

### **Well Woman Healthcheck Program | [wellwomanhealthcheck.org](https://wellwomanhealthcheck.org) | 602-542-1025**

Administered by the Arizona Department of Health Services, this program helps low-income, uninsured, and underinsured women gain access to breast and cervical cancer screening and diagnostic services, including: clinical breast exams, mammograms, pap tests, and pelvic exams. The program also helps verify the eligibility and facilitate the enrollment of uninsured women in Arizona diagnosed with breast or cervical cancer or precancerous cervical lesions into the Breast and Cervical Cancer Treatment Program (BCCTP) provided by the Arizona Health Care Cost Containment System (AHCCCS).

## FREE SERVICES / ITEMS

### Breast Cancer Freebies | [breastcancerfreebies.com](http://breastcancerfreebies.com)

Cancer is an expensive illness. Once you are diagnosed, not only are there worries regarding health, but also about how to pay for the costs associated with surgery, treatment, medications, copays and more. Thankfully, there are wonderful people and organizations whose mission it is to make the journey a little easier with FREE wigs, hats, make-up, transportation and many other wonderful things.

### The Breasties | [thebreasties.org](http://thebreasties.org)

To empower those affected by breast and reproductive cancers by igniting strength and positivity through connections, free retreats, wellness activities, event, and an all-inclusive resourceful online community. The hope is to spread the message through whatever you are going through, you are not alone. The breasties is unlike other organizations, as it is for everyone - survivors, previvors, warriors, thrivers, carevivors, and supporters. This organization believes in the power of community, collaboration, and inclusivity, because we are stronger together.



## Fine Fittings

Medical Aesthetics and Hair Solutions

**MEDICAL BEAUTY SPA**  
eCO2 Laser & Genius RF Skin Tightening  
Laser Tattoo Removal | LaseMD Sun Damage  
Age Spot/Melasma Removal  
BOTOX/Dysport/Fillers/PDO Threads/PRP  
Removal of Skin Tags/Moles  
ENVIRON - Skincare Products

**PERMANENT MAKEUP**  
Eyebrows, Lips, Eyeliner, Areola Tattooing



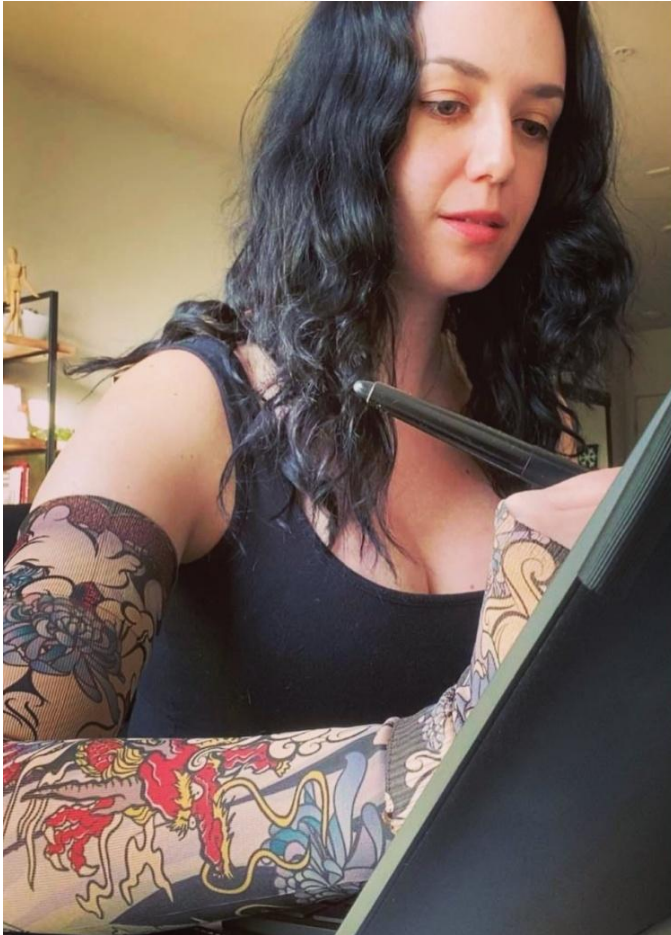
**HAIR SOLUTIONS**  
Human Hair, Heat-Friendly/  
Heat Defiant, Synthetic Wigs & Toppers



**MASTECTOMY PRODUCTS**  
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Post-Surgical Camisoles  
Mastectomy Bras, Swimwear &  
Swim Prosthetics



18795 N Reems Rd, STE G113, Surprise, AZ 85374 (623) 214-3324 [www.finefittings.org](http://www.finefittings.org)



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medically correct *fashion* for lymphedema

### Comfortable & Stylish Medical Graduated Compression Garments

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

#### **Cake (End-of-life Planning) | [joincake.com/blog/free-stuff-for-cancer-patients/](http://joincake.com/blog/free-stuff-for-cancer-patients/)**

End-of-life planning is all about honoring life. We chose “Cake” in the spirit of celebrating life milestones, and to highlight that planning is a gift to yourself and to your loved ones.

#### **Cancer Care News | [cancercarenews.com/ccn-blog/breast-cancer-freebies/](http://cancercarenews.com/ccn-blog/breast-cancer-freebies/)**

At Cancer Care News, we list hundreds of national programs that offer free services and products to cancer patients and families. Most of the programs are not cancer specific but rather are designed to help everyone regardless of the specific cancer diagnosis.

#### **Chemo Companions | [chemocompanions.org](http://chemocompanions.org)**

Provides companionship through a network of trained volunteers who bring comfort, conversation, laughter and nourishing essentials to the chemo lounge.

#### **Check for a Lump | [www.checkforalump.org](http://www.checkforalump.org)**

The Check for a Lump mission is to make a difference in the fight against breast cancer through education, prevention, and direct assistance with free wigs and mammograms.

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**Cleaning For A Reason |**  
[cleaningforareason.org](http://cleaningforareason.org) | 877-337-3348  
A nonprofit organization that serves all the United States and Canada. Their mission is to give the gift of free house cleaning to women undergoing treatment for any type of cancer. Their goal is to let these brave and strong women focus on their health and treatment while they focus on cleaning their homes.

**Freebie Depot |** [freebie-depot.com/free-breast-cancer-awareness-stuff/](http://freebie-depot.com/free-breast-cancer-awareness-stuff/)  
Free stuff for breast cancer survivors and patients.

**Happily Ever After League |**  
[happilyeverafterleague.org](http://happilyeverafterleague.org) | 480-275-0613  
Assistance for mothers in active cancer treatment from any type of cancer regardless of being single or married. Mom must have at least one dependent child living at home to receive support from HEAL. Once application is accepted, Mom is sent an American Express gift card to be used for any need.

**Simply**  
BODY ART  
Permanent Cosmetics, 3D Nipple Tattoo, permanent makeup and Body Piercing  
[www.simplybodyart.com](http://www.simplybodyart.com)

Our goal is to help breast cancer survivors on the road to recovery in getting back to a normal life.

We have perfected the **3D nipple tattoo** and **areola color** to create a look that is very natural, or we create a tattoo design coverup.

We would like to work with you to help you enjoy the benefit of a more natural looking breast. Medical tattoo and 3D nipple tattoos for women is our speciality.

Contact us today to schedule your complimentary consultation.

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Phone: (623) 810-8558

Your Survivor Beauty Experience Awaits ◆◆

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Scottsdale, AZ 85255  
Phone: 480-687-7506



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

### Hope Kits, National Breast Cancer Foundation |

[nationalbreastcancer.org/breast-cancersupport/hope-kit](http://nationalbreastcancer.org/breast-cancersupport/hope-kit)

HOPE Kits are filled with thoughtful items that patients have told us are comforting and encouraging while undergoing breast cancer treatment.

### Little Pink Houses of Hope | [littlepink.org](http://littlepink.org) | 336-213-4733

Provides free week-long vacations for breast cancer patients and their families. To apply for vacation, visit website to submit an application.

### Look Good...Feel Better |

[lookgoodfeelbetter.org](http://lookgoodfeelbetter.org) | 800-395-5665

Non-medical, national public service program to help women offset appearance-related changes from cancer treatment. It offers a

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free program that helps improve self-image, appearance, and quality-of-life in people undergoing cancer treatment.

### **Partnership for Prescription Assistance | [pparx.org](http://pparx.org) | 888-477-2669**

The Partnership for Prescription Assistance® (PPA), a nationwide effort sponsored by America's biopharmaceutical research companies, has helped more than 10 million uninsured and underinsured Americans get information about programs that provide prescription medicines for free or nearly free. PPA provides a single point of access to more than 475 patient assistance programs, including nearly 200 offered by pharmaceutical companies.

### **Q Link Wireless | [qlinkwireless.com](http://qlinkwireless.com) | 855-754-6543**

Provides free wireless services to Lifeline eligible consumers. The company also offers prepaid mobile phone services including wireless voice, messaging, and data services under the Hello Mobile brand.

### **Reba's Vision | [rebasvision.com](http://rebasvision.com) | 623-734-0507**

In partnership with Banner Lakes Imaging, all of the proceeds raised are utilized to assist women without insurance in receiving a 3D mammogram. Reba also makes and presents "Baskets of Hope" to women who have been diagnosed with cancer. They receive and distribute shipments of hats for women and children to use while in treatment for cancer and so much more. The legacy that Reba wants to leave behind is "Stomping Out Breast Cancer".

### **Rx Assist | [rxassist.org](http://rxassist.org) | [info@rxassist.org](mailto:info@rxassist.org)**

RxAssist offers a comprehensive database of patient assistance programs (pharmaceutical run programs providing free medications to people who cannot afford their medicine), as well as practical tools, news, and articles so that health care professionals and patients can find the information they need, all in one place.

### **Safelink Wireless | [safelinkwireless.com](http://safelinkwireless.com) | 800-723-3546**

A participating LifeLine service provider which is a federally-sponsored program providing a discount on communication services to eligible individuals and families. Subscribers are eligible for a free mobile phone and data/text services.

### **Saint Peregrine Cancer Shrine | [cancershrine.com](http://cancershrine.com) | 480-844-4478**

Cancer resource center/loan closet offers free wigs, treatment supplies, medical equipment, and resources.

### **The Society of St. Vincent De Paul | [stvincentdepaul.net/program/medical-equipment-loancloset](http://stvincentdepaul.net/program/medical-equipment-loancloset) | 602-261-6896**

A warehouse of usefulness for uninsured individuals recovering from injury or medical procedures, this "loan closet" is filled with expensive rehabilitation equipment that are lent out, at no cost, whenever patients need it.

### **The Turban Project | [turbanproject.com](http://turbanproject.com) | 740-504-6133**

Provides free headwear for patients who have lost their hair due to medical reasons. Handmade headwear choices include turban, courage cap, crochet and beanie.

# HELPING HAND / APPAREL

**2-1-1 Arizona | [211arizona.org](http://211arizona.org) | 2-1-1 within AZ or 877-211-8661**

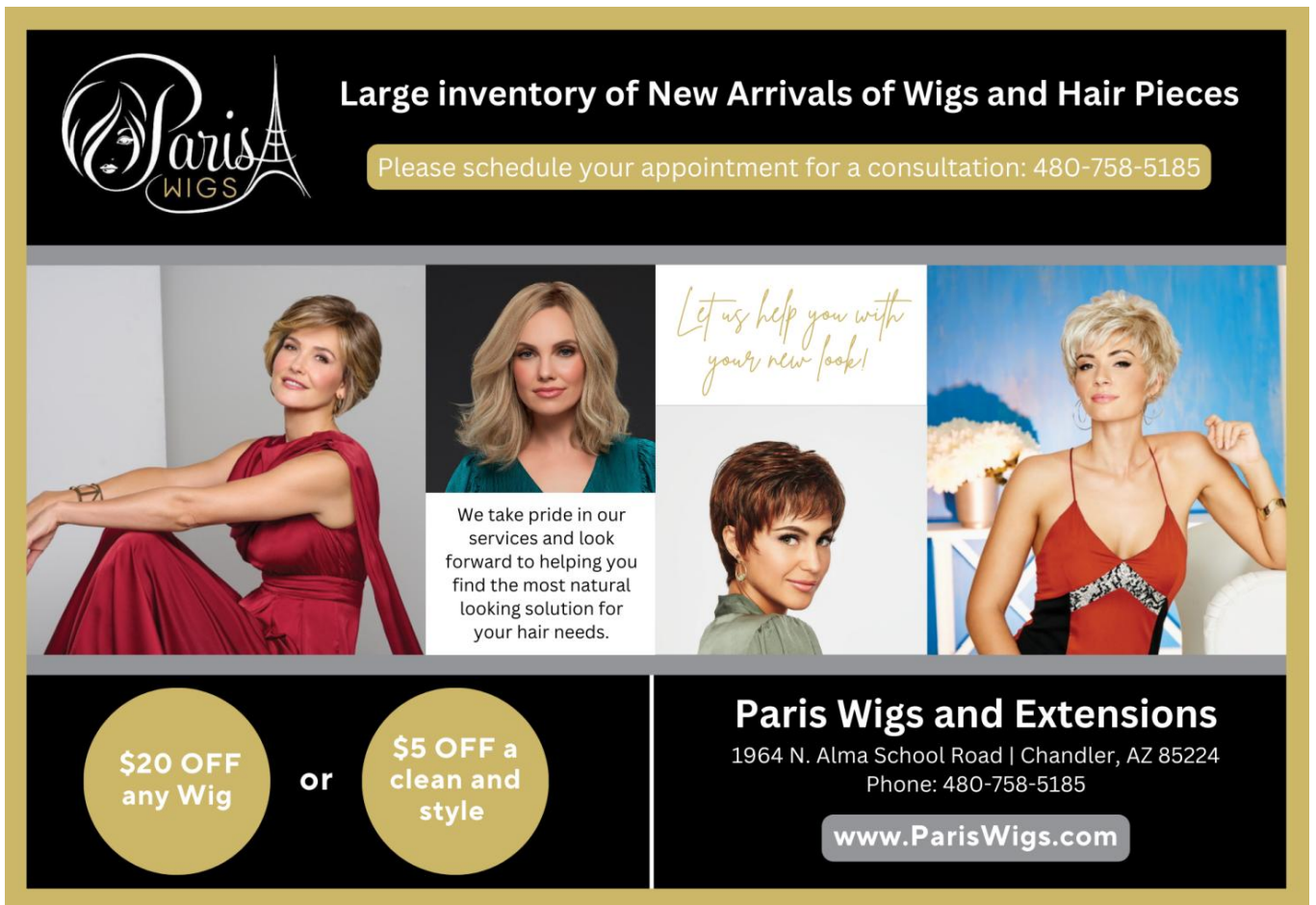
Community Information and Referral Services serves as Arizona's key source of integrated information that brings people and services together to meet vital needs. Arizonans easily connect to available health and human services in their communities.

**A Fresh Chapter | [afreshchapter.com](http://afreshchapter.com)**

Nonprofit organization that aims to heal the emotional scars of cancer for patients and their care partners. AFC programs help individuals gain new perspectives through life-changing volunteer, personal growth and leadership experiences.

**ABCD: After Breast Cancer Diagnosis | [abctbreastcancersupport.org](http://abctbreastcancersupport.org) | 800-977-4121**

ABCD provides free, personalized information and support to people affected by breast cancer: patients, families and friends. Participants are matched with a trained volunteer who has experienced breast cancer as a patient, family member or friend. Matches are made based on medical and demographic information supplied by mentors and participants. ABCD also provides support through its Helpline and Resource List. Services are also available in Spanish.



**Paris WIGS**

### Large inventory of New Arrivals of Wigs and Hair Pieces

Please schedule your appointment for a consultation: 480-758-5185

*Let us help you with your new look!*

We take pride in our services and look forward to helping you find the most natural looking solution for your hair needs.

**\$20 OFF any Wig** or **\$5 OFF a clean and style**

**Paris Wigs and Extensions**  
1964 N. Alma School Road | Chandler, AZ 85224  
Phone: 480-758-5185  
[www.ParisWigs.com](http://www.ParisWigs.com)

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### **Air Care Alliance | [aircarealliance.org](http://aircarealliance.org)**

Nonprofit that supports the work of volunteer-based charitable organizations whose pilots provide free air transportation for patients who require transportation to a medical facility. We are The Voice of Public Benefit Flying.

### **All4One Alliance | [cancer1source.org/all-4-one-alliance](http://cancer1source.org/all-4-one-alliance) | 774-262-1989**

Patients who are receiving treatment for breast cancer are eligible for the All4One Alliance programs if they have a household income below 250% of the federal poverty level. All4One assistance programs include the Breast Form Fund, the Garment Fund, the Best Friends for Life Company Program, and the LypheDIVAs Program.

### **Arizona Wig Boutique | [arizonawigco.com](http://arizonawigco.com) | 480-429-3778**

With over 40 years of combined experience in the beauty business with an unparalleled commitment to excellence, the staff is committed to providing total hair and head covering solutions. *Se habla español.*

### **AZ Hemp Health | [azhemphealth.com](http://azhemphealth.com) | 480-590-1530**

We only carry trusted CBD manufacturers both local and national that are transparent with their certificate of analysis and testing information. We will take the time to discuss all available delivery methods, different manufacturers, milligram contents and much more. Our goal is not only to help you find relief but to educate you in all the wonderful uses of hemp extracts.

### **azWHOLEistic CBD Dispensary (multiple locations) |**

**[azwholeistic.com](http://azwholeistic.com) | 602-992-9465**  
azWHOLEistic provides consultative care for each individual's needs and goals. All natural ingredients, organic hemp-derived CBD. High-quality and COA-tested products.

### **Barbara's Mastectomy Boutique |**

**[barbarasmastectomyboutique.com](http://barbarasmastectomyboutique.com) | 602-234-9568** Mastectomy clothing and other essentials, they carry the latest prosthesis, bras, swimwear, camisoles, and accessories for women who have had breast surgery. Medicare and most insurance plans accepted. Home visits provided at no charge.



*Tina's Treasures*

Tina's Treasures offers personalized services in a private, comforting and positive environment.

Call us at 480-583-6547 or visit us at 10460 N. 92nd St., Suite 100, Scottsdale.

**HONORHEALTH**

Cancer Care

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### **Beaute Solutions | [areolatattooaz.com](http://areolatattooaz.com) & [beautesolutionsaz.com](http://beautesolutionsaz.com) | 602-609-4341**

Our mission is to help women and men of all ages to look and feel their best from the inside out by providing the most unique skin and wellness solutions performed by the best technicians. Additionally, we provide a vital service to our breast cancer survivors who have undergone bilateral or unilateral mastectomies. The 3D areola tattoo gives these women back a piece of the body they once knew by creating a nipple and areola that appears real to the eye.

### **Boutique of Hope | 480-256-3220**

Located on the 2nd floor of MD Anderson Cancer Center in Gilbert, this specialty shop offers an array of products designed to enhance appearance, boost self-confidence, and help make the recovery process more comfortable. Products include post-op bras, camisoles, prosthetics, compression sleeves, wigs and more. Board-certified mastectomy fitters are available for free fitting consultations.

### **Brilliant Contours | [brilliantcontours.com](http://brilliantcontours.com) | 877-566-2833**

Brilliant Contours knows the post-op experience can be painful & uncomfortable. They've built their post-surgical compression products and brand based on their very own experiences with breast surgery and the recovery process. They're here for you when it comes to comfort and support.

### **Brightly Living | [brightlyliving.org](http://brightlyliving.org)**

Brightly Living Foundations strives to connect and empower women through support groups, retreats, and education. All women will have a safe place to find support, education, and connections that will empower them in their personal journeys and growth to move forward in life with hope, strength, and joy.

### **Classy Sister Wigs | [classysisterwigs.com](http://classysisterwigs.com) | 602-993-8090**

Full-service wig salon with the primary focus on medical hair loss. Work with *Check For A Lump* and offer an additional discount to women with breast cancer. They have a number of resources and information to pass along to everyone who goes in. They carry a large selection of head coverings for women in treatment.

### **Corporate Angel Network | [corpangelnetwork.org](http://corpangelnetwork.org) | 914-328-1313**

Help transport patients with cancer to the hospital to receive specialized treatment. The organization matches empty seats on private and corporate planes with qualified patients who require transportation, which is provided free of charge.

### **Damozelle | [damozelle.com/c-breast-cancer.html](http://damozelle.com/c-breast-cancer.html) | 844-490-2625**

Cancer apparel. Damozelle is a store for the brave women out there who are facing everyday challenges.

### **Desert Rain Skin | [desertrainskin.com](http://desertrainskin.com) | 480 687-7506**

We are staffed with RN's Nurse Practitioners and Medical Aesthetician's that have the clinical education and experience to coordinate MedSpa treatments to achieve the patient's goals. Our treatments include scar reduction, skincare for post-radiation and chemo treatments, injectables, tattoo removal, laser treatments and IV therapy.



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### eBeauty Community | [ebeauty.com](http://ebeauty.com) | 612-963-0701

EBeauty works to improve the quality of life of women undergoing chemotherapy treatments through the implementation of its Wig Exchange Program. Our primary goal is to provide all women, regardless of economic status or geographic location, access to wigs. Over the past 10 years, they have supported over 60,000 women with wigs with their nationwide program.

### Fine Fittings | [finefittings.org](http://finefittings.org) | 623-214-3324

Provides mastectomy products (bras, prosthesis, post op garments, swim suits, etc.), lymphedema & compression garments, wide variety of wigs.

### Harvest Arizona | [harvesthoc.com](http://harvesthoc.com) | 480-777-2100

Harvest Arizona wants to empower patients by being a resource for studies related to cannabis as a medicine. Medical cannabis has several potential beneficial effects. Cannabinoids can serve as appetite stimulants, antiemetics, antispasmodics, and have some analgesic effects. May also be helpful treating chronic non-cancerous pain, or vomiting and nausea, caused by chemotherapy.

### Headcovers Unlimited | [headcovers.com](http://headcovers.com) | 800-264-4287

A great website where you can purchase cute, affordable head covers such as wigs, head wraps, scarves and hats. There are several styles to choose from.

### Heal with Juice | [healwithjuice.com](http://healwithjuice.com) | 602-780-3430

The founder started this process as a way to supplement her body during treatment for breast cancer. Each cold pressed, organic juice pouch (and other organic items) are made fresh from phthalate free, BPA free and non toxic biodegradable plastic that can be refilled or reused multiple times. They are delivered fresh to your door and can be frozen.

### Impact One Breast Cancer Foundation | [impactone.pink](http://impactone.pink) | 623-738-6794

Impact One connects directly with a breast cancer patient to provide needed functional items to support their physical and emotional recovery (bras, prosthesis, post-surgical items, wigs). Help



*Whether you're newly diagnosed or have been on your breast cancer journey for a long time, this is a **private Facebook support group** just for you.*

Circle of Hope is a safe place to share experiences regarding:

- doctors
- procedures
- medications
- support systems
- relationships
- intimacy
- anything else that comes to mind!

**JOIN CIRCLE OF HOPE**

[www.facebook.com/groups/mycircleofhope](http://www.facebook.com/groups/mycircleofhope)

HOSTED BY: 

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for women to obtain breast cancer screening information, and education and information on breast health as well as breast cancer.

### **Infinite Strength | [infinitestrength.org](http://infinitestrength.org) | 203-812-0549**

Our mission is to provide financial assistance and emotional support to underserved single mothers living with Metastatic Breast Cancer, in order to help them have a better quality of life. We provide hope to both mother and child that they do not have to go on this journey alone.

### **Karyn Elise Wellness | [karynelisewellness.com](http://karynelisewellness.com) | 602-922-8292**

Karyn Elise can help you move pain-free! Over the past 15 years, she has helped thousands of clients through her program which combines gentle, science-based muscle activation with mind-body techniques to allow your body to heal and learn proper mechanics to prevent future injury. It is her mission to make these techniques accessible to anyone and easy to do.

### **Lotsa Helping Hands | [lotsahelpinghands.com](http://lotsahelpinghands.com)**

An online resource to schedule meals needed. Friends/family can volunteer to bring meals as needed. Set up a “portal” (it’s really easy!) and pick the days/times. Then email calendar to family and friends, or even post on Facebook, and with just a couple quick clicks, people can choose the day they want to bring a meal.



MOVE BETTER. FEEL BETTER.  
PERFORM BETTER.

### PHYSICAL THERAPY

## POST-BREAST CANCER TREATMENT

**Are you ready to move better, feel better & return to normal daily activity?**

Cancer treatments are saving lives, but often result in life-changing side effects. From fatigue to scar tissue to lymphedema, there are a lot of unknowns during and after treatment. Breast cancer rehabilitation can help you through this time of change and help you know what can and cannot be expected. There is hope to survive and thrive through physical therapy.

### **We will help you achieve!**

Through a combination of progressive exercise and manual therapy intervention, you can experience restored range of motion, reduced swelling, and reduced pain. At Spooner, we will implement a whole-body treatment approach to help you return to your desired level of function with a safe return to exercise. **We are on your team to help you survive and thrive.**



Learn more about our breast health program, our expert providers, and our Spooner locations across the valley.

**SPOONERPT.COM**

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### **Lymphatic Healing Center | [lymphatichealingcenter.com](http://lymphatichealingcenter.com) | 480-560-1600**

It has been proven that surgery disrupts the natural flow of our lymphatic system. Highly trained lymphatic specialists provided treatments, tailored to your specific surgery, to gently and softly move pooling fluid through all the areas of surgery, and almost instantly release your pain and reduce the swelling and bruising to expedite the healing process.

### **LymphedIVAS | [lymphedivas.com](http://lymphedivas.com) | 866-411-3482**

Create medically correct compression apparel for women with post-breast cancer lymphedema. The founders want to inspire women cancer survivors to feel beautiful, strong and confident.

### **LymphedUDES | [lymphedudes.com](http://lymphedudes.com) | 866-411-3482**

Provides a high performance, cutting-edge alternative to boring beige compression garments. Their "fashion-forward" lymphedema sleeves are designed to offer superior comfort and fit to help the modern man manage his lymphedema without sacrificing his individuality.

### **Meal Train | [mealtrain.com](http://mealtrain.com)**

Meal Train simplifies the organization of meal giving around significant life events. We strive to simplify and promote interpersonal relationships between friends, families, and neighbors through meals.

### **Mercy Medical Angels | [mercymedical.org](http://mercymedical.org)**

Provides free transportation for patients in financial need and their care partners, so they can reach medical care. Assistance for ground transportation with gas cards, or with bus or train tickets, or arranges air transportation on commercial airlines or flights flown by volunteer pilots.

### **Mind Body Meditation Studio | [mindbodymeditationstudio.com](http://mindbodymeditationstudio.com) | 470-803-8058**

Offers massage services for oncology patients as well as oncology education and information for oncology patients about oncology Massage. Choose from a lymphatic massage or a post-operative massage to help with the healing process.

### **Mom Meals | [momsmeals.com/our-food/nutrition/cancer-support](http://momsmeals.com/our-food/nutrition/cancer-support) | 877-508-6667**

We are committed to using nutrition to improve health, lower the total cost of care, manage chronic conditions, and allow individuals to remain independent. Our meals are designed by chefs and dietitians, with a combined focus on taste and nutritional guidelines. We can deliver meals to any address in all 50 states.

### **National Association of Hospital Hospitality Houses, Inc | [hhnetwork.org](http://hhnetwork.org) | 800-542-9730**

Housing during treatment. The mission of HHN is to support healthcare hospitality houses to be more effective in its service to patients and families.

### **Natural Hope | [naturalhope.org](http://naturalhope.org)**

Natural Hope's mission is to empower cancer patients with Helpful and Hopeful information about how foods can battle the side effects that can occur during treatment. Our Natural Hope Nutritional Booklet provides information about the most common side effects and simple tips to help minimize them.

### **Paris Wigs | [pariswigs.com](http://pariswigs.com) | 480-758-5185**

Paris Wigs was opened based upon the need to help those who have experienced or are currently experiencing hair loss. Hair is a woman's image and also an important way to express

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herself. Making women feel beautiful inside and out was the goal in mind when the company originated. Owned by a woman, who is extremely passionate about the wig and hair industry.

### **Patient AirLife Services | [palservices.org](http://palservices.org) | 888-818-1231**

Nonprofit that arranges free air transportation for individuals who required medical diagnosis, treatment or follow-up and cannot afford the cost of a flight or are unable to fly commercially. It also arranges volunteer flights for family members, to ensure that patients have support when they are away from home for long periods of time.

### **Phoenix Vegan Dietician | [phxvegandietitian.com](http://phxvegandietitian.com)**

We teach vegans practical, science-based nutrition that makes them feel amazing and empowered. You'll learn how transitioning to vegan helps you gain confidence and live a healthier lifestyle. We are ready to help you because we have been right where you are!

### **Pink Ribbon 360 | [pinkribbon360.com](http://pinkribbon360.com) | 480-510-7280**

Pink Ribbon 360 provides specialized fitness programs to meet the emotional and physical needs of women with breast cancer. The sessions consist of gentle stretches and exercises, meditation, and self-massage techniques.

### **Pink Ribbon Lymphatic Massage | [pinkribbonlymphaticmassage.com](http://pinkribbonlymphaticmassage.com) | 480-313-1450**

We are all certified lymphedema therapists who provide Maintenance phase manual lymphatic drainage. Our training and education allow us to provide a safe and nurturing place for anyone with lymphatic compromise to relax and recover. We can educate or give recommendations regarding many common concerns. Most importantly, we can help you maintain your lymphatic health.

### **Pilates 1<sup>st</sup> | [pilates1st.com](http://pilates1st.com) | 602-463-2984**

Discover the healing benefits of Pilates through personalized small group classes, one-on-one private sessions, or the flexibility of virtual options. Join owner, Teri, a breast cancer survivor and our supportive community as you navigate your breast cancer journey. Pilates can help reduce stress, improve range of motion, provide lymphatic system support, build strength and flexibility, and ease joint & muscle pain.

### **Roots & Wings Foundation | [rootswingsfoundation.org](http://rootswingsfoundation.org)**

Our mission at ROOTS & WINGS Charitable Foundation is to support integrative & wellness programs that increase emotional, physical & spiritual well-being during the continuous oncology treatment for Metastatic Breast Cancer.

### **Savor Health | [savorhealth.com](http://savorhealth.com) | 888-721-1041**

A digital health company, lead by oncology dieticians, that provides precision nutrition interventions with Ina<sup>®</sup>, the World's first Dietitian-on-Demand. Provides the same guidelines-based, personalized nutrition interventions and guidance of a registered dietitian.

### **Simply Body Art | [simplybodyart.com](http://simplybodyart.com) | 623-209-8116**

In addition to permanent makeup and other unique procedures, this studio specializes in 3D nipple tattooing for breast cancer survivors, scar camouflage and cosmetic procedures. Creating realistic looking areola and nipple has been a passion which MaryAnne Baker, owner, has brought to her training program to help other artists improve their skills, which in turn will help more women feel better about the way they look.



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### **The Joy Bus | [thejoybusdiner.com](http://thejoybusdiner.com) | 602-595-5884**

A nonprofit organization whose sole purpose is to relieve the daily struggles of people with cancer by delivering a fresh and healthy meal with a friendly face. Our mission is to improve the lives of our patrons through good food and company.

### **The Pink Ribbon Girls | [pinkribbongirls.org](http://pinkribbongirls.org) | 877-269-5367**

The Pink Ribbon Girls offer Simply Fight and No Age No Stage programs which provides free services for those in treatment to help with life needs, such as housekeeping, babysitting, meals and transportation. Survivors can also connect via their secure national database.

### **The Singletons | [www.thesingletonsaz.org](http://www.thesingletonsaz.org) | 480-818-5285**

The Singletons is a home grown, Arizona-based non-profit with a mighty vision. We are a community dedicated to providing hope and support to single parent families with cancer. Our programs consist of day-to-day needs such as: utility assistance, family style dinners, household necessities and 'focus on the family' events & activities.

### **Tina's Treasures Boutique | [honorhealth.com/locations/specialty-care/tinas-treasures](http://honorhealth.com/locations/specialty-care/tinas-treasures) | 480-583-6550**

TT's Boutique has double certified mastectomy fitters, a private wig boutique, as well as, hats and scarves for those going through chemotherapy. You will find specialized skincare products that are available for patients with compromised skin due to chemotherapies and radiation. We welcome all to shop for clothes, gifts and more. All proceeds go back into the Honor Health Cancer Care Center.

For over a decade, My Hope Bag has devoted its energy to passionately supporting the breast cancer community. Whether it's a hand-delivered bag of HOPE filled with local resources and other comforting items, regular communication, or emotional support, My Hope Bag is committed to making sure no one in Arizona faces breast cancer alone.



My Hope Bag is a 501(c)3 nonprofit organization, compassionately empowering women with breast cancer, while providing free resources, wellness education, comfort, and hugs through personalized home visits in Arizona.

**[WWW.MYHOPEBAG.ORG](http://WWW.MYHOPEBAG.ORG)**



### **Vitality Energy Healing | [vitalityenergyhealing.com](http://vitalityenergyhealing.com) | 602-657-4129**

Focuses on natural healing, utilizing herbs, tinctures, teas, essential oils, and prayer. The Energy Enhancement System™ generates multiple bio-active life-enhancing energy fields, including “scalar waves” which can allow cell regeneration, improve immune function, provide relief from pain, detoxify the body, elevate moods, and assist in balancing right and left hemispheres of the brain to increase energy levels.

## EDUCATION / NON-PROFITS

### **African American Breast Cancer Alliance | [aabcainc.org](http://aabcainc.org) | 612-462-6813**

AABCA: Educating and supporting Black Americans in their journeys with breast cancer and survivorship.

### **Arizona Breast Cancer Resource Guide | [azbreastcancer.org](http://azbreastcancer.org)**

The Arizona Breast Cancer (ABC) Resource Guide provides quality and comprehensive resources to empower, encourage, and educate patients and co-survivors through the journey of breast cancer by giving choices where and when it matters most.

### **Arizona Caregiver Coalition | [azcaregiver.org](http://azcaregiver.org) | 888-737-7494**

Our mission is to help family caregivers in Arizona find resources and support. We offer support and help finding access to information, assistance, answers, new ideas and helpful options for you and your loved one.

### **Arizona Department of Health Services | [azdhs.gov/breastcancer](http://azdhs.gov/breastcancer)**

AZDHS shares some great facts on Breast Cancer Screening and Awareness. Please be sure to check it out and know the signs. Breast cancer is the most prevalent type of cancer in Arizona, with more than 5,000 women in the state diagnosis in 2020 at a median age of 65.

### **Bikers for Boobies | [bikers4boobiesaz.org](http://bikers4boobiesaz.org)**

Our vision is to promote education and awareness to anyone seeking information for themselves, or a loved one, diagnosed with cancer. We will assist anyone with any type of cancer with an emphasis on breast cancer. We raise money and donate to local and statewide non-profits for such things as free mammograms, survival and medical grants.

### **Bosom Buddies of Arizona | [bosombuddies-az.org](http://bosombuddies-az.org) | 602-265-2776**

Bosom Buddies of Arizona provides support to those diagnosed with breast cancer, and their families, through the sharing of common experiences and knowledge through personal contacts, support groups, social media, and educational materials. They provide a 24/7 hotline, staffed by volunteers who are breast cancer survivors, to answer any questions related to breast cancer.

### **BreastCancer.org | [breastcancer.org](http://breastcancer.org) | 610-642-6550**

Provides comprehensive understanding of diagnosis and treatment options. Many resources available as well as links to help cancer patients navigate through their many questions and concerns.



**PINK RIBBON**  
**LYMPHATIC MASSAGE LLC**

**Enjoy The Benefits Of Certified Lymphatic Healing Treatment**

- Individuals with various health issues find significant benefits in visiting a lymphedema therapist
- We provide post-surgical, post-cancer treatment, general body detoxification, manual lymphatic drainage massage therapy treatments, and can couple it with Complex Decongestive Therapy (CDT)
- Our experienced professionals work with you to choose the ideal lymphedema treatment and lymph drainage massage for your symptoms and body, and a Certified Lymphedema Therapist (CLT) completes every treatment.

**Additional Services Available Include:**

- Vibroacoustic Sound Experience for stress reduction, pain relief, improved sleep, and enhanced mood and overall well-being
- HIVAMAT Deep Tissue Oscillation Therapy: Clinically proven to reduce secondary lymphedema, improve lymphatic circulation, activate connective tissue, relieve pain, relax muscles, and promote mobility.

**We are trained and certified experts who know the lymphatic system and will take you on a direct path of healing and feeling better.**



Two locations:  
Scottsdale and Mesa  
Text or Call:  
480-313-1450  
pinkribbonlymphaticmassage@gmail.com  
www.pinkribbonlymphaticmassage.com

**CancerCare | [cancer.org](https://cancer.org) | 800-813-HOPE (4673)**

A leading national organization dedicated to providing free, professional support services including resource navigation, counseling, support groups, educational workshops, publications and financial assistance to anyone affected by cancer. All CancerCare services are provided by master's-prepared oncology social workers and world-leading cancer experts.

**Cancer Caregivers AZ | [cancer.org/caregivers](https://cancer.org/caregivers) | 623-466-6246**

To provide the education and resources that build critical cancer care giving skills, in the cancer caregivers, cancer patients, and cancer care professionals. To build awareness, to advocate for and promote collaboration that improves treatment, quality of life for the cancer caregivers and the cancer patients.

**Caregiver Action Network | [caregiveraction.org](https://caregiveraction.org) | 202-454-3970 or 855-227-3640**

A non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

**Cancer.Net | [cancer.net](https://cancer.net) | 888-651-3038**

Oncologist-approved cancer information from the American Society of Clinical Oncology (ASCO). This site provides information for those who were recently diagnosed or are undergoing treatment for breast cancer.

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### **Cancer Support Community's (CSC) | [cancersupportcommunity.org](https://cancersupportcommunity.org) | 888-793-9355**

The Cancer Support Community (CSC) resources and programs are available free of charge. Whether newly diagnosed with cancer, a long-time cancer survivor, caring for someone with cancer, or a healthcare professional looking for resources, CSC's toll-free Cancer Support Helpline is staffed by licensed CSC helpline counselors available to assist you Mon-Fri 9am - 9 pm ET.

### **Cancer Support Community Arizona | [cscaz.org](https://cscaz.org) | 602-712-1006**

As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. We believe in equity for all, including in health care, and fight every day to ensure that all people are treated with dignity and respect and have the opportunity to live healthy and safe lives — physically, mentally, and emotionally.

### **CaringBridge | [caringbridge.org](https://caringbridge.org) | 314-241-1600**

Nonprofit whose mission is to build bridges for care and communication providing love and support on a health journey. CaringBridge allows individuals to create a personal website where they can share news and health updates with everyone at the same time, communicating in a private, ad-free space. Patients can also do the following: Let family and friends know how they can help; post photos; and link to a personal fundraiser or a calendar.

### **Casting for Recovery | [castingforrecovery.org](https://castingforrecovery.org) | 888-553-3500**

Our mission is to enhance the lives of women with breast cancer by connecting them to each other and nature through the therapeutic sport of fly fishing.

### **Center to Advance Palliative Care | [getpalliativecare.org](https://getpalliativecare.org)**

Nonprofit dedicated to increasing the availability of quality healthcare for individuals who are facing serious illness. Website provides educational information on palliative care, including videos, podcasts, and webinars. Also provides a Palliative Care Provider Directory.

### **Chronic Disease Fund (Good Days Effective Compassion) | [mygooddays.org](https://mygooddays.org) | 877-968-7233**

Good Days is a non-profit advocacy organization that provides resources for life-saving and life extending treatments to people in need of access to care.

### **Coalition of Blacks Against Breast Cancer | [coalitionofblacksagainstcancer.org](https://coalitionofblacksagainstcancer.org)**

An organization dedicated to support, education and outreach to ultimately increase the survival rates of Blacks Diagnosed with Breast Cancer.

### **Dance for Tatas | [dancefortatas.com](https://dancefortatas.com) | 425-530-3114**

Our mission is to provide awareness & education and to offer support and hope to individuals and their families who have been impacted by Breast Cancer in Arizona. We hold fitness focused community events to raise money, dance, and have fun!

### **Desert Cancer Foundation of Arizona | [desertcanceraz.org](https://desertcanceraz.org)**

DCFA is a non-profit, 501(C)3 organization dedicated to serving underinsured and uninsured members of our community who are in need of life saving cancer screenings, care and treatment.



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### **Firefly Sisterhood | [fireflysisterhood.org](http://fireflysisterhood.org) | 612-412-7713**

The mission of Firefly Sisterhood is to foster one-to-one connections between women who are impacted by a breast cancer diagnosis and inspirational survivors. Our breast cancer mentor services are free and delivered at the time of diagnosis, during treatment, and into survivorship. Founded in 2014, Firefly is active in 30+ states.

### **Foundation for Senior Living | [fsl.org](http://fsl.org) | 602-285-0505**

Services include live in home care and personal care aides. Discounts are available for cancer patients.

### **For the Breast of Us | [breastofus.com](http://breastofus.com)**

Our mission is to empower women of color affected by breast cancer to make the rest of their lives the best of their lives through education, advocacy and community.

### **Happily Ever After League: H.E.A.L | [happilyeverafterleague.org](http://happilyeverafterleague.org) | 480-275-0613**

Our Mission is to nurture, facilitate and provide support services to mothers in Arizona diagnosed with cancer living with at least one dependent child.

### **Help for Cancer Caregivers | [helpforcancercaregivers.org](http://helpforcancercaregivers.org)**

Provides information, education, and support for cancer care partners.

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### Imerman Angels | [imermanangels.org](http://imermanangels.org) | 866-463-7626

Provides personalized connections that enable one-on-one support among cancer fighters, survivors and caregivers.

### iTHRIVE | [ithriveplan.com](http://ithriveplan.com)

Allows cancer survivors to create free online, personalized, physician-approved wellness plans. Patients complete a health and lifestyle survey, with their answers determining their ability, experience, and knowledge in 5 areas of wellness: diet, movement, environment, rejuvenation, and spirit. Five to thrive!

### Joe's House | [joeshouse.org](http://joeshouse.org) | 877-563-7468

Joe's House is not an actual house, but a nonprofit organization that helps cancer patients and their families find a place to stay when traveling away from home for medical treatment.

### Kesem | [kesem.org](http://kesem.org) | 253-736-3821

At Kesem, we are committed to creating a world where every child who has a parent with a cancer diagnosis or has lost a parent to cancer is never alone. We support these children through and beyond their parent's cancer with free, fun-filled creative programs and a lasting community.

An advertisement for Brilliant Contours bras. On the left, a woman is shown from the chest up, wearing a light pink, zip-front, underwire bra with white straps. On the right, the text 'BRILLIANT CONTOURS' is displayed in a light grey font, with a pink hummingbird icon to the right of the word 'BRILLIANT'. Below this, the text 'Post Surgical Recovery Bras for You' is written in a light blue font. Further down, four features are listed, each with an icon: a pink heart icon for 'Comfortable', a pink first aid kit icon for 'Healing Compression', a pink circular arrow icon with '24' for 'Lasting Support', and a pink smiley face icon for 'Beautiful Options'. At the bottom, the text 'We support you during recovery and long after.' is written in white, followed by the phone number '877-566-2833' in pink, the email address 'Email: [WeSupportYou@BrilliantContours.com](mailto:WeSupportYou@BrilliantContours.com)' in blue, and the website 'www.BrilliantContours.com' in pink.

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### **The Larry Fitzgerald Foundation - Breast Believe | [thelarryfitzgeraldfoundation.org/pages/breast-believe](http://thelarryfitzgeraldfoundation.org/pages/breast-believe)**

Breast Believe aims to educate communities about early detection, prevention, symptoms, treatments, resources, and access surrounding a breast cancer diagnosis. Larry Fitzgerald is driven by his mother, Carol Fitzgerald, who passed away from breast cancer in 2003 and has made it his mission to provide funding opportunities, resources and services for women, men, and families impacted by breast cancer.

### **Lazarex Cancer Foundation | [lazarex.org](http://lazarex.org) | 877-866-9523**

Nonprofit that focuses on improving the outcomes of cancer care, offering hope and dignity to patients with advanced-stage cancer and the medically underserved. Offers assistance with costs associate with the USFDA clinical trial participation, including transportation, lodging, and medical expenses not covered by insurance.

### **Livestrong at the YMCA | [livestrong.org/what-we-do/program/livestrong-at-the-ymca](http://livestrong.org/what-we-do/program/livestrong-at-the-ymca) | 855-220-7777**

Nonprofit that has served individuals affected by cancer, identifying those areas in which patients and survivors are not being supported, then investing in advocacy, programs, and services that address their unmet needs. Livestrong at the YMCA is a 12-week physical activity program designed to get survivor back on their feet.

### **Living Beyond Breast Cancer | [lbbc.org](http://lbbc.org) | 855-807-6386**

Practical resources for coping, managing, living with breast cancer. This community lets you search for support by where you are on your cancer journey, or by groups such as young women, men with breast cancer, LGBTQ+, Black with breast cancer, and even caregiver support.

### **Living Hope Cancer Foundation | [getupandlive.org](http://getupandlive.org) | 480-773-4305**

A nonprofit charity founded by two stage 4 cancer thrivers dedicated to coaching the positive spiritual mindset on how to GET UP AND LIVE with cancer.

### **Look Good Feel Better | [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org)**

They are the only national and global charity of its kind, supported in part by the Professional Beauty Association, dedicated to improving the appearance, confidence and self-esteem of individuals undergoing cancer treatment through virtual and in-person beauty sessions and online educational resources.

### **Love Fitness and You, LLC | [lovefitnessandyou.com](http://lovefitnessandyou.com) | 480-220-6242**

Founded by a fellow breast cancer survivor. Julie helps design programs for those that are trying to continue to live a health life style prior to, during and post cancer diagnosis. Her focus is on loving yourself at every stage or your life. Through one-on-one coaching, support groups, and specialized fitness programs she will help you find strength through your journey.

### **MedLine Plus | [medlineplus.gov/breastcancer.html](http://medlineplus.gov/breastcancer.html)**

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH). Our mission is to present high quality, relevant health and wellness information that is trusted, easy to understand, and free of advertising, in both English and Spanish. Anywhere, anytime, on any device—for free.

See also Male Breast Cancer at [medlineplus.gov/malebreastcancer.html](http://medlineplus.gov/malebreastcancer.html)

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**Male Breast Cancer Global Alliance (MBCGA) | [mbcglobalalliance.org](http://mbcglobalalliance.org) | (866) 540-8722**  
MBCGA brings men with breast cancer together with researchers, clinicians and oncologists around the world for the purpose of advancing research, clinical trials and treatments for men diagnosed with breast cancer. We advocate for all men diagnosed with breast cancer to ensure they receive equal access to support and treatment; serve as a source of support and resources for the men, their caregivers, and families; and recruit volunteer “ambassadors” to increase awareness on a global scale.

**METAvivor | [metavivor.org](http://metavivor.org)**

METAvivor is dedicated to the specific fight of women and men living with stage 4 metastatic breast cancer. METAvivor is the only organization in the US that exclusively funds MBC research through a scientific peer-review process. Our mission is to transition metastatic breast cancer from a terminal diagnosis to a chronic, manageable disease with a decent quality of life.

**The National Cancer Institute | [cancer.gov](http://cancer.gov) | 800-422-6237**

Provides accurate, up-to-date cancer-related information for patients and their care partners, and can answer questions about cancer, clinical trials, and quitting smoking. Patients can reach an Information Specialist by calling, e-mailing, or contacting Live Help. Provide information on all aspects of cancer and its treatment.

**National Center of Complementary and Integrative Health | [nccih.nih.gov](http://nccih.nih.gov)**

Provides a wealth of health information, including the following: Health Topics A-Z which provides a detailed information on complementary approaches and their use in specific conditions; know the science, a series of interactive modules, quizzes, and videos to help you better understand topics relate to health research; how to be an informed consumer; safe use of health products and practices; and how to find health practitioner.

**National Coalition for Cancer Survivorship: Cancer Survival Toolbox | [canceradvocacy.org/resources/cancer-survival-toolbox](http://canceradvocacy.org/resources/cancer-survival-toolbox)**

Free audio program created by leading cancer organizations to help patients with cancer develop skills to better meet and understand the challenges of their disease.

**National Comprehensive Cancer Network | [nccn.org](http://nccn.org) | 215-690-0300**

Non-profit alliance of 30 leading cancer centers that are dedicated to patient care, research, and education. Provides advice to patients as they talk to their doctor about the best treatment options for their disease.

**National LGBT Cancer Network | [cancer-network.org](http://cancer-network.org) | 212-675-2633**

Works to improve the lives of LGBT cancer survivors and those at risk by: Educating the LGBT community about our increased cancer risks and the importance of screening and early detection; training health care providers to offer more culturally-competent, safe and welcoming care; and advocating for LGBT survivors in mainstream cancer organizations, the media and research.

**Patient Advocate Foundation | [patientadvocate.org](http://patientadvocate.org) | 800-532-5274**

Patient Advocate Foundation (PAF) provides professional case management services to help patients, caregivers or providers who face debilitating, chronic or life-threatening illnesses resolve healthcare issues. Case managers serve as liaisons and safeguard patients employing effective mediation to ensure access to care, maintenance of employment, and preservation of



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financial stability. Resources that address topics such as finding financial assistance, access to insurance, job retention and more are available on their website or printed publications. Their 'Scholarship for Survivors' program awards college scholarships to individuals under 25 who are or have been diagnosed with cancer or a critical life-threatening disease.

### Phoenix Cancer Support Network | [pcsnetwork.org](http://pcsnetwork.org) | 602-760-6000

At PCSN our number one priority is to provide safe, reliable & compassionate service to every client in every interaction. Our goal is to remove as much of the burden of cancer as possible so that patients can focus on getting better. We offer resources to help support you and your family during a difficult time.

### Phoenix Desert Dragons | [arizonabcs.com](http://arizonabcs.com) | 480-788-5826

Arizona's first breast cancer survivor dragon boat team. This sport has been established as playing a great role in recovery from breast cancer; the spirit of an uplifting team endeavor, coupled with the use of upper body and core muscles. Breast Cancer Survivors (BCS) dragon boat teams are flourishing across the US, Canada, and the world.

### Sharsheret | [sharsheret.org](http://sharsheret.org) | 866-474-2774

Sharsheret, a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach. While our expertise is in young women and Jewish families as related to breast cancer and ovarian cancer, Sharsheret programs serve all women and men.

## Enhance Your Recovery with Pilates

### Pilates for Breast Cancer Survivors

- Breast cancer survivors can face unique challenges: weight gain, joint & muscle pain, anxiety, and stress.
- Pilates 1st offers tailored programs for survivors' unique needs.
- Focus on low-impact, gentle rehabilitation, and mindful movement.
- Owner Teri, a breast cancer survivor, leads small group, private, or virtual sessions.
- Take the first step to a healthier recovery with a complimentary session at Pilates 1st.

Pilates...was so relaxing and challenging at the same time! I left feeling refreshed and strengthened. - Lindsey

★★★★★

When my Lymph Nodes were removed, Doctors said feeling in that area may never come back and since doing Pilates, the numbness has gone away and I have seen 80% feeling return. - Debbie

★★★★★




Scan this code with your phone camera to book a free class!

Promo code: MHB



2655 W. Guadalupe Rd., Suite 4,  
Mesa, AZ 85202

Call or Text 602-463-2985

[www.Pilates1st.com](http://www.Pilates1st.com)

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### **Society of Integrative Oncology | [integrativeonc.org](https://integrativeonc.org) | 202-964-0824**

SIO is the premier multi-disciplinary professional organization for integrative oncology. A 501(c)(3) not-for-profit organization, SIO enables communication, education, and research to occur by bringing together practitioners from multiple disciplines focused on the care of cancer patients and survivors.

### **Stand Up For Caregivers | [standupforcaregivers.org](https://standupforcaregivers.org)**

Protecting and advocating for the health and wellbeing of adult caregivers. Your Health Matters.

### **Surviving Breast Cancer | [survivingbreastcancer.org](https://survivingbreastcancer.org)**

We provide a sanctuary of strength, compassion, and empowerment, where those diagnosed with cancer unite to share their stories, learn invaluable coping strategies, and find solace in the unbreakable bond that fuels hope, resilience, and the courage to conquer adversity. Additional resources, all available in Spanish, include newly diagnosed, male breast cancer, caregivers, families, MBC and children.

### **Together Pink Network | [togetherpinknetwork.org](https://togetherpinknetwork.org)**

No one should have to face cancer alone. We are an organization passionate about improving the lives of family members, cancer patients and critically ill through education, financial assistance, supplies and referral services.

### **Triple Negative Breast Cancer Foundation | [tnbcfoundation.org](https://tnbcfoundation.org) | 877-880-8622**

This organization seeks to ignite interest in the study of triple-negative (ER-/PR-/HER2-) breast cancer among researchers, physicians, educators and scientists; support professionals seeking to identify the causes and discover new and effective treatment options; and increase public awareness and support of this subtype of breast cancer.

### **WebMD | [webmd.com/breast-cancer/toc-early-breast-cancer](https://webmd.com/breast-cancer/toc-early-breast-cancer)**

Among many other resources, this link goes to a lesson plan about Facing Early Breast Cancer.

### **Young Survival Coalition | [youngsurvival.org](https://youngsurvival.org) | 877-972-1011**

Young Survival Coalition (YSC) strengthens the community, addresses the unique needs, amplifies the voice and improves the quality of life of young adults affected by breast cancer, locally, nationally and internationally. YSC produces free educational resources, such as the *breast cancer navigator* series, which are comprehensive guidebooks that address every phase of treatment and survivorship.

## LEGAL COUNSELING / EMPLOYMENT

### **Cancer and Careers | [cancerandcareers.org](https://cancerandcareers.org) | 646-929-8032**

Empowers and educates patients with cancer to thrive in the workplace. Programs for survivors and healthcare professionals provide expert advice, support, interactive tools, and educational events to help navigate through the practical and legal challenges that follow a cancer diagnosis. Program includes: resource library of free workbooks, guides, and toolkits; help with job interviews; free resume review service; and consultations with a professional career coach.

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### **Cancer Legal Resource Center | [thedrlc.org/cancer](http://thedrlc.org/cancer) | 866-843-2572**

A program of the Disability Resource Legal Center, a nonprofit advocacy organization that supports the rights of individuals with disabilities, including those affected by cancer. The CLRC is the only nationally dedicated center for patients, survivors, care partners, and healthcare professionals to access free confidential cancer-related legal information and resources.

Provides: phone and online assistance; outreach programs and community activities; in-person and online trainings; resource library, which includes its patient legal handbook; and attorney referrals for those requiring legal counsel.

### **Legal Services Corporation | [lsc.gov](http://lsc.gov) | 202-295-1500**

Independent nonprofit established by Congress that provides civil legal aid for low-income Americans. These programs offer assistance for individuals, families, seniors, the disabled, veterans, and military families, and individuals living in rural areas who have legal matters regarding the following: health; family law; housing; and natural disasters.

### **Triage Cancer | [trriagecancer.org](http://trriagecancer.org) | 424-258-4628**

Nonprofit that provides free educational materials on practical and legal issues that may impact individuals with cancer and their care partners, such as health insurance, financial, disability insurance rights, employment and estate planning. Provide: in-person and online educational webinars; educational materials, including quick guides, checklists, a blog and newsletter; cancer finances, a toolkit for navigating finances after cancer; animated videos on cancer survivorship issues; and one-on-one assistance.

*Please note: All entries in this guide are compiled from publically available sources. My Hope Bag has not vetted each entry. We recommend that you contact these resources to assess if they are well suited to your individual needs.*

**THANK YOU!**

The My Hope Bag Resource Guide is the culmination of hundreds of volunteer hours and is a focal point for the Hope Sisters who deliver Hope Bags to newly diagnosed breast cancer patients and explain the value of its contents. For well over a decade, My Hope Bag could not keep going without the dedication of our **VOLUNTEERS!**

Also, a huge **Thank You** to the people and organizations who have supported and continue to support My Hope Bag. We receive your love through donations on our website, [myhopebag.org/donate](http://myhopebag.org/donate), donations through your place of employment, Breast Cancer Awareness Month, Giving Tuesday, Annual donations, Fundraisers, and Sponsorships. Your belief in My Hope Bag keeps it going. Because of your support, we are able to make sure no one has to face cancer alone.

## What is **Hope**?

*Hope is not just one single quality or promise.*

*Hope has to do with believing beyond today—knowing God has big plans for you.*

*Hope encourages you to follow your dreams, to believe in the part of you that envisions your wholeness.*

*Hope is trusting that what is happening will eventually make sense, or if it never does become meaningful, it will still offer an opportunity for growth.*

*Hope assures you each morning that your life is of value no matter how unsettling or disturbing your current situation is.*

*Hope encourages your heart not to give up and nudges you when it's time to move on.*

*Hope doesn't need words, or proofs or conditions.*

*Hope accepts mystery and offers the gift of solid trust in the unknown.*

*Hope doesn't pretend that you'll get all you want nor does Hope deny that there will still be struggles down the road.*

*Hope tucks promises of growth and truth inside the pockets of your struggles.*

*Hope helps us to gather the courage to travel to that place deep within us where we can uncover our true Self. It is the place where our dreams dance, where our passion for life gestates, and where the person we are meant to be cries out for recognition.*

*~ Anonymous*

### MY HOPE BAG

#### MAILING ADDRESS:

P.O. Box 2956  
Gilbert, AZ 85299

#### EMAIL ADDRESS:

[info@myhopebag.org](mailto:info@myhopebag.org)

#### PHONE NUMBER:

480.987.0204

[MyHopeBag.org](http://MyHopeBag.org)

*Updated 2024*

