

# Are you or a loved one living with cancer?

A diagnosis of cancer can be overwhelming for you and those closest to you. Even after your cancer is deemed “undetectable” you may feel confused as to what to do next. But, know that you are not alone. There are people and organizations that can help you.



## You may have questions about:



Understanding and Managing Your Health



Managing Side Effects



Family Planning



Return to Work/Re-entry



Financial Planning



Life After Cancer and Survivorship

## BE YOUR OWN ADVOCATE

### Patient advocacy organizations can help you with:

- ✓ Health Educational Materials
- ✓ Free Professional Counseling
- ✓ Financial Planning
- ✓ Family Care And Fertility Resources
- ✓ Connecting With Other Cancer Patients And Survivors
- ✓ Professional Development And Career Coaching

*Resources available for patients & caregivers*

## ASK QUESTIONS

**What are some resources available to me?**

Let patient advocacy organizations help. Details on back.



Bristol-Myers Squibb

Aunt Bertha  
[auntbertha.com](http://auntbertha.com)  
 512-717-0518



- Online search engine for social services in your area
- Search for affordable housing, food, transportation, and family care
- Find health care and treatment centers

CancerCare  
[cancercares.org](http://cancercares.org)  
 800-813-4673



- Counseling and support groups
- Community in-person and online education workshops
- Financial assistance

Cancer and Careers  
[cancerandcareers.org](http://cancerandcareers.org)  
 646-929-8032



- National organization providing support, tools, and education for people navigating work after a cancer diagnosis
- Interactive website, includes career coaching, resume review, professional development grants, and a library in English and Spanish
- In-person workshops, conferences, and trainings

Cancer Support Community (CSC)  
[cancersupportcommunity.org](http://cancersupportcommunity.org)  
 888-793-9355



- Frankly Speaking About Cancer® booklets & webinars
- Cancer Support Helpline telephone support
- In-person support groups, education, and healthy lifestyle workshops
- Online Cancer Experience Registry

Family Reach  
[familyreach.org](http://familyreach.org)  
 973-394-1411



- Financial education materials, including a free Financial Handbook, to help families understand their financial options and plan proactively
- Financial planning for eligible patients: pediatric, young adult, or adult with a child <18 years in the home
- Healthcare literacy for eligible young adult and adult patients

LIVESTRONG



[livestrong.org](http://livestrong.org)  
[cancersupport@livestrong.org](mailto:cancersupport@livestrong.org)

- Free, personalized patient navigation services
- Fertility program including reproductive information, resources, financial support, and free stimulation medication
- Guidebook and educational resources for cancer survivors and their dependents
- LIVESTRONG at the YMCA for physical rehabilitation post-treatment

Bristol-Myers Squibb is not affiliated with nor endorses these organizations.