Via Christi Cancer Institute and the
Oncology Patient and Family Advisory Council

929 N. St. Francis
Wichita, KS 67214

viachristi.org
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About this GUIDE

Confronting cancer is difficult and at times overwhelming. This guide was developed by the Oncology Patient and Family Advisory Council, a group of community cancer survivors and caregivers, along with our expert staff at the Via Christi Cancer Institute, to help you and your caregiver(s) negotiate your cancer treatment journey.

This guidebook is provided to you by the Via Christi Partners in Caring grant. We hope it gives you confidence that you are being treated at one of the region’s most advanced cancer centers and provides you and your caregiver with helpful information. The guidebook offers you a place to consolidate such things as your monthly appointments and jot down notes and questions during your treatment.

Oncology Patient and Family Advisory Council mission statement
To provide education, support, resources and hope to those suffering from any type of cancer with respect, dignity and compassion.

Via Christi Mission Statement
Inspired by the Gospel and our Catholic tradition, we serve as a healing presence with special concern for our neighbors who are vulnerable.

Via Christi VALUES

Service of the Poor Generosity of spirit, especially for persons most in need
Reverence Respect and compassion for the dignity and diversity of life
Integrity Inspiring trust through personal leadership
Wisdom Integrating excellence and stewardship
Creativity Courageous innovation
Dedication Affirming the hope and joy of our ministry
On a visit to Disneyland, I stood in a long line, waiting to ride the iconic Space Mountain attraction. If you’re not familiar with the ride, it is essentially an indoor roller coaster amped up by blasting rock music, flashing strobe lights and other special effects and designed to create the illusion of plunging blindly and uncontrollably into total darkness — a terrifying experience. Unlike other roller coasters — where you can see what’s coming with your eyes wide open and you can brace yourself for the downhill plunges and actually catch your breath on the slower uphill climbs — Space Mountain is non-stop blind terror. In fact, since I took that ride, I’ve had an abnormal echocardiogram. Later, I was surprised to learn that there are sections of Space Mountain where the car moves at only 5 mph. Things are just not the same in the dark.

A cancer diagnosis is like riding a roller coaster in the dark. Things begin moving vertiginously, but the more you see, the more you learn and prepare yourself, the better you’ll do. When I was training in the Old Country (Lebanon) as an oncologist, I was advised not to tell my patients anything about their disease because they “would not be able to handle it.” Long experience suggests the opposite is true. Until you master the facts and face your cancer, you’ll have difficulty coping with what is — let me be clear — a wild ride physically and emotionally.
Cancer equals stress. Think of all the unknowns, the misconceptions and sometimes the outright paralysis associated with the disease. For good reason, cancer was deemed the “emperor of all maladies” in past centuries. A way to reduce stress is to bring expectations and results into balance. One obvious possibility is to achieve more — and here you have all of modern medicine battling on your side. Another is to set your expectations right.

When what you achieve is very close to what you expect, you’re winning. If you expect a cure and achieve partial remission, you’ll be stressed out. Expecting partial remission and achieving a complete one is a much happier situation. This guidance also applies to one’s ability to expect or tolerate side effects. For example, if there’s a 50/50 chance you will lose your hair, I’ll say, “Most likely you’ll lose your hair.” If you don’t, you’re ecstatic. Why risk disappointment and further stress?

Setting expectations without destroying hope is a challenge. I counsel my patients that these are totally different concepts. Expectation is quantifiable. I can say to a patient, “With this drug we can expect a 30-percent response rate.” On the other hand, I cannot tell a patient what to hope. Hope is more mystical, spiritual and philosophical. We all have the right to hope. If the expectations for a particular treatment are pessimistic, you absolutely have the right to go for it. You have the right, indeed the obligation, to believe you’ll be the one who beats the odds. God knows, I’ve seen many patients who’ve shattered negative expectations. When your doctor talks to you, it should be about expectations. It is up to you to formulate the amount of hope you want. You have every right to hope for a miracle.

Cancer survivors must also find ways to cope. How do you live with the fear that your disease may recur in the future? How can you lead a normal life knowing you are at risk? It takes a lot of strength. In my experience, it requires a leap of faith: religious, spiritual or personal. Religion offers the promise of hope. In the Bible, Matthew instructs us “not to worry about tomorrow” because tomorrow will be taken care of. Another wise man counsels, “Live your life as if you were living forever but be prepared to go as if you were going tomorrow.” To me that is a very beautiful concept.

In my clinical practice, the day came when I asked one of my critically ill patients, “Ed, are you afraid to die?”

“No, doctor,” he said. “When I go to sleep, there are two alternatives. Either I wake up in the presence of my wife and children, or I wake up in God’s presence. Both are beautiful to me.”

I’d never heard this said by any other person. I’d read it, but here it was in the place you might least expect to see such hope, childlike and trusting in its purity — in a cancer patient. Ed taught me something incredibly important. I tell my patients to avoid unanswerable questions like, “Why cancer?” “Why me?” “Why do bad things happen to good people?”

I remind them, as I remind myself, “Don’t ride the roller coaster in the dark. Open your eyes to the richness of life.”

Dr. Dakhil is president of the Cancer Center of Kansas and medical director of Oncology Services at Via Christi.
A leader in cancer CARE

You’ve put your trust in one of the most advanced cancer care centers in the nation. At every visit, you’ll receive the undivided attention of certified oncology experts. Every procedure will be administered using the latest cancer technology. And through it all, you’ll experience the compassionate care that has defined Via Christi for more than 100 years.

Comprehensive cancer services

- Outreach and prevention
- Screenings
- Diagnosis
- Clinical trials
- Palliative care
- Inpatient treatment
- Outpatient treatment
- Recovery and support
- Cancer Wellness Program

Accreditations/designations

- Joint Commission, America’s premier health-care accreditation agency
- The region’s only cancer center accredited by the American College of Surgeons Commission on Cancer
- The only facility in the region accredited by the Foundation for the Accreditation of Cellular Therapy for stem cell transplant
- Designated as a National Cancer Institute Community Oncology Research Program
Directions to Via Christi Hospital St. Francis

929 N. St. Francis ■ 316.268.5000

Directions from Interstate Highway 135

• Follow I-135 to the 8th/9th St. Exit
• Head west on 8th St.

Note: 8th St. will become Murdock
• Turn north on St. Francis Street to enter the hospital campus

Directions from Kellogg/US-400/US-54

• Follow Kellogg/US-400/US-54 to the Central Business District Exit
• Continue straight to Broadway
• Turn north on Broadway
• Turn east on Murdock
• Turn north on St. Francis Street to enter the hospital campus

Additional details

• Patients may be dropped off at main entrance
Via Christi Cancer Institute

- Family laundry room and temporary sleep quarters
- Family room
- Radiation therapy
- Bone marrow transplant
- Resource education room
- Ambulatory infusion
- Vending and water fountain
- Reflection room
- Yoga and crafts room
- Media room
- Massage therapy
- Conference room
- Exercise room
- Nurse navigators office

Nurses station
Public restrooms
Elevators

Take Elevator A to 7th floor
Located on the seventh floor of Via Christi Hospital St. Francis, the Via Christi Cancer Institute is designed to be a truly healing environment. From integrative therapies to help with your emotional well-being to overnight rooms for your family, the Via Christi Cancer Institute seeks to make your inpatient experience the best it can be.

### Via Christi Cancer Institute AMENITIES

#### Media room with movie projector
- Theater-style seating to accommodate 12 people
- Available on a first-come, first-serve basis
- Available for watching sporting events or movies
- For a list of movies and availability, call 316.268.5502 or 316.268.6792.

#### Massage therapy
Massage may help reduce pain, fatigue, nausea, stress, anxiety and swelling in cancer patients.
- Available for patients and caregivers by appointment; call 316.350.7952.
- One free massage per patient with physician approval (inpatient only)
- 30- and 60-minute sessions available

#### Yoga therapy
The gentle poses and deep breathing in yoga will stimulate blood flow and enhance the lymphatic flow in your body, as well as give you mental relief.
- For patients, caregivers and survivors; call 316.268.5502 or 316.268.6792 for availability
Canine therapy

Experience the unconditional love of a four-legged friend, provided by certified Therapy Dogs International members.

- Therapy dog handlers will inquire if it is OK to approach patients and caregivers during their visits.

Cancer Outreach and Risk Assessment

If you have a family history of cancer, you may be curious about your own possibility. Via Christi Cancer Outreach and Risk Assessment offers screening, counseling and genetic testing services for those who want to be proactive about their future health.

Spiritual reflection center

Find solace for meditation and reflection

Resource Center

- Internet-ready computer and printer available for family caregiver use
- Oncology-related books, pamphlets and other materials

Cancer nurse navigator

Available to help coordinate your cancer care and provide connections to other resources

- Call 316.268.5791 or email oncologynavigators@viachristi.org to inquire about assistance.

Nutrition Services dietitians

- To help you and/or your family plan meals that meet your dietary needs.
### Family spaces

Includes temporary sleeping quarters, laundry center and kitchenette

- For the family sleeping room, inquire about availability and make reservations for one night at a time with your nurse.

- The family laundry room is available for family caregivers only; detergent provided.

- In the kitchenette, a microwave and refrigerator are available for family caregivers. Please identify items with patient room number and patient last name.

### Cancer Wellness Program

Research has proven exercise is safe and beneficial during and after cancer treatment.

- Following a fitness assessment by a clinical exercise physiologist with a specialized certification in cancer exercise, a customized exercise prescription will be written for you.

- Includes two follow-up sessions for guidance

- Option to continue with supervised individual exercise sessions or join the Survivor Fitness Program, which gives access to gym area and group exercise classes

- For more information, call 316.268.8243 or email cancerwellness@viachristi.org
Cancer researchers continue to study ways to best diagnose, treat and prevent cancer. Some of that research is done through clinical trials right here at Via Christi through the Wichita NCI Community Oncology Research Program, which is sponsored and funded by the National Cancer Institute.

Participation in clinical trials is voluntary and requires the consultation of your health care team to determine if this is the right option for you. For more information on community-based cancer research, go to viachristi.org/cancer-research or ncorp.cancer.gov.
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Medical HISTORY

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# Prescription DRUGS

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<th>Dosage instructions</th>
<th>Doctor who prescribed</th>
<th>Side effects to watch for</th>
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Phone number: ____________________________________________

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### Oncology MEDICATIONS

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### PROCEDURES

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As a Via Christi patient, you can depend on our network of professional, experienced support staff that makes it their job to see you through your cancer journey while in the hospital — and beyond.

The care coordination team of oncology nurse navigators, social workers, case managers and nurses help ensure your care plans are met. Team members will work with your insurance company to make the most of your benefits while you are in the hospital.

**Via Christi Chaplain Services** offer spiritual encouragement and assistance whatever your faith, whenever you request it.

**Via Christi Home Health** helps patients make the transition from hospital to home, by training patients and families in needed medical skill areas and providing a full range of in-home nursing care. We provide intravenous, physical, occupational and speech therapies and dietary consultation.
The Via Christi Outpatient Pharmacy provides convenient prescription service for patients being discharged from the hospital. Located onsite at Via Christi Hospital St. Francis, it allows patients to have their prescription filled without making an extra stop on the way home. Remaining prescription refills can then be transferred to the patient’s preferred pharmacy. The clinical pharmacist is board-certified in Oncology and works directly with physicians, nurses and patients to help ensure patient safety and excellent treatment outcomes.

The Via Christi Cancer Resource Center, located inside the Via Christi Cancer Center, 817 N. Emporia, offers free, user-friendly materials — and help from health care professionals — for patients and families in search of information and support.

Visit the Cancer Resource Center to:

- Help children understand cancer
- Learn about the latest treatment advances
- Plan a cancer-fighting diet
- Learn about pain management
- Attend cancer support groups and classes
- Learn about cancer online or through multimedia CDs
- Discover cancer-preventing lifestyle changes
- Assess your risk for cancers
- Grow in knowledge, determination and hope

8:30 a.m.-noon, 1-4 p.m. weekdays
Lunch-time appointments available by request
Call 316.689.5700

Via Christi Palliative Care addresses pain management and symptom control while taking care of the whole person — body, mind, spirit, heart and soul. Our program is designed to improve communication, provide symptom management, and improve quality of life for people who are terminally ill or have progressive debilitating disease and for their families.
Local cancer resources

We work closely with many community cancer support organizations, including the following, to make sure you find additional help and support:

- **American Cancer Society**
  330 S. MAIN #100, WICHITA
  CANCER.ORG
  316.616.6517, 800.237.2345

- **Susan G. Komen for the Cure**
  3243 E. MURDOCK #103, WICHITA
  KOMEN.ORG
  316.683.8510, 877.465.6636

- **Leukemia and Lymphoma Society**
  300 N. MAIN #300, WICHITA
  LLS.ORG
  316.266.4050, 800.955.4572

- **Look Good ... Feel Better**
  (national program that offers makeovers at local facilities)
  LOOKGOODFEELBETTER.ORG
  888.227.6333

- **Us Too**
  (prostate cancer education)
  USTOO.ORG
  800.808.7866

- **Victory in the Valley**
  (local cancer education and information group that also provides accommodation assistance and food vouchers)
  3755 E. DOUGLAS, WICHITA
  VICTORYINTHEVALLEY.COM
  316.682.7400
Home upkeep

- **American Childhood Cancer Organization**
  [ACCO.ORG](https://www.acco.org)
  855.858.2226

- **Andre Sobel River of Life Foundation**
  (for children at partner institutions)
  [ANDRERIVEROFLIFE.ORG](https://www.andreriveroflife.org)
  310.276.7111

- **The Bone Marrow Foundation**
  [BONEMARROW.ORG](https://www.bonemarrow.org)
  800.365.1336

- **Brenda Mehling Cancer Fund (patients 18-40)**
  [BMCF.NET](https://www.bmcf.net)
  661.310.7940

- **Bringing Hope Home**
  [BRINGINGHOPEHOME.ORG](https://www.bringinghopehome.org)
  484.580.8395

- **Candlelighters Childhood Cancer Family Alliance**
  [CANDLE.ORG](https://www.candle.org)
  713.270.4700

- **The CHAIN Fund Inc.**
  [THECHAINFUND.COM](https://www.thechainfund.com)
  203.530.3439

- **Children’s Cancer Recovery Foundation**
  [CHILDRENSCANCERRECOVERY.ORG](https://www.childrensrecovery.org)
  800.238.6479

- **Cleaning for a Reason (free housecleaning service)**
  [CLEANINGFORAREASON.ORG](https://www.cleaningforareason.org)
  877.337.3348

- **Family Reach Foundation**
  [FAMILYREACH.ORG](https://www.familyreach.org)
  973.394.1411

- **Fifth Season Financial Assistance Loans for Living**
  [FIFTHSEASONFINANCIAL.COM](https://www.fifthseasonfinancial.com)
  866.459.1271

- **Life Beyond Cancer Foundation**
  [LIFEBEYONDCAncER.ORG](https://www.lifebeyondcancer.org)
  800.282.LBCF (5223)

- **Life Credit Company**
  [LIFECREDITCOMPANY.COM](https://www.lifecreditcompany.com)
  888.274.1777

- **Mission4Maureen (brain cancer)**
  [MISSION4MAUREEN.ORG](https://www.mission4maureen.org)
  440.840.6497

- **The National Children’s Cancer Society**
  [CHILDRENS-CANCER.ORG](https://www.children-s-cancer.org)
  314.241.1600

- **Native American Cancer Research**
  [NATAMCANCER.ORG](https://www.natamcancer.org)
  800.537.8295

- **Rise Above It (youth, young adults)**
  [RAIBENEFIT.ORG](https://www.raibenefit.org)
  866.459.1271

- **Stupid Cancer**
  [STUPIDCANCER.ORG](https://www.stupidcancer.org)
  877.735.4673

- **Zichron Shlome Refuah Fund**
  [ZSRF.ORG](https://www.zsrf.org)
  718.GET.WELL (438.9355)
**Child care**

- Andre Sobel River of Life Foundation
  (for children at partner institutions)
  ANDRERIVEROFLIFE.ORG
  310.276.7111

- AVON Foundation for Women
  AVONFOUNDATION.ORG
  866.505.AVON (2866)

- The Bone Marrow Foundation
  BONEMARROW.ORG
  800.365.1336

- Brenda Mehling Cancer Fund (patients 18-40)
  BMCF.NET
  661.310.7940

- CancerCare
  CANCERCARE.ORG
  800.813.HOPE (4673)

- Family Reach Foundation
  FAMILYREACH.ORG
  973.394.1411

- Mission4Maureen (brain cancer)
  MISSION4MAUREEN.ORG
  440.840.6497

- Native American Cancer Research
  NATAMCANCER.ORG
  800.537.8295

- Stupid Cancer
  STUPIDCANCER.ORG
  877.735.4673

**Government assistance**

- Administration on Aging
  AOA.GOV
  202.401.4634

- Benefits.gov
  BENEFITS.GOV
  800.FED.INFO (333.4636)

- Breast and Cervical Cancer Treatment Act of 2000
  CDC.GOV/CANCER/NBCCEDP/LEGISLATION/LAW106-354.HTM
  800.232.4636

- Centers for Medicare & Medicaid Services
  CMS.GOV
  800.MEDICARE (633.4227)

- Hill.Burton Program
  HRSA.GOV/GETHEALTHCARE/AFFORDABLE/HILLBURTON
  800.638.0742

- Legal Services Corp.
  LSC.GOV
  202.295.1500

- Medicare Rights Center
  MEDICARERIGHTS.ORG
  800.333.4114

- National State Health Insurance Assistance Program
  SHIPTALK.ORG

- Social Security Administration
  SSA.GOV
  800.772.1213

- Social Security Disability Resource Center
  SSDRC.COM

- State Children’s Health Insurance Program
  INSUREKIDSNOW.GOV
  877.KIDSNOW (543.7669)

- U.S. Department of Veterans Affairs
  VA.GOV/HEALTH/INDEX.ASP
  877.222.8387

© 2015 Via Christi Health
Medical equipment/supplies and other services

- American Cancer Society (local chapters)
  CANCER.ORG
  800.237.2345

- American Kidney Fund (dialysis patients)
  KIDNEYFUND.ORG
  800.638.8299

- The Bone Marrow Foundation
  BONEMARROW.ORG
  800.365.1336

- CancerCare
  CANCCARE.ORG
  800.813.HOPE (4673)

- Cancer Fund of America Inc.
  CFOA.ORG
  800.578.5284

- Friends of Man
  FRIENDSOFMAN.ORG
  303.798.2342

- Look Good ... Feel Better
  LOOKGOODFEELBETTER.ORG
  800.395.LOOK (5665)

- Lymphoma Research Foundation
  LYMPHOMA.ORG
  800.500.9976

- Marilyn Westbrook Garment Fund (lymphedema)
  LYMPHNET.ORG/MWGF
  415.908.3681

- Native American Cancer Research
  NATAMCANCER.ORG
  800.537.8295

- NeedyMeds (links to assistance programs)
  NEEDYMEDS.ORG
  800.503.6897

- Rise Above It (youth, young adults)
  RAIBENEFIT.ORG

- Royal Crown of Glory Foundation
  CROWNOFGLORYINC.ORG
  866.552.8080

- Stupid Cancer
  STUPIDCANCER.ORG
  877.735.4673

- Medical equipment/supplies and other services
Grants, scholarships, awards, camps

- American Cancer Society
  - CANCER.ORG
  - 800.237.2345

- American Childhood Cancer Organization
  - ACCO.ORG
  - 855.858.2226

- Andre Sobel River of Life Foundation
  - (for children at partner institutions)
  - ANDRERIVEROFLIFE.ORG
  - 310.276.7111

- Cameron Siemers Foundation for Hope (young adults)
  - CAMERONSIEMERS.ORG

- Camp Quality USA
  - CAMPQUALITYUSA.COM
  - 330.671.0167

- Camp Sunshine
  - CAMPSUNSHINE.ORG
  - 207.655.3800

- Cancer for College
  - CANCERFORCOLLEGE.ORG
  - 760.599.5096

- Cancer Recovery Foundation (camps)
  - CANCERRECOVERY.ORG
  - 800.238.6479

- Cancer Survivors’ Fund (young adults, children)
  - CANCERSURVIVORSFUND.ORG
  - 281.437.7142

- Casting for Recovery
  - CASTINGFORRECOVERY.ORG
  - 802.362.9181

- Chai Lifeline
  - CHAILIFELINE.ORG

- Children’s Oncology Camping Association International
  - COCAI.ORG

- Dream Street Foundation
  - DREAMSTREETFOUNDATION.ORG
  - 424.333.1371

- Eagle Mount
  - EAGLEMOUNT.ORG
  - 406.586.1781

- FinAid (links to assistance programs)
  - FINAID.ORG/SCHOLARSHIPS/CANCER.PHTML

- First Descents (outdoor adventure experiences)
  - FIRSTDESCENTS.ORG
  - 303.945.2490

- Jack & Jill Late Stage Cancer Foundation
  - JA.JF.ORG
  - 404.537.5253

- Kids Camps.com
  - KIDSCAMPS.COM/SPECIAL_NEEDS/CANCER_ONCOLOGY.HTML

- MaryEllen Locher Foundation
  - MELFOUNDATION.ORG

- The National Children’s Cancer Society
  - CHILDREN-CANCER.ORG
  - 314.241.1600

- National Collegiate Cancer Foundation
  - COLLEGIATECANCER.ORG
  - 240.515.6262

- Next Step
  - NEXTSTEPNET.ORG
  - 617.864.2921

- Nicki Leach Foundation
  - NICKILEACH.ORG
  - 904.686.1010

- Patient Advocate Foundation
  - PATIENTADVOCATE.ORG
  - 800.532.5274
Pediatric Brain Tumor Foundation  
CURETHEKIDS.ORG  
800.253.6530

Planet Cancer  
MYPLANET.PLANETCANCER.ORG

Reel Recovery  
REELRECOVERY.ORG  
800.699.4490

The SAMFund (young adults ages 17-35)  
THESAMFUND.ORG  
866.439.9365

SeriousFun Children’s Network  
SERIOUSFUNNETWORK.ORG  
203.562.1203

Special Love for Children with Cancer  
SPECIALLOVE.ORG  
888.930.2707

Stupid Cancer  
STUPIDCANCER.ORG  
877.735.4673

Susan G. Komen for the Cure  
KOMEN.ORG  
877.GO.KOMEN (465.6636)

The Ulman Cancer Fund for Young Adults  
ULMANFUND.ORG  
888.393.FUND (3863)

Victory Junction  
VICTORYJUNCTION.ORG  
877.VJG.CAMP (854.2267)

Women Beyond Cancer  
WOMENBEYOND CANCER.ORG

Home health care

Andre Sobel River of Life Foundation  
(for children at partner institutions)  
ANDRERIVEROFLIFE.ORG  
310.276.7111

AVON Foundation for Women  
AVONFOUNDATION.ORG  
866.505.AVON (2866)

The Bone Marrow Foundation  
BONEMARROW.ORG  
800.365.1336

Brenda Mehling Cancer Fund (patients 18-40)  
BMCF.NET  
661.310.7940

CancerCare  
CANCERCARE.ORG  
800.813.HOPE (4673)

Native American Cancer Research  
NATAMCANCER.ORG  
800.537.8295

NeedyMeds (links to assistance programs)  
NEEDYMEDS.ORG

Stupid Cancer  
STUPIDCANCER.ORG  
877.735.4673
Housing during treatment

- Alex's Lemonade Stand Foundation for Childhood Cancer
  [ALEXSLEMONADE.ORG](ALEXSLEMONADE.ORG)
  866.333.1213

- American Cancer Society (Hope Lodges)
  [CANCER.ORG](CANCER.ORG)
  800.237.2345

- American Childhood Cancer Organization
  [ACCO.ORG](ACCO.ORG)
  855.858.2226

- Andre Sobel River of Life Foundation
  (for children at partner institutions)
  [ANDRERIVEROFLIF.E.ORG](ANDRERIVEROFLIF.E.ORG)
  310.276.7111

- The Bone Marrow Foundation
  [BONEMARROW.ORG](BONEMARROW.ORG)
  800.365.1336

- Brenda Mehling Cancer Fund (patients 18-40)
  [BMCF.NET](BMCF.NET)
  661.310.7940

- Fisher House (military families)
  [FISHERHOUSE.ORG](FISHERHOUSE.ORG)
  888.294.8560

- Hope Lodge
  [CANCER.ORG/TREATMENT/SUPPORTPROGRAMSSERVICES/HOPELODGE/INDEX](CANCER.ORG/TREATMENT/SUPPORTPROGRAMSSERVICES/HOPELODGE/INDEX)
  800.227.2345

- Hospitality Homes
  [HOSP.ORG](HOSP.ORG)
  888.595.4678

- Lymphoma Research Foundation
  [LYMPHOMA.ORG](LYMPHOMA.ORG)
  800.500.9976

- The National Children's Cancer Society
  [CHILDREN-CANCER.ORG](CHILDREN-CANCER.ORG)
  314.241.1600

- Native American Cancer Research
  [NATAMCANCER.ORG](NATAMCANCER.ORG)
  800.537.8295

- NeedyMeds (links to assistance programs)
  [NEEDYMEDS.ORG](NEEDYMEDS.ORG)

- Ronald McDonald House Charities
  [RMHC.COM](RMHC.COM)
  630.623.7048

- Stupid Cancer
  [STUPIDCANCER.ORG](STUPIDCANCER.ORG)
  877.735.4673
Insurance premiums

- American Cancer Society Health Insurance Assistance Service  
  CANCER.ORG  
  800.237.2345

- American Kidney Fund (dialysis patients)  
  KIDNEYFUND.ORG  
  800.638.8299

- The Bone Marrow Foundation  
  BONEMARROW.ORG  
  800.365.1336

- Brenda Mehling Cancer Fund (patients 18-40)  
  BMCF.NET  
  661.310.7940

- CancerCare Co-Payment Assistance Foundation  
  CANCERCARECOPAY.ORG  
  866.552.6729

- The CHAIN Fund Inc.  
  THECHAINFUND.COM  
  203.530.3439

- Fifth Season Financial Assistance Loans for Living  
  FIFTHSEASONFINANCIAL.COM  
  866.459.1271

- Foundation for Health Coverage Education  
  COVERAGEFORALL.ORG

- HealthWell Foundation (diagnosis-specific)  
  HEALTHWELLFOUNDATION.ORG  
  800.675.8416

- Kaiser Family Foundation  
  KFF.ORG/HEALTHCOSTS/REPORT/A.CONSUMERGUIDE.TOHANDLINGDISPUTESWITHYOUREMPLOYERORPRIVATEHEALTHPLAN/

- Leukemia & Lymphoma Society  
  LLS.ORG  
  800.955.4572

- Life Credit Co.  
  LIFECREDITCOMPANY.COM  
  888.274.1777

- The National Children's Cancer Society  
  CHILDREN-CANCER.ORG  
  314.241.1600

- Native American Cancer Research  
  NATAMCANCER.ORG  
  800.537.8295

- NeedyMeds (links to assistance programs)  
  NEEDYMEDS.ORG

- Patient Advocate Foundation Co-Pay Relief Program  
  COPAYS.ORG  
  800.532.5274

- Patient Services Inc.  
  PATIENTSERVICESINC.ORG  
  800.366.7741

- Stupid Cancer  
  STUPIDCANCER.ORG  
  877.735.4673
<table>
<thead>
<tr>
<th>Legal assistance</th>
<th>Medical care costs</th>
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<tbody>
<tr>
<td>Administration on Aging (search for “legal assistance”)</td>
<td>American Cancer Society (local chapters)</td>
</tr>
<tr>
<td><a href="#">AOA.GOV</a> 202.401.4634</td>
<td><a href="#">CANCER.ORG</a> 800.237.2345</td>
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<tr>
<td>American Bar Association</td>
<td>American Kidney Fund (dialysis patients)</td>
</tr>
<tr>
<td><a href="#">AMERICANBAR.ORG</a> 800.285.2221</td>
<td><a href="#">KIDNEYFUND.ORG</a> 800.638.8299</td>
</tr>
<tr>
<td>Cancer and Careers</td>
<td>Andre Sobel River of Life Foundation (for children at partner institutions)</td>
</tr>
<tr>
<td><a href="#">CANCERANDCAREERS.ORG</a></td>
<td><a href="#">ANDRERIVEROFLIFE.ORG</a> 310.276.7111</td>
</tr>
<tr>
<td>Disability Rights Legal Center</td>
<td>The Bone Marrow Foundation</td>
</tr>
<tr>
<td><a href="#">DISABILITYRIGHTSLEGALCENTER.ORG</a> 866.999.3752</td>
<td><a href="#">BONEMARROW.ORG</a> 800.365.1336</td>
</tr>
<tr>
<td>LawHelp.org</td>
<td>Brenda Mehling Cancer Fund (patients 18–40)</td>
</tr>
<tr>
<td><a href="#">LAWHELP.ORG</a></td>
<td><a href="#">BMCF.NET</a> 661.310.7940</td>
</tr>
<tr>
<td>Legal Services Corp.</td>
<td>CancerCare</td>
</tr>
<tr>
<td><a href="#">LSC.GOV</a> 202.295.1500</td>
<td><a href="#">CANCERCARE.ORG</a> 800.813.HOPE (4673)</td>
</tr>
<tr>
<td>National Coalition for Cancer Survivorship</td>
<td>Cancer Survivors’ Fund (young adults, children)</td>
</tr>
<tr>
<td><a href="#">CANCERADVOCACY.ORG</a> 877.NCCS.YES (622.7937)</td>
<td><a href="#">CANCERSURVIVORSFUND.ORG</a> 281.437.7142</td>
</tr>
<tr>
<td>National Health Law Program (links to assistance programs)</td>
<td>Children’s Leukemia Research Association</td>
</tr>
<tr>
<td><a href="#">HEALTHLAW.ORG</a> 202.289.7661</td>
<td><a href="#">CHILDRENSLEUKEMIA.ORG</a> 516.222.1944</td>
</tr>
<tr>
<td>Native American Cancer Research</td>
<td>Fifth Season Financial Assistance Loans for Living</td>
</tr>
<tr>
<td><a href="#">NATAMCANCER.ORG</a> 800.537.8295</td>
<td><a href="#">FIFTHSEASONFINANCIAL.COM</a> 866.459.1271</td>
</tr>
<tr>
<td>Patient Advocate Foundation</td>
<td>Foundation for Health Coverage Education</td>
</tr>
<tr>
<td><a href="#">PATIENTADVOCATE.ORG</a> 800.532.5274</td>
<td><a href="#">COVERAGEFORALL.ORG</a></td>
</tr>
<tr>
<td>Social Security Disability Resource Center</td>
<td>Jake Owen Foundation (pediatric only)</td>
</tr>
<tr>
<td><a href="#">SSDRC.COM</a></td>
<td><a href="#">JAKEOWNEN.NET</a> 888.356.JAKE (5253)</td>
</tr>
</tbody>
</table>
Leukemia & Lymphoma Society  
LLS.ORG  
800.955.4572

Life Credit Co.  
LIFECREDITCOMPANY.COM  
888.274.1777

Mission4Maureen (brain cancer)  
MISSION4MAUREEN.ORG  
440.840.6497

The National Children’s Cancer Society  
CHILDREN-CANCER.ORG  
314.241.1600

National Marrow Donor Program/Marrow Foundation  
Patient Assistance Program  
MARROW.ORG  
800.507.5427

Native American Cancer Research  
NATAMCANCER.ORG  
800.537.8295

NeedyMeds (links to assistance programs)  
NEEDYMEDS.ORG

Patient Access Network Foundation  
PANFOUNDATION.ORG  
866.316.7263

Patient Advocate Foundation  
PATIENTADVOCATE.ORG  
800.532.5274

ReproTech Ltd.  
VERNASPURSE.ORG  
888.489.8944

Rise Above It (youth, young adults)  
RAIBENEFIT.ORG

Sarcoma Alliance  
SARCOMAALLIANCE.ORG  
415.381.7236

Stupid Cancer  
STUPIDCANCER.ORG  
877.735.4673

UnitedHealthcare Children’s Foundation  
UHCCF.ORG  
855.698.4223

Zichron Shlome Refuah Fund  
ZSRF.ORG  
718.GET.WELL (438.9355)

Post-treatment financial assistance

Andre Sobel River of Life Foundation  
(for children at partner institutions)  
ANDRERIVEROFLIFE.ORG  
310.276.7111

CancerCare  
CANCERCARE.ORG  
800.813.HOPE (4673)

National Marrow Donor Program/Marrow Foundation  
Patient Assistance Program  
MARROW.ORG

Native American Cancer Research  
NATAMCANCER.ORG  
800.537.8295

NeedyMeds (links to assistance programs)  
NEEDYMEDS.ORG

The SAMFund (young adults ages 17-35)  
THESAMFUND.ORG  
866.439.9365

Stupid Cancer  
STUPIDCANCER.ORG  
877.735.4673
Prescription assistance

- American Cancer Society
  [CANCER.ORG](http://CANCER.ORG)
  800.237.2345

- American Kidney Fund (dialysis patients)
  [KIDNEYFUND.ORG](http://KIDNEYFUND.ORG)
  800.638.8299

- The Bone Marrow Foundation
  [BONEMARROW.ORG](http://BONEMARROW.ORG)
  800.365.1336

- Brenda Mehling Cancer Fund (patients 18.40)
  [BMCF.NET](http://BMCF.NET)
  661.310.7940

- CancerCare
  [CANCERCARE.ORG](http://CANCERCARE.ORG)
  800.813.HOPE (4673)

- The CHAIN Fund Inc.
  [THECHAINFUND.COM](http://THECHAINFUND.COM)
  203.530.3439

- Children's Leukemia Research Association
  [CHILDRENSLEUKEMIA.ORG](http://CHILDRENSLEUKEMIA.ORG)
  516.222.1944

- Chronic Disease Fund
  [CDFUND.ORG](http://CDFUND.ORG)
  877.968.7233

- Foundation for Health Coverage Education
  [COVERAGEFORALL.ORG](http://COVERAGEFORALL.ORG)

- HealthWell Foundation
  [HEALTHWELLFOUNDATION.ORG](http://HEALTHWELLFOUNDATION.ORG)
  800.675.8416

- Leukemia & Lymphoma Society
  [LLS.ORG](http://LLS.ORG)
  800.857.4572

- Mission4Maureen (brain cancer)
  [MISSION4MAUREEN.ORG](http://MISSION4MAUREEN.ORG)
  440.840.6497

- National Organization for Rare Disorders
  [RAREDISEASES.ORG](http://RAREDISEASES.ORG)
  800.999.6673

- Native American Cancer Research
  [NATAMCANCER.ORG](http://NATAMCANCER.ORG)
  800.537.8295

- NeedyMeds (links to assistance programs)
  [NEEDYMEDS.ORG](http://NEEDYMEDS.ORG)

- Partnership for Prescription Assistance
  [PPARX.ORG](http://PPARX.ORG)
  888.4PPANOW (477.2669)

- Patient Access Network Foundation
  [PANFOUNDATION.ORG](http://PANFOUNDATION.ORG)
  866.316.PANF (7263)

- Patient Advocate Foundation Co-pay Relief
  [COPAYS.ORG](http://COPAYS.ORG)
  866.512.3861

- Patient Services Inc.
  [PATIENTSERVICESINC.ORG](http://PATIENTSERVICESINC.ORG)
  800.366.7741

- Rise Above It (youth, young adults)
  [RAIBENEFIT.ORG](http://RAIBENEFIT.ORG)

- RxAssist
  [RXASSIST.ORG](http://RXASSIST.ORG)

- RxHope
  [RXHOPE.COM](http://RXHOPE.COM)
  877.267.0517

- Stupid Cancer
  [STUPIDCANCER.ORG](http://STUPIDCANCER.ORG)
  877.735.4673
Reimbursement and patient assistance

- Amgen Inc.
  AMGENASSIST.COM
  888.427.7478

- AstraZeneca
  ASTRAZENECA-US.COM/MEDICINES/HELP-AFFORDING-YOUR-MEDICINES
  800.292.6363

- Bayer Healthcare Pharmaceuticals
  BAYERPHARMA.COM/EN/CORPORATE-RESPONSIBILITY/MEDICAL-CARE/PATIENT-ASSISTANCE-PROGRAMS/INDEX.PHP
  866.575.5002

- Boehringer Ingelheim
  US.BOehringer-INGELHEIM.COM
  800.556.8317

- Bristol-Myers Squibb
  BMS.COM/PRODUCTS/PAGES/PROGRAMS.ASPX
  800.861.0048

- Celgene
  CELGENEPATIENTSUPPORT.COM
  800.931.8691

- Centocor Ortho Biotech Inc.
  888.222.3771

- Cephalon Oncology
  CEPHALONONCOLOGYCORE.COM
  888.587.3263

- Dendreon
  PROVENGEREIMBURSEMENT.COM
  877.336.3736

- Eisai Inc.
  EISAIREIMBURSEMENT.COM
  866.613.4724

- Genentech Inc.
  GENE.COM/PATIENTS/PATIENT_ACCESS
  888.249.4918

- Genomic Health Inc.
  ONCOTYPEDX.COM/EN.US/BREAST/PATIENTSCAREGIVERSINVASIVE/INSURANCE/INSURANCE
  866.662.6897

- Genzyme Corp.
  GENZYME.COM/PATIENTS/PATIENT_SUPPORT_SERVICES.ASPX
  800.745.4447

- GlaxoSmithKline
  GSK.ACCESS.COM
  866.475.3678

- ICI Pharmaceutical Novaldex
  (provides tamoxifen to patients with financial need)
  800.456.5678

- Johnson & Johnson Patient Assistance
  JJPASF.ORG
  800.652.6227

- Lilly USA LLC
  LILLYTRUASSIST.COM
  866.472.8663

- Merck & Co.
  MERCK.COM/MERCKHELPS
  800.727.5400

- Millennium Pharmaceuticals Inc.
  VELCADE.COM/PAYINGFORTREATMENT.ASPX
  866.835.2233

- Novartis Pharmaceuticals
  PATIENTASSISTANCENOW.COM
  800.245.5356

- Pfizer Inc.
  PFIZERHELPFULANSWERS.COM/PAGES/MISC/DEFAULT.ASPX
  866.706.2400

- Sanofi.Aventis
  VISITSPCONLINE.COM
  888.847.4877

- Searle Pharmaceutical Co.
  800.542.2526
Transportation and travel resources

- The Air Care Alliance
  AIRCAREALL.ORG
  888.260.9707

- Air Charity Network
  AIRCHARITYNETWORK.ORG
  877.621.7177

- Alex’s Lemonade Stand Foundation for Childhood Cancer
  ALEXSLEMONADE.ORG
  866.333.1213

- American Cancer Society (Road to Recovery)
  CANCER.ORG
  800.237.2345

- American Childhood Cancer Organization
  ACCO.ORG
  855.858.2226

- American Kidney Fund (dialysis patients)
  KIDNEYFUND.ORG
  800.638.8299

- Andre Sobel River of Life Foundation
  (for children at partner institutions)
  ANDRERIVEROFLIFE.ORG
  310.276.7111

- Angel Airline Samaritans
  ANGELAIRLINESSAMARITANS.ORG
  800.296.1217

- Angel Airlines for Cancer Patients
  ANGELAIRLINESFORCANCERPATIENTS.ORG
  800.296.1217

- Angel Flight Central
  ANGELFLIGHTCENTRAL.ORG
  866.569.9464

- AVON Foundation for Women
  AVONFOUNDATION.ORG
  866.505.AVON (2866)

- The Bone Marrow Foundation
  BONEMARROW.ORG
  800.365.1336

- Brenda Mehling Cancer Fund (patients 18-40)
  BMCF.NET
  661.310.7940

- CancerCare
  CANCERCARE.ORG
  800.813.HOPE (4673)

- Chai Lifeline
  CHAILIFELINE.ORG

- Family Reach Foundation
  FAMILYREACH.ORG
  973.394.1411

- Hospitality Homes
  HOSP.ORG
  888.595.4678

- Joe’s House
  JOESHOUSE.ORG
  877.JOESHOU (563.7687)

- Leukemia & Lymphoma Society
  LLS.ORG
  800.955.4572

- Lifeline Pilots
  LIFELINEPILOTS.ORG
  800.822.7972

- LIVESTRONG Foundation
  LIVESTRONG.ORG

- Lymphoma Research Foundation
  LYMPHOMA.ORG
  800.500.9976

- Miracle Flights For Kids
  MIRACLEFLIGHTS.ORG
  800.FLY (359).1711
Mission4Maureen (brain cancer)
MISSION4MAUREEN.ORG
440.840.6497

The National Children's Cancer Society
CHILDREN-CANCER.ORG
314.241.1600

Wish fulfillment

A Special Wish Foundation Inc.
SPWISH.ORG
800.486.9474

Bear Necessities Pediatric Cancer Foundation
BEARNECESSENTIES.ORG
866.309.BEAR (2327)

Believe In Tomorrow National Children’s Foundation
(respite housing)
BELIEVEINTOMORROW.ORG
800.933.5470

Chef David’s Kids
CHEFDAVIDSKIDS.COM
954.594.1024

Children’s Wish Foundation International Inc.
CHILDRENSWISH.ORG
800.323.WISH (9474)

Clayton Dabney Foundation
CLAYTONDABNEY.ORG
214.361.2600

Dream Factory
DREAMFACTORYINC.ORG
800.456.7556

Dream Foundation (for adults)
DREAMFOUNDATION.ORG
805.564.2131

Give Kids The World
GKTW.ORG
800.995.KIDS (9474)

Her Heart’s Wish
CHARITY.LOVETOKNOW.COM/WISH_GRANTING_CHARITIES_FOR_ADULTS

HopeKids
HOPEKIDS.ORG
800.319.5845

Kids Wish Network
KIDSWISHNETWORK.ORG
888.918.9004

Make-A-Wish Foundation
WISH.ORG
800.722.9474

Memories of Love
MEMORIESOFLOVE.ORG
800.625.1566

Starlight Children’s Foundation
STARLIGHT.ORG

Sunshine Foundation
SUNSHINEFOUNDATION.ORG

Western Wishes Foundation
WESTERNWISHES.ORG
817.757.9216

Wishing Well Foundation USA Inc.
WISHINGWELLUSA.ORG
888.663.9474

Her Heart’s Wish
CHARITY.LOVETOKNOW.COM/WISH_GRANTING_CHARITIES_FOR_ADULTS

HopeKids
HOPEKIDS.ORG
800.319.5845

Kids Wish Network
KIDSWISHNETWORK.ORG
888.918.9004

Make-A-Wish Foundation
WISH.ORG
800.722.9474

Memories of Love
MEMORIESOFLOVE.ORG
800.625.1566

Starlight Children’s Foundation
STARLIGHT.ORG

Sunshine Foundation
SUNSHINEFOUNDATION.ORG

Western Wishes Foundation
WESTERNWISHES.ORG
817.757.9216

Wishing Well Foundation USA Inc.
WISHINGWELLUSA.ORG
888.663.9474
Each year, millions of patients are affected by hospital-associated infections, leading to complications, increased lengths of stay and even death.

- Research suggests that more than half of these infections could be prevented by caregivers, visitors and patients practicing good hand washing.

- We encourage you and your family to ask your caregivers — doctors, nurses, and all others involved in your care — if they have cleaned their hands.

- We expect our caregivers to clean their hands every time they enter and leave your room, and every time before and after they have direct contact with you.

- Our goal is to reduce infections and keep you safe.

So please speak up because clean hands save lives!