











Finding oncology resources can be challenging, but we are here for you at UCI Health. This handout lists resources to support your journey in managing your heart and well-being.

Key:

 Advocacy	 Education	 Classes	 Management
 Nutrition	 Research	 Support Groups	 Treatment

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UCI HEALTH


UCI Health Chao Family Comprehensive Cancer Center



Comprehensive care center for patients fighting cancer. Offers: diagnosis, treatment, monitoring, coaching, and education. Services include:

- | | |
|---|--|
| <ul style="list-style-type: none"> • Brain Tumor • Breast Cancer • Cancer Registry • Cancer Support and Survivorship • Colorectal Cancer Screening • Colorectal Disease • Endocrine Surgery • Esophageal Disease • Gastrointestinal Cancer • Genetic Testing and Counseling • Gynecologic Oncology • Head and Neck Cancer • Hematology-Oncology (Leukemia, Lymphoma and Myeloma) | <ul style="list-style-type: none"> • Kidney Cancer • Liver and Pancreas Cancer • Lung Cancer • Lung Cancer Screening • Medical Oncology • Melanoma Center • Orthopaedic Oncology • Ovarian Cancer Center • Prostate Cancer • Radiation Oncology • Skin Cancer • Stem Cell Transplant & Cellular Therapy • Surgical Oncology • Urologic Cancer • Young Adult |
|---|--|

For more information:

 1-714-456-8000

 <https://www.ucihealth.org/medical-services/cancer-center>



Disclaimer: This sheet does not include all oncology resources. Ask your healthcare team for advice when making lifestyle changes. UCI Health doesn't endorse the external resources listed. Updated as of 11/01/2023.

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UCI HEALTH RESOURCES

UCI Health Cancer Center - Costa Mesa

- Comprehensive Cancer Center in Costa Mesa and provides infusion services.
- ☎ 1-949-999-2440
- 🌐 <https://www.ucihealth.org/locations/costa-mesa/uci-health-costa-mesa>



UCI Health - Yorba Linda Infusion Center

- Comprehensive Cancer Center in Yorba Linda and provides infusion services.
- ☎ 1-714-456-8000
- 🌐 <https://www.ucihealth.org/locations/yorba-linda/uci-health-yorba-linda-infusion-center>



Patient Education Library - Health Clips

- Learn about cancer types, treatments, and recovery through.
- 🌐 <https://www.healthclips.com/facility/02800/Library>



UCI Health, Healthy Living Series Classes - English

- Help you discover how to live well and equip you with the tools to improve your life and well-being.
- ☎ 1-714-456-7514
- 🌐 <https://www.ucihealth.org/events/health-classes/healthy-living-series>



UCI Health, Vivir Bien Serie - Spanish

- Help you discover how to live well and equip you with the tools to improve your life and well-being in Spanish.
- ☎ 1-714-456-3739
- 🌐 <https://www.ucihealth.org/events/health-classes/healthy-living-series-en-espanol>



UCI Health - Plant-Based Cooking Workshop Series

- Learn to adapt and cook plant-based foods online for free.
- ☎ 1-714-456-8434
- 🌐 <https://www.ucihealth.org/events/event-search-results?keyword=plant%20based>





AMERICAN CANCER SOCIETY

American Cancer Society 📣 📖 📄

- An organization dedicated to improving the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

📞 1-800-227-2345

🌐 <https://www.cancer.org/>



Cancer Types 📖 📄 +

- A site full of in-depth information on specific cancer types, including risk factors, early detection, diagnosis, and treatment options.

🌐 <https://www.cancer.org/cancer/types.html>



The Doctor-Patient Relationship 📖

- Informative tips on how to best communicate with your doctor to receive the best care possible and become a collaborating team.

🌐 <https://www.cancer.org/cancer/managing-cancer/finding-care/the-doctor-patient-relationship.html>



Making Decisions and Managing Your Treatment 📖 📄

- Learn about how to approach making decisions about treatment, and what to ask your health care team.

🌐 <https://www.cancer.org/cancer/managing-cancer/making-treatment-decisions.html>



Cancer Risk and Prevention 📖 📄

- Learn how to reduce your risk of cancer by making healthy choices, like eating right, staying active, and not smoking.

🌐 <https://www.cancer.org/cancer/risk-prevention.html>



Diagnosing and Staging Cancer 📖

- Learn about the signs and symptoms of cancer, how cancer is diagnosed, and what to expect if you're facing a possible cancer diagnosis.

🌐 <https://www.cancer.org/cancer/diagnosis-staging.html>



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End of Life Care

- Information about hospice care, what may happen when the end of life is near, and managing feelings of grief and loss.

 <https://www.cancer.org/cancer/end-of-life-care.html>



Survivorship: During and After Treatment

- Informative tips on staying active and healthy during and after cancer treatment. Manage your health care as a cancer survivor.

 <https://www.cancer.org/cancer/survivorship.html>



For Caregivers and Family


- If you are a caregiver or a family member to someone diagnosed with cancer, get tips to make sure that you take care of yourself.

 <https://www.cancer.org/cancer/caregivers.html>



24/7 Chat or Call Line or Video Chat

- Reach out through call or chat to connect with a trained Cancer Information Specialist to empower you with accurate, up to date information.

 1-800-227-2345

 <https://www.cancer.org/about-us/online-help/contact-us.html>



Cancer Stories

- Read stories of real people who have survived cancer - and the positive impact the American Cancer Society had on their cancer journey - and hear from those who are making a difference in the lives of people with cancer and their families.

 <https://www.cancer.org/about-us/what-we-do/cancer-stories.html>



ACS CARES™

- ACS CARES™ (Community Access to Resources, Education, and Support) is an app that equips those facing cancer with curated content, programs, and services to fit their specific cancer journey.

 <https://www.cancer.org/support-programs-and-services/acs-cares.html>



GOVERNMENT RESOURCES

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Centers for Disease Control and Prevention (CDC) - Cancer



- A national public health agency. Provides the latest national information and resources on cancer.
- 📞 1-800-232-4636
- 🌐 <https://www.cdc.gov/cancer/index.htm>



NIH - National Cancer Institute (NCI)

- National cancer research and education agency to advance scientific knowledge and help all people live longer, healthier lives.
- 📞 1-800-4-CANCER or 1-800-422-6237
- 🌐 <https://www.cancer.gov/>



NCI - Eating Hints: Before, during, and after Cancer Treatment



- For those who are having eating problems caused by cancer treatment. Covers common types of eating problems and ways you can manage them.
- 🌐 <https://www.cancer.gov/publications/patient-education/eating-hints>



NCI - Chemotherapy and You: Support for People with Cancer



- For those who are about to receive or are now receiving chemotherapy for cancer. A guide you can refer to throughout your chemotherapy treatment.
- 🌐 <https://www.cancer.gov/publications/patient-education/chemo-and-you>



MedlinePlus - Cancer

- Online cancer information resource for patients, families, and friends. Service of National Library of Medicine (NLM).
- 🌐 <https://medlineplus.gov/cancer.html>



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NONPROFIT & NOT-FOR-PROFIT ORGANIZATIONS

 <p>CANCERcare® Over 75 Years of Help and Hope</p>	<p>CancerCare    </p> <ul style="list-style-type: none"> National organization providing free, professional support services and information to help people manage the emotional, practical and financial challenges of cancer. <p>📞 1-800-813-4676 🌐 https://www.cancercares.org/</p>	
 <p>American Institute for Cancer Research</p>	<p>American Institute for Cancer Research    </p> <ul style="list-style-type: none"> Conducts scientific research on cancer prevention and survival through diet, weight, and physical activity. To help people make informed lifestyle choices. <p>📞 1-800-843-8114 🌐 https://www.aicr.org/</p>	
 <p>Livestrong</p>	<p>Livestrong   </p> <ul style="list-style-type: none"> Dedicated to finding new, breakthrough solutions to old problems. To ensure that each and every cancer patient doesn't just survive, they Livestrong. <p>📞 1-877-236-8820 🌐 https://www.livestrong.org/</p>	
 <p>CRI Cancer Research Institute™</p>	<p>Cancer Research Institute (CRI)   </p> <ul style="list-style-type: none"> To save more lives by developing immunotherapies for all cancers <p>📞 1-800-992-2623 🌐 https://www.cancerresearch.org/</p>	
 <p>NCCS NATIONAL COALITION FOR CANCER SURVIVORSHIP</p>	<p>National Coalition for Cancer Survivorship  </p> <ul style="list-style-type: none"> To advocate for quality cancer care and quality of life for all people touched by cancer. <p>📞 1-877-NCCS-YES OR 1-877-622-7937 🌐 https://canceradvocacy.org/</p>	
 <p>AMERICAN COLLEGE OF Lifestyle Medicine</p>	<p>American College of Lifestyle Medicine    </p> <ul style="list-style-type: none"> Promotes evidenced-based lifestyle medicine to treat, reverse, and prevent non-communicable, chronic disease <p>🌐 https://lifestylemedicine.org/</p>	

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FORUMS & SUPPORT GROUPS

 <p>Find Community. Find Wellness. Find Hope.™</p>	<p>Depression and Bipolar Support Alliance (DBSA) - Orange County CA Chapter   </p> <ul style="list-style-type: none"> Peer led support groups gain support, wisdom, strength, and hope from fellow members. <p>https://www.dbsaoc.org/services</p>	
	<p>National Alliance on Mental Illness   </p> <ul style="list-style-type: none"> If you or someone you know are in a crisis, they are here to help you. OC Warmline is available 24/7 and support groups are available. <p>https://www.namioc.org/crisis-we-can-help</p>	
	<p>American Cancer Society - Cancer Survivors Network   </p> <ul style="list-style-type: none"> A peer support community for cancer patients, survivors, caregivers, families, and friends. <p>https://csn.cancer.org/</p>	
	<p>Cancer Support Community  </p> <ul style="list-style-type: none"> Provides in-person and online community support. Empowering those who are impacted by cancer. <p>☎ 1-888-793-9355</p> <p>https://www.cancersupportcommunity.org/</p>	
	<p>CancerCare - Support Groups  </p> <ul style="list-style-type: none"> A place to connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by oncology social workers. <p>☎ 1-800-813-4673</p> <p>https://cancercares.org/support_groups</p>	
	<p>NIC - Support Groups Organizations Search  </p> <ul style="list-style-type: none"> View more than 100 organization nationwide that provide emotional, practical, and financial support services for people with cancer and their families <p>☎ 1-800-4-CANCER or 1-800-422-6237</p> <p>https://supportorgs.cancer.gov/home.aspx?lang=1</p>	

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MEDICATION ASSISTANCE



GoodRx

- Get the right care at the best price. Will help you find lowest medication costs and discounts.
- 1-855-268-2822
- <https://www.goodrx.com/>



Rx Assist

- Can help you learn more about pharmaceutical companies and other resources to help lower your medication costs.
- <https://www.rxassist.org/patients>



ADVANCED DIRECTIVES



UCI Health - Advanced Directive Class

- In this class, a doctor and social worker will explain what a advanced directive form is and how it is used.
- <https://www.ucihealth.org/events/health-classes/advance-directives>



National Institute on Aging (NIH) - Advanced Care Planning

- National agency focused on the nature of aging and to extend the healthy, active years of life.
- <https://www.nia.nih.gov/health/advance-care-planning-advance-directives-health-care#what>



California PREPARE Advanced Directive

- Fill out your advanced directive online with pages that are easy-to-read and that PREPARE will walk you through.
- <https://prepareforyourcare.org/en/advance-directive-state/ca>



National Portable Medical Orders (POLST)

- Honoring the wishes of those with serious illness and frailty. A process and a form.
- <https://polst.org/>



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SMOKING RESOURCES

	<p>Kick It California - Tobacco Cessation California Assistance </p> <ul style="list-style-type: none"> Take the first step towards quitting with a free program that helps Californians kick smoking, vaping, and smokeless tobacco. <p>☎ 1-800-300-8086</p> <p>🌐 https://kickitca.org/</p>	
	<p>OC Health Care Agency - Tobacco Use Prevention Program  </p> <ul style="list-style-type: none"> Located at 12 Civic Center Plaza, Suite 127, Santa Ana, CA 92701. Self-help resources to quit smoking. <p>☎ 1-866-639-5864 OR 1-866-NEW-LUNG</p> <p>🌐 https://ohealthinfo.com/services-programs/wellness-safety-prevention/tobacco-use-prevention</p>	
	<p>American Cancer Society - Quit For Life  </p> <ul style="list-style-type: none"> Free self-help materials and referrals. <p>☎ 24 hour hotline coaching. Call 1-866-784-8454 or 1-QUIT-FOR-LIFE (Available in English & Spanish).</p> <p>🌐 https://www.cancer.org/cancer/risk-prevention/tobacco.html</p>	
<p>smokefree.gov</p>	<p>NIH - Smokefree  </p> <ul style="list-style-type: none"> Informative tips, resources, and programs to stop smoking catered to a variety of people: veterans, women, teenagers, 60+, and Spanish-speaking. <p>🌐 https://smokefree.gov/</p>	
	<p>American Society of Clinical Oncology (ASCO) - Resources to Help You Quit Smoking  </p> <ul style="list-style-type: none"> List of (mostly) free resources to help you quit smoking and using tobacco products. <p>🌐 https://www.cancer.net/navigating-cancer-care/prevention-and-healthy-living/stopping-tobacco-use-after-cancer-diagnosis/resources-help-you-quit-smoking</p>	

Substance Abuse

- List of referrals, programs, and treatment centers available in OC.
- ☎ 1-855-886-5400
- 🌐 <https://ssa.ocgov.com/how-do-i/find/community-resources/substance-abuse>



Orange County Food Help

- Find free food in Orange County with an interactive map. Has local soup kitchens, food pantries, home-delivered meals, congregate meals, and after-school meals for yourself and the rest of your family. Available in many languages.
- 🌐 <https://ocfoodhelp.org/>



In-Home Supportive Services (IHSS)

- Provides supportive services to person who are aged, blind, or disabled, and who are limited in their ability to care for themselves and cannot live at home safely without assistance.
- ☎ 1-714-825-3000
- 🌐 <https://www.ssa.ocgov.com/elderdisabled-home-services/home-supportive-services>



Adult Mental Health Services

- List of statewide and countywide resources for mental health.
- 🌐 <https://www.ssa.ocgov.com/health-care-services/other-community-health-services/adults-mental-health-services>



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TRANSPORTATION RESOURCES



American Cancer Society - Road to Recovery

- Provides free rides to cancer-related medical appointments. Call to make an appointment.
- ☎ 1-800-227-2345
- 🌐 <https://www.cancer.org/support-programs-and-services/road-to-recovery.html>



CANCERcare®

Over 75 Years of Help and Hope

CancerCare - Transportation Resource

- Provides financial assistance for treatment-related transportation to people affected by cancer.
- ☎ 1-800-813-4673
- 🌐 https://www.cancercare.org/publications/303-transportation_resources



Mercy Medical Angels - Angel Wings

- Removing the barrier to medical care with transportation on the ground and in the air.
- 🌐 <https://request.angelwheels.org/missionRequest/angelWheelsRequest1/id/6458>



Alex's Lemonade Stand: Travel For Care Program

- To ensure children battling childhood cancer have the financial assistance needed to travel to clinical trials, experimental therapeutics, or treatment innovations not currently available at their local institution.
- ☎ 1-866-333-1213
- 🌐 <https://www.alexlemonade.org/childhood-cancer/for-families/travel-for-care>



Orange County Transit Authority (OCTA): ACCESS








- Service within ¾ mile of, and during the same hours as, the OC Bus service. \$3.60 for each one-way trip.
- ☎ Eligibility: 1-714-560-5956
- ☎ Reservation: 1-877-628-2232
 - TDD: 1-800-564-4232
- 🌐 <http://octa.net/Getting-Around/Bus/Access-Service/Overview/>



(OLDER ADULTS ONLY)

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	<p>Senior Wheels Transportation Program</p> <ul style="list-style-type: none"> • For Anaheim residents, transportation within a 10 miles radius of the resident's home. ☎ More information: 1-714-765-4511 ☎ Reservations: 1-714-706-8161 🌐 https://www.anaheim.net/1638/Senior-Wheels-Transportation-Program 	
	<p>Orange County: Senior Non-Emergency Medical Transportation (SNEMT Program)</p> <ul style="list-style-type: none"> • Low-cost transportation to and from medical appointments and other health-related trips. ☎ 1-800-510-2020 OR 1-714-480-6450 🌐 https://www.officeonaging.ocgov.com/page/senior-non-emergency-medical-transportation-snemt-program 	
	<p>Age Well Senior Services: Non-Emergency Medical Transportation</p> <ul style="list-style-type: none"> • Rides to and from the doctor within South Orange County designated service area. All rides must be scheduled five (5) business days in advance. ☎ 1-949-855-9766 🌐 https://agewellseniorservices.org/transportation/ 	
	<p>City of Irvine: TRIPS</p> <ul style="list-style-type: none"> • Low-cost, wheelchair-accessible transportation to Irvine seniors and adults with disabilities. ☎ 1-949-724-7433 🌐 https://www.cityofirvine.org/senior-services/trips 	