

Helping Cancer Patients Access Resources and Information

The *Cancer Information and Resource Center* is a service of Casa Esperanza's Patient Navigation and Survivor Services Program.

Imagine that you have just been diagnosed with cancer. You are just beginning to adjust to the physical and emotional effects of the disease and the treatment when you are suddenly faced with a host of new challenges: confusing medical terminology, expenses, and limited time and energy to manage even the simplest of everyday tasks. For many people with cancer, trying to navigate the health care system to obtain quality medical care, information, and social services while juggling financial and practical responsibilities can be overwhelming.

Casa Esperanza's Patient Navigation and Survivor Services Program is here to meet the unique needs of cancer patients and survivors. The program provides guidance and personal assistance to patients.

Know that you are not alone and that there is help available. To learn more about **cancer types, treatment options, and coping with the physical and emotional effects of cancer** please visit the Cancer Information and Resource Center.



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Cancer Information and Resource Center



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Cancer Information and Resource Center

Everyone can use a helping hand sometime.



Casa Esperanza's *Cancer Information and Resource Center* offers high-quality educational materials for cancer survivors, including brochures, fact sheets, videotapes, and Internet resources on a variety of topics. Information is available on **specific cancer types, treatment options, clinical trials, coping strategies, supportive services**, and more. All publications are from reliable, trustworthy sources such as the National Cancer Institute and the American Cancer Society, and are free to cancer patients and their families. A knowledgeable, trained Patient Navigator is on-site to help.

Topics Include:

- *Cancer types (lung, breast, leukemia, etc.)*
- *Childhood cancer*
- *Chemotherapy and radiation*
- *Clinical trials*
- *Pain control*
- *Side effects*
- *Nutrition and exercise*
- *Stress and anxiety*
- *End-of-life care*
- *Long-term survivorship*
- *Legal and financial issues*

English and Spanish-language materials are available. Materials are also available for Native American audiences.

When You Need to Know....

The Casa Esperanza *Cancer Information and Resource Center* collection provides information for cancer patients and their families that is

...Accurate

...Current

...Free



For more information or to refer patients to our program, please contact:

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