Oncology Family Handbook

INFORMATION

The Children’s Hospital of Philadelphia
CANCER CENTER

Written 6/2013

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Patient family education materials provide educational information to help individuals and families. You should not rely on this information as professional medical advice or to replace any relationship with your physician or healthcare provider.
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Information

Welcome to the Cancer Center at the Children’s Hospital of Philadelphia (CHOP). As parents/caregivers, you will have many questions about your child’s care. The healthcare team is here to support you. We want to be sure that you have all the information you need to feel comfortable caring for your child. We will give you a handbook from the Children’s Oncology Group (COG). In addition, we would like to provide you with information about CHOP. We will provide you with additional handouts and offer Oncology education classes to help you learn about your child’s care. The healthcare team will have many discussions with you as well. This material is not meant to replace conversations with members of your healthcare team.

Contact Information: Important Phone Numbers

**Phone nurse:** 215-590-2299
The phone nurse is available from 8:30a.m. - 5:00p.m., seven days a week, including holidays. Please call with questions about your child’s care or with any concerns that you may have while you are at home.

After 5:00p.m., please call 215-590-1000 and ask for the Oncology Fellow on call.

**For prescription refills:** 215-590-2299 (Press 1)
You may call and leave a message with information about your request. The prescription messages are reviewed every day. Please note that some prescriptions may take several days to process. Please try to give at least 1 week’s notice.

**Clinic Appointments in the Wood Building:** 215-590-3025
Please call to schedule an appointment or test.

**Inpatient Unit:** 215-590-5538 or 215-590-2682

**Oncology/Hematology Clinic at Voorhees:** 856-435-7502
Located in Voorhees, NJ Pediatric and Adolescent Specialty Care Network, a Valerie Fund Children’s Center.

**Oncology/Hematology Clinic at King of Prussia:** 610-337-8160
Located in King of Prussia, PA Pediatric and Adolescent Specialty Care Network.
General Information: When to Call

Call 911 or Emergency Services right away if your child:

- Cannot breathe
- Is not able to wake up, or
- Is having a new seizure

Call your healthcare team right away if your child has:

- Fever of 100.4°F (38°C) three times in a 24 hour period (taken at least 2 hours apart) or 101.2°F (38.5°C) once in 24 hours.
  - Write down the temperature and the time that you took it.
  - Do not take temperature rectally.
  - Do not give Tylenol until your child’s temperature reaches 101.2°F (38.5°C).
  - If your child is uncomfortable with the fever, call the doctor before giving your child medication. After calling the doctor, you may be instructed to give Acetaminophen (Tylenol) as directed on the label.
  - Do not give ibuprofen (Motrin, Advil) or aspirin unless directed by a doctor or nurse practitioner. You do not need to treat the fever unless your child is uncomfortable.
  - Give lots of clear liquids to drink as tolerated.
  - Keep your child comfortable in lightweight clothing.

- Other signs of infection
  - Pain, redness or swelling anywhere in the body
  - Sore throat
  - Ear ache
  - Stiff neck
  - Pain when urinating or having a bowel movement
  - Pain or redness at the central line / portacath site
  - Chills (especially after flushing your child’s central line)

- An exposure to chickenpox

- Bleeding
  - Nose bleed or bleeding from the gums that does not stop with 5-10 minutes of gentle pressure.
  - Blood in the urine or stool
  - Vomit or stool that looks black
  - Easy bruising or tiny, red freckles on the skin (petechiae)

- Difficulty breathing
• **A change in behavior or level of consciousness**
  • If your child is very sleepy or you are unable to wake your child,
  • Your child is very irritable or not making sense when talking,
  • If you are uncomfortable with the way your child looks.

• **Vomiting, diarrhea and not able to eat or drink**

• **Severe headache when he wakes up**

• **Break in central line**

**Oncology Clinic**

**Clinic appointments**

The clinic is where your child comes to see his healthcare provider when he is not in the hospital. When you arrive in the oncology clinic, please stop at the registration desk. Please make every effort to arrive on time. Please make sure to have a referral if required by your health insurance plan. After registration is complete your child will receive an ID band. At this time, please tell us if your child has been exposed to chicken pox, has a rash, or has recently been on isolation precautions on the inpatient unit. After receiving your registration paperwork, take it to the triage area. Please wait for your child’s name to be called. Once in the triage area, the clinic staff will take your child’s vital signs (blood pressure, heart and respiratory rate), height and weight. You will be asked about your child’s allergies and an allergy band will be placed if needed.

Please remember that a responsible adult must remain with your child at all times during the clinic visit, and that no children should be left unattended.

You will be here for one of several kinds of appointments:

1. **Physician / Nurse Practitioner appointments**
   During this type of appointment, a physician or nurse practitioner will examine your child and discuss your child’s care. Always bring a current list of your child’s medications and request needed prescription refills during your appointment.

2. **Chemotherapy admissions**
   Chemotherapy may be started in the day hospital before your child is transferred to the main hospital. Our goal is to start chemotherapy as soon as it is available in the clinic. Your child will then be transferred to the inpatient unit when there is a bed available.

3. **Outpatient chemotherapy or transfusion of blood products in the Alex Day Hospital**
   The Day Hospital is an area of the clinic where your child may receive infusions or blood transfusions. Patients may receive IV fluids, blood products, chemotherapy, or antibiotics in this area.
4. **Lab work only**  
The Oncology Clinic has a separate lab area. This is where your child may go to have labs drawn.

5. **Sick Visits**  
Please call the phone nurse if your child is sick. Sick patients will be seen until about 4:00 p.m. Sometimes, patients may be directed to the CHOP ED or a local ED. Please note: while your child’s routine clinic appointments will be with his primary healthcare provider, other visits may require your child to see another healthcare provider.

**There will always be a team of nurses working with your child during your visit.**

**What to bring**

Sometimes clinic visits can be longer than expected. The following are a few suggestions of things to bring to help you during your visit:

- **Infants:** formula, diapers, bottles, nipples
- **Children:** snacks, Pull-Ups, toys, change of clothes
- **Yourself:** We suggest that you keep a bag ready as a “grab and go”. This should contain any information and specialty products your child may need when coming to the clinic or emergency room. You may also want to bring a change of clothes for yourself.
- **Things to pass the time:** books, magazines, schoolwork, or portable entertainment (movies, music or electronic games).

You will be given a Care Binder, which is a great place to keep and carry all of your child’s important medical information. Please bring your binder to your clinic appointments.

Also, please remember to bring:
- list of medicine refills,
- list of questions to ask your child’s physician or nurse practitioner,
- any scan or lab results completed at other institutions

Light snacks and beverages are available for the patients and families.

Please note: if you have been waiting an unexplained length of time please notify the charge nurse.

**Clinic Tour**

You may tour the clinic before your first visit (while you are still inpatient). Please ask the hospital staff for more information.
The Hospital: Your Healthcare Team at CHOP

The COG Family Handbook describes many members of the healthcare team that are common to all hospitals. These members include: physicians and residents, Nurses, Nurse Practitioners, Child Life Specialists, Nutritionists, Pharmacists, Physical Therapists, Social Workers and School Teachers. The CHOP team includes the following people:

**Case Manager** - A nurse who coordinates homecare needs between the family, the healthcare team, and your insurance company.

**Art and Music Therapists** - Trained professionals seeking to generate positive changes in the psychological, physical, cognitive, and/or social functioning of children and adolescents with cancer. Participation in art and music therapy provides individuals with ways to express themselves that may not be possible through other activities.

**Insurance Specialist** - A person who works with you and your insurance company to confirm your insurance eligibility and to determine insurance benefits. The Financial Counselor guides you about your financial responsibility and is a resource for your health insurance needs.

**Pediatric Hospitalist** - (Also called House Physician) A doctor who has completed medical school and a pediatric residency. The Pediatric Hospitalist cares for patients as a general pediatrician as part of the oncology medical team.

**Coordinator of Patient-Family Education** - A nurse who has both pediatric oncology and education experience and ensures that all families receive the medical information needed to safely care for their child at home.

**Patient Navigator** - This position, funded by the American Cancer Society, supports families and the psychosocial team by making appropriate referrals to resources at CHOP and external organizations, supporting cancer survivors, and compiling new resources for the use of patients treated in the Cancer Center and their families.
Medical Information at CHOP

Treatment and Effects: Transfusion* Guidelines for Oncology Patients at CHOP

Red Blood Cells
A normal hemoglobin (Hgb) is 12 gm/dl to 16 gm/dl. Your child may need a transfusion of Red Blood Cells for hemoglobin less than 7gm/dl or higher depending on his condition. Red blood cell transfusions usually take 2-3 hours and are given through a central line or intravenous line.

Platelets
A normal platelet count is 150,000 to 300,000. Your child may need a platelet transfusion for a platelet count less than 10,000. Platelets usually take 15-30 minutes and are given through a central line or intravenous line. Please ask your child’s healthcare team about activities restrictions.

*Every child is unique and the MD/NP may have a different threshold for your child depending on his specific condition. Your child’s team may give transfusions for blood counts that are slightly different from our standard treatment guidelines. The healthcare team will discuss the reasons for giving any transfusion.

Central Line Care

Please ask your child’s nurse for the most current information related to the care of your child’s central line.

Type of Line: ____________________

Date Placed: ____________________
Local Resources:

In and Around CHOP

Below are some important hospital resources to know. For more information, contact the psychosocial person assigned to work with your family.

Transportation and Parking

Map and Directions

Call 215-590-7275 or visit http://www.chop.edu and click on “Get Directions” for directions to CHOP via car or public transportation.

Parking

Families of patients may park in the hospital’s main building parking lot for a daily discounted rate. Elevators and stairs connect the garage to the Hospital. Visitors and families with outpatient appointments can park in the Richard D. Wood Pediatric Ambulatory Care Center garage. Elevators and stairs connect the garage to the Wood Center. A walkway connects the second floor of the Wood Center to the third floor of the Children’s Hospital. For a discount, get your parking ticket stamped at the oncology clinic’s registration desk or Welcome Center desk. If your child receives radiation at the Ruth and Raymond Perelman Center for Advanced Medicine, free parking is provided during treatment visits. Contact the Registration Desk at HUP Radiation Department for details at 215-662-3074 or 3075.

Financial Assistance

CHOP’s Family Health Coverage Program is a resource for families who need assistance paying for their child’s medical care. You will be assigned a Family Health Coverage Coordinator who will assist you with applying for available public assistance programs that you may qualify for. The department is located on the eighth floor of the Main Building. They can also be reached at 1-800-974-2125 or at 267-426-0359.
Food*

The Food Court
The main cafeteria is located on the first floor of the main building. Parents can show their inpatient wristband for a discount. Open every day from 6:30 a.m. to 7:30 p.m. and 1:00 a.m. to 4:00 a.m.

An “Express Café” is open every day from 10:30 to 11 a.m., 3:30 to 4 p.m., and 7:30 to 8 p.m. This café offers limited options during the times that the Food Court staff is changing from one meal to another.

C3 convenience store
A small convenience store located on the first floor of the Wood Building. Open Monday through Friday from 6:30 a.m. to 5:30 p.m.

Gift Shop
Located on the first floor of the Main Building. Open Monday through Friday from 7 a.m. to midnight, and weekends from 9 a.m. to midnight. The Kohl’s Safety Center is located inside the gift shop. The Safety Center is a convenient and affordable place to buy child safety products at low prices and to get free injury prevention information.

Abramson Cafe
Located on the first floor of the Leonard and Madelyn Abramson Pediatric Research Center, across from the Wood Building. Open Monday through Friday 7:30 a.m. to 2:30 p.m.

Vending machines are located in the Abramson café and the Main Building Food Court, and near the elevators on the sixth and eighth floors of the Main Building and next to the Emergency Department.

Au Bon Pain
Located outside, across from the Wood Building and next to the Abramson Research Building.

*Additional resources for local food and restaurants are available in the Connelly Resource Center.

Lodging

In-room
Each patient room is equipped with a couch that can be used as a bed for 1 parent.

Parent Sleep Rooms
There are sleep rooms in the Connelly Resource Center for Families, as well as other areas of the hospital, that are available to inpatient families. Priority is typically given to ICU families. Distance from home is also considered. Stop by the Connelly Center or ask your social worker for assistance in requesting a room. Requests must be submitted by noon on the day the room is needed.
The Ronald McDonald House (Philadelphia and Camden, NJ)
Offers families who travel long distances for treatment a place to stay at night. The room charge is $15/night (rate subject to change). There may be a waiting list.

- Ronald McDonald House Philadelphia: 3925 Chestnut Street (215-387-8406)
- Ronald McDonald House Camden: 550 Mickle Boulevard (856-966-4663)

Hosts for Hospitals
Provides free lodging and support at volunteer-host homes to patients and their families who come to the Greater Philadelphia area for specialized medical care.
Call 215-472-3801 or visit http://www.hostsforhospitals.org for more information.

Chai House Philadelphia
Located at 3434 Sansom Street, the Chai House is a place for children and their families to stay while undergoing treatment. Call 1-877-CHAI LIFE and ask to speak with their social worker.

Sheraton University City Hotel
Special rate are available for patient being referred from the Ronald McDonald House when they are full. Also a special rate is available for families being treated at CHOP. Located at 3549 Chestnut Street, 215-387-8000.

Art Museum Guest Houses

Other Patient and Family Support Services

The Connelly Resource Center for Families
The Connelly Resource Center, located on the eighth floor of the Main Building, is a place to support patients, parents, caregivers, siblings and other relatives. The Center consists of:

The Hospitality Area - The Hospitality Area welcomes families 24 hours a day, 7 days a week. It is a place where families can relax, get a snack or cup of coffee, and do laundry. There are a limited number of sleep rooms for families.

The Family Library - The Family Library is set up as a regular library. Families can borrow books, DVDs, and PlayStation games. The library hours are as follows:
- Monday through Thursday from 10 a.m. to 9 p.m.
- Friday from 10 a.m. to 5 p.m.
- Saturday and Sunday from 10 a.m. to 5 p.m.

The Family Learning Center - The Family Learning Center offers classes in a quiet environment. Caregivers can learn the skills necessary to care for their child’s healthcare needs at home. Classes are free of charge.

Please call 215-590-4YOU for more information.
**Spiritual Counseling**

A full-time chaplain is available for pastoral support and sacramental ministry. The chaplain maintains a directory of 30 visiting clergy from various denominations that are available on a referral basis. Please ask the nurse or social worker to contact the chaplain. There is also a non-denominational chapel (Schlimm Center for Prayer and Reflection) located on the first floor of the hospital. For more information call 215-590-1137.

**Ronald McDonald Room (for inpatient families)**

The Ronald McDonald Room, located on the 3South inpatient unit, provides families with a cozy environment where they may interact with other families, watch television, eat meals, and store food in the kitchenette. Activities such as haircuts, massages, and parent dinners are often held here.

**Childhood Cancer Resources**

Below is a list of community resources that other families have found to be helpful. There are many other programs, agencies, and organizations that we have not listed that may be able to assist your family. For more information, contact that psychosocial person assigned to work with your family.

**ACOR - The Association of Cancer Online Resources, Inc**


ACOR is currently offering information and e-support groups to patients, caregivers, or anyone else looking for answers and support related to cancer. ACOR hosts several pediatric discussion groups. The website provides disease descriptions, treatments, and links to pertinent information.

**American Cancer Society (ACS)**

http://www.cancer.org

The ACS sponsors support groups for patients, parents, siblings and may also be able to help with non-medical expenses such as wigs, transportation, wheelchairs, hospital beds, and non-medical bills. ACS is based in each county and services may vary from chapter to chapter. Call (888) 227-5445 or visit them online. They also offer something called **The Look Good, Feel Better** Program, which teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and radiation treatments. Ask your social worker about program dates and times here at CHOP!

**The American Society of Clinical Oncology**

http://www.cancer.net

Oncologist-approved information on more than 120 types of cancer and cancer-related syndromes.
Cancer Care
http://www.cancercare.org
Provides professional counseling and guidance to families and financial assistance to eligible families to help with certain homecare, transportation, medical treatment costs, and childcare. For information call (800) 813-HOPE or visit them online.

CarePages-CHOP
http://www.carepages.com/chop
The simple-to-use, online service helps family and friends stay in touch during a child’s hospitalization and recovery. With a CarePage, you can share news and updates about your child, receive messages of support from friends and family on your own message board, post visiting hours and contact information, and share photos with friends and family.

CaringBridge
http://www.caringbridge.com
A site that allows parents to create a free web page about their child. It allows parents to keep a virtual diary of how they are doing. It can be updated at any time and friends and family can access it from any web browser. It’s very user friendly.

Chai Lifeline
http://www.chailifeline.org
Through programs that address the emotional, social, and financial needs of seriously ill children and their families, Chai Lifeline restores normalcy to family life and better enables families to withstand the crises and challenges of serious pediatric illness.

Chemo Angels
http://www.chemoangels.com
If your child’s application is accepted, they will be "adopted" by a Chemo Angel who, through cards, cheerful notes, small gifts, etc. will provide support and encouragement throughout treatment.

Childlink
http://www.phmc.org
This agency coordinates services in Philadelphia and helps children from birth to age 3 who have special needs or who may have developmental delays. Childlink can help families receive a wide range of early intervention services in Philadelphia. For more information call (215) 731-2110 or visit their website and click on ‘programs’.

CureSearch
http://www.curesearch.org
A thorough website sponsored by the National Childhood Cancer Foundation and the Children’s Oncology Group. Information is available for specific cancer type, treatment stage, age group and how to navigate the healthcare system.
Education Law Center  
http://www.elc-pa.org  
Provides free legal assistance to parents, students, and advocates on education law matters, and advises parents of their rights to special services under the law. The center publishes a free guide for parents, "The Right to Special Education in Pennsylvania". For more information call (215) 238-6970 or visit them online.

Fertile Hope  
http://fertilehope.org  
A national, nonprofit organization dedicated to providing reproductive information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility.

Family Medical Leave Act  
http://www.dol.gov/esa/whd/fmla  
By law, covered employers must grant eligible employees up to a total of 12 workweeks of unpaid leave during any 12-month period in order to care for their seriously ill child.

Gilda’s Clubs  
Provides a meeting place for families to learn how to live with cancer. Services include groups, activities and workshops for all age groups. All services are free.  
- Bucks/Montgomery County – 200 Kirk Road, Warminster, PA 215-441-3290,  
  http://www.gildasclubdelval.org  
- South Jersey – 300 Shore Road, Linwood, NJ 08221 609-926-2699,  
  http://www.gildasclubsouthjersey.org

Imerman Angels  
http://www.imermanangels.org  
A federally registered 501(c)(3) not-for-profit organization providing one-on-one cancer support: connecting cancer fighters, survivors and caregivers. Imerman Angels partners a person fighting cancer with someone who has beaten the same type of cancer. One-on-one relationships give a fighter the chance to ask personal questions and get support from someone who is uniquely familiar with their experience.

The Leukemia & Lymphoma Society (LLS)  
http://www.lls.org  
The LLS has a Patient Aid Program ($500 per year) that can help with things such as transportation costs to and from medical appointments or medications not covered by insurance. They also offer a co-pay assistance program for certain diagnoses. Call and ask for the Patient Services Manager:  
- Northern New Jersey (908) 956-6600;  
- Southern New Jersey (856) 638-1250;  
- Pennsylvania (610) 238-0360
Lotsa Helping Hands
http://www.lotsahelpinghands.org
Create a free, private, web-based community to organize family, friends, neighbors, and colleagues – a family’s ‘circles of community’ — during times of need. Easily coordinate activities and manage volunteers with our intuitive group calendar. Communicate and share information using announcements, messages boards, and photos.

Medical Assistance (MA)
http://www.dpw.state.pa.us/ServicesPrograms/MedicalAssistance/
This is a state program that helps families who qualify pay for medical expenses. Due to a provision in the laws regarding Medical Assistance, children with serious disabilities who live in Pennsylvania are eligible for Medical Assistance (also known as Medicaid) regardless of their parents' income. Thus, those children whose parents' income is too high for SSI can qualify for Medicaid under this provision. To apply, contact your local Department of Public Assistance (DPA) office or visit our Department of Family Health Coverage Programs.

National Cancer Institute
http://www.nci.nih.gov
Information about cancer for patients, the public and the media. Features research updates, plus advice on prevention and early detection.

The National Children's Cancer Society (NCCS)
http://www.nationalchildrenscancersociety.com
NCCS can help to provide financial assistance to families for non-medical expenses such as travel reimbursement, meals for inpatient hospital stays, phone cards, and lodging. Call 1-800-5-FAMILY or visit them online.

Never Ending Squirreltales
http://www.squirreltales.com
Provides practical tips and encouragement for the parents of kids with cancer.

Oncolink
http://www.oncolink.org
Oncolink offers a variety of cancer-related information including articles and writings by patients and their families. Also there is a children’s art gallery.

The Special Kids Network
http://www.gotoskn.info
This agency provides information to families in Pennsylvania regarding special health issues and community resources. It also links families facing similar experiences together. For more information call (800) 986-4550 or visit them online.
Starlight Children’s Foundation
http://www.starlight.org
The Starlight Children’s Foundation has dedicated itself to improving the quality of life for children with chronic and life-threatening illnesses and life-altering injuries by providing entertainment, education and family activities that help them cope with the pain, fear and isolation of prolonged illness.

Summer Camps
There are several camps for cancer patients, siblings, and entire families. Contact your psychosocial worker for more information.

Supplemental Security Income (SSI)
http://www.ssa.gov
SSI is a federally funded program that provides monthly payments to the elderly, and blind and disabled children and adults if medical and financial eligibility criteria are met. If a child is eligible, he also automatically qualifies for Medical Assistance (MA) to help pay for medical expenses. You can apply at your local Social Security Administration office, by phone at (800) 772-1213, or online.

Wish Foundations
There are many wish foundations that may be able to grant your child a special wish. Contact your social worker for more information.

Resources for Children and Teens

CancerKids
http://www.cancerkids.org
A site that tells the personal stories of children fighting many different types of cancer.

Group Loop
http://www.grouploop.org
Provides online support and information & resources for teens living with cancer and their families.

Next Step
http://www.nextstepnet.org
An organization for teens and young adults with cancer and life-threatening blood diseases that offers retreats and workshops around the country.

Songs of Love
http://www.songsoflove.org
An organization that creates free personalized songs for chronically ill children and young adults. Ask your social worker for an application or download one from the website.
Starbright World (part of the Starlight Foundation)
http://www.starbrightworld.org
An online social network for teens with chronic and life-threatening illnesses, and their siblings.

Teens Living With Cancer
http://www.teenslivingwithcancer.org
A site for teens with cancer that has information on coping with hair loss, friends, family, school, and much more.

2bme
http://www.2bme.org
A site for teens with cancer providing information on non-medical topics from skin and hair issues to fitness and friends.

Hair Loss Resources

ChemoCare HeadWear
http://www.chemocareheadwear.com
Provides hats, turbans, sleep hats, swim caps, and wigs for hair loss due to cancer treatment.

Hair Club for Kids
http://www.hairclub.com/hc_for_kids.php
Provides free hair restoration for children battling hair loss as a result of illness.

Headcovers Unlimited
http://www.headcovers.com
Hats, turbans and wigs for hair loss and cancer patients.

Hip Hats with Hair
http://www.hatswithhair.com
An organization that provides hats with human or synthetic hair attached for girls whose hair loss is due to chemotherapy.

Locks of Love
http://www.locksoflove.org
A non-profit organization that provides hairpieces to financially disadvantaged children under age 18 suffering from long-term medical hair loss from any diagnosis.

Stylish Noggins
http://www.stylishnoggins.com
A non cancer-specific site that offers a unique selection of soft, cute hats for kids.
Wigs for Kids  
http://www.wigsforkids.org  
A non-profit organization that provides wigs and accepts hair donations.

Wiggalicious  
http://www.wiggaliciouswigs.com  
The ‘Angels of Wiggalicious’ program provides free or low-cost wigs to women and girls who have lost hair due to chemotherapy.

Just for Siblings

Sibshops  
http://www.siblingsupport.org  
A part of the Sibling Support Project, Sibshops are interactive workshops for siblings of kids with special needs. It focuses on peer support and celebrates the many contributions made by brothers and sisters of kids with special needs. Ask your social worker for more information.

SuperSibs  
http://www.supersibs.org  
A national organization to honor, support and recognize siblings of children diagnosed with cancer. For more information, please ask your social worker.

Resources for Young Adults (18+)

CancerCare for Young Adults  
Offers specialized services for young adults, caregivers and those who have lost a loved one.

Fertile Hope  
http://fertilehope.org  
A national, nonprofit organization dedicated to providing reproductive information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility.

First Descents  
http://www.firstdescents.org  
Provides whitewater kayaking and other outdoor adventure experiences to promote emotional, psychological and physical healing for young adults with cancer.

I’m Too Young for This  
http://imtooyoungforthisto.org  
An all-inclusive young adult cancer community.

The LifeLab  
http://www.ny lifelab.org  
A comprehensive support community that provides unique programs, mentors, networking, and peer support free of charge to young adult survivors in New York City.
LiveStrong Young Adult Alliance  
http://www.livestrong.org  
A coalition of organizations with the goal of improving survival rates and quality of life for young adults with cancer between the ages of 15 and 40.

Next Step  
http://www.nextstepnet.org  
An organization for teens and young adults with cancer and life-threatening blood diseases that offers retreats and workshops around the country.

Planet Cancer  
http://planetcancer.org  
An online community of young adults with cancer.

Prepare to Live  
http://www.preparetolive.org  
A reliable source of Help, Hope, Information and Inspiration™ for Young Adult patients, survivors and caregivers coping with cancer worldwide.

Rise Above It  
http://www.raibenefit.org  
Provides meaningful support to adolescents and young adults affected by cancer. Also provides financial assistance to 15 to 39 year olds either undergoing, or actively pursuing, Phase I, II or III clinical trial treatment options.

The Ulman Cancer Fund for Young Adults  
http://www.ulmanfund.org  
Provides support programs, education and resources for young adults with cancer, as well as their families and friends.

Young Cancer Spouses  
http://www.youngcancerspouses.org  
The emotional and logistical issues a young spouse of a cancer patient faces are vastly different from spouses of older cancer patients. This is a place to get practical information from other young cancer spouses.

Books for Parents


**Books for Children and Teens**


