

## **LOCAL RESOURCES & SUPPORT GROUPS**

**Breast Friends** is a non-profit organization dedicated to improving the quality of life for breast cancer patients and their friends and family.

14050 SW Pacific Hwy, #201, Tigard, OR 97224. 503.598.8048

[www.breastfriends.com](http://www.breastfriends.com)

**The Pink Lemonade Project** educates, empowers, and supports those affected by breast cancer. Our programs are designed to meet you where you are on your unique journey to step beyond cancer.

[www.pinklemonadeproject.org](http://www.pinklemonadeproject.org)

**Compass - Cancer Support Group for Young Adults**- group provides young adults affected by cancer the opportunity to share their experiences in a supportive environment. Date: first Wednesday of each month. Time 5:30-7:00pm. **TO REGISTER:** contact Val Lanham [val.lanham@compassoncology.com](mailto:val.lanham@compassoncology.com) or Katie Wheeler [katie.wheeler@compassoncology.com](mailto:katie.wheeler@compassoncology.com), call 360-449-6531.

**Compass – Women’s Cancer Support Group**- this support group is for all women cancer survivors. Oncology social workers will facilitate the conversation and answer any questions you may have about physical or emotional issues, treatment side effects and general coping strategies. **TO REGISTER:** Please contact [virginia.hill@compassoncology.com](mailto:virginia.hill@compassoncology.com) 503-528-5211 or [ari.black@compassoncology.com](mailto:ari.black@compassoncology.com) 971-708-7616.

### **“Making Today Count”: A Support Group for Women Living with Metastatic Cancer**

A safe place to discuss difficult issues, coping strategies and ways to enhance quality of life – with other women who truly understand. Peace House held every Tuesday 11:00 am- 12:30 pm.

2116 NE 18<sup>th</sup> Ave, Portland 97212. Contact Pat Schweibert at 503-706-6583. Support group session is offered via Zoom.

**Providence Cancer Center Family Program Services**- Children and teens that have a family member diagnosed with cancer benefit from a safe environment in which they can express their feelings. Groups are divided by age with a parent group meeting at the same time.

Call Krista Nelson, LCSW at 503.215.3204

[www.providence.org/cancer](http://www.providence.org/cancer)

### **Providence– Living with Advanced Cancer Group**

*For those living with advanced cancer (metastatic, stage IV, or incurable)*

The group addresses the challenges of living with advanced disease and coping with uncertainty.

FOR PATIENTS: First and third Tuesday of the month, 11:00 a.m. –12:30 p.m.

FOR CAREGIVERS: Second and fourth Tuesday of the month, 11:00 a.m. –12:30 p.m. To register call: 503.215.6014

**Providence- Breast Cancer Group**- For all early-stage (stages 0-3) patients with breast cancer through 2 years post treatment. Group provides information and support around diagnosis, treatment and survivorship. This group is facilitated by an oncology social worker and nurse navigator. First and third Thursday of the month, 10:30 a.m. –12:00 p.m. To register call: 503.215.6014

**Legacy- Breast Cancer Support Groups-** support groups offer peer-to-peer support and education for adults coping with diagnosis, treatment and recovery. In addition, special education events, movement and exercise, art therapy and writing opportunities offered. Contact Sara Butler, 503.413.7932 or Margaret Hartsook, 503.413.8404 with questions and for virtual meeting link.

**Pink Phoenix Dragon Boat Team-** All breast cancer survivor dragon boat team. Empowering breast cancer survivors through the sport of dragon boating.  
[info@pinkpheonix.org](mailto:info@pinkpheonix.org)

**The Komen Breast Care Helpline 1-877 GO KOMEN (1-877-465-6636) can help you find local, online or telephone support programs.**

## **ADVOCACY GROUPS**

**American Cancer Society Cancer Action Network Inc.** is dedicated to eliminating cancer as a major public health problem through voter education and issue campaigns aimed at influencing candidates and lawmakers to support laws and policies that will help people fight cancer. [www.cancer.org](http://www.cancer.org)  
503.295.6424

**American Cancer Society - Look Good Feel Better**

Look Good Feel Better is a free, non-medical, brand-neutral, national public service program to help women offset appearance-related changes from cancer treatment. 1.800.395.LOOK (5665)  
[www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org)

**Cancer and Careers** empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events. <https://www.cancerandcareers.org/en>

**Cancer Legal Resource Center** provides information on cancer-related legal issues for cancer survivors, their families, and others impacted by the disease.

<http://www.disabilityrightslegalcenter.org/about/cancerlegalresource.cfm#legislativeUpdate>  
1.866.843.2572

**National Coalition for Cancer Survivorship** is the oldest survivor-led cancer advocacy organization in the country and a highly respected authentic voice at the federal level, advocating for quality cancer care for all Americans and empowering cancer survivors. <http://www.canceradvocacy.org/>  
301.650.9127

**Patient Advocacy Foundation** acts as a liaison between the patient and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis matters relative to their diagnosis through case managers, doctors, and attorneys. <https://www.patientadvocate.org/>  
800.532.5274

**Sisters Network® Inc.** is committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community.  
<http://www.sistersnetworkinc.org/>

**Susan G. Komen Foundation** is making a difference as the trusted resource in our nation for women and their families experiencing breast cancer.  
[www.komen.org](http://www.komen.org)

## **HEADWEAR RESOURCES**

**Abbreviations Salon:** Full Service Salon & Custom-Made Halo Hairpieces - 541-490-6633. 1199 Country Club Rd. Hood River, OR. [abbreviate@aol.com](mailto:abbreviate@aol.com). Call for an appointment.

**Ambiance Salon:** Full Service Salon & Wig Store – 360-735-7227. 601 NW 78<sup>TH</sup> AVE. Vancouver, WA 98685. Dena offers a 30% discount for oncology patients. [www.ambiancesalon.net](http://www.ambiancesalon.net) Call for an appointment.

**American Cancer Society Online**– 1-800-850-9445 – Provides low-cost wigs, headwear and mastectomy products to cancer patients. <https://www.tlcdirect.org/>

**Brenda Kay Hair Specialties** – (503) 223-8092 – 1975 SW 1<sup>st</sup> Street, Suite A, **Portland** OR 97201 – Offers hats, wigs, scarves and hairpieces – No insurance billing, individuals must pay in full – Cost range: Synthetic \$175-up and Human Hair \$700-up. Tues-Fri 10:00-5:30pm – Please call for appointment. [www.bkhair.com](http://www.bkhair.com)

**Hair Options** – (360) 576-7002 – 14313 NE 20<sup>th</sup> Avenue, **Vancouver**, WA – Offers wigs and hairpieces Kathy offers a 25% discount for oncology patients – No insurance billing – Cost range: \$45-100+. Tues-Sat. 9:00-5:00pm, Saturdays by appointment - Please call for appointment.

**Heart of Gold** – [www.heartofgoldwigs.com](http://www.heartofgoldwigs.com) – or 1-800-689-2587. Has catalogue of wigs and headwear.

**Impressions In Hair Design** – (360) 693-6750 – 1308 Washington St, Vancouver, WA 98660. Call for an appointment.

**Living Color** – (503) 287-7788 – 5213 NE Martin Luther King Blvd., **Portland** OR – Offers wigs and hairpieces (mostly for non-Caucasian customers) – No insurance billing – Cost range: \$20-up (synthetic and human hair available). Mon-Sat 9:30-7:00pm.

**Monster Locks** – (443) 280-9675– 1107 NE 9<sup>th</sup> Ave, Suite 101, Studio #5, **Portland** OR. Open Wednesday-Sunday, 11:00am-7:00pm. Custom wig appointment consultations. Specializing in vivid fashion colors and wig making. Goal is to let your authenticity shine while having fun with colors!

**Synthetic and Human Hair Wigs** – [www.belletress.com](http://www.belletress.com) 1-818-767-6754

**Vienna Hair Goods** – (503) 639-9517 or (503) 650-7072 for information – 9960 SW Walnut Street, **Tigard** OR. APPOINTMENT ONLY, Please Call.

**Wilshire wigs** – [www.wilshirewigs.com](http://www.wilshirewigs.com) or 1-800-927-0874. Operates M-F 9:00-5:30 and Sat. 9:00-4:00 (PST). Online sales free shipping with order over \$50.00 some exclusions apply.

**Wig Station** – (773) 216-1673 –**Tigard**, OR – A full-service wig salon that offers cleaning, cutting, styling, repair, lessons and customization services for wigs and hairpieces.

**Wigland** – (503) 282-1664 – 1011 NE Broadway, **Portland** OR – Offers a variety of wigs (both synthetic and human hair) and a 10% medical hair loss discount – Cost range: \$30-up. Mon-Fri 10:00-6:00pm, Sat 10:00-5:30pm.

**Wig Gallery** – (503) 253-5680 – 8401 NE Halsey #101, **Portland** OR 97220 – Offers wigs and hairpieces. Misc. services available for cancer patients. Please call, by appointment only. Average cost: +/- \$100.

**Wigs Unlimited** – (503) 626-2727 – 1228 NE Adams St. **McMinville**, OR 97128 – Offers wigs and headwear. Local and online.

**Wigs Wear House** – (503) 465-6869 – 140 NW Miller Ave, **Gresham**, OR 97030 – [www.wigswearhouse.com](http://www.wigswearhouse.com). Operating since 1976 – Offers wigs, turbans, and hats. Owner is a licensed hair dresser and fits, clips and sizes wigs for customers – Cost range: Wigs \$95-up, hats \$20, turbans \$7.50-12.50. Tues-Fri 10:00-5:00pm, Sat 10:00-3:00pm.

#### **Hats & Turbans:**

American Cancer Society

Brenda Kay Hair Specialists

Transitions

Wigs Wear House

*\*Ask your nurse navigator- we often have a stockpile to choose from in our office.*

### **POST-OP GARMENTS AND MASTECTOMY SUPPLIES**

**Athleta**- Empower mastectomy bra inserts. For gym workouts and everyday wear. Feel is comfortable and stays-put with a natural shape. Comes in various colors and cup sizes. \$10 for a package of 2.

<https://athleta.gap.com/>

**Handful**- Local, woman owned, offers sports bras and stackable pads. 30% lifetime discount to breast cancer survivors. [Handful.com](http://Handful.com). Sold at Just Like a Woman, Transitions, plus other local stores that carry activewear.

**Makemerry**- doctor-designed for women with sensitive skin or bodies. Great to wear during radiation. Has discount code available, covered by some insurances. [Shopmakemerry.com](http://Shopmakemerry.com). Sold at Just Like a Woman, Transitions and Remember the Moon.

**Nordstrom Lingerie Department Washington Square**- Breast Prosthesis Program: breast forms, post-mastectomy camisoles and bras, free pocketing on any bra purchased from Nordstrom. They will assist with insurance billing. Call ahead to schedule appointment (503) 620-0555

**Prairie**- post-surgical and active recovery bra and binder, high to medium compression.

[www.prairiewear.com](http://www.prairiewear.com). Sold at Just Like a Woman, Transitions, Crown Medical Supply, and Remember the Moon. Online discount code DOCTOR15.

**Just Like A Woman**– (503) 246-7000 – 6333 SW Macadam, **Portland** OR – [www.justlikeawoman.com](http://www.justlikeawoman.com) – Offers **mastectomy products, lymphedema materials**, and educational materials – Bills all insurance when applicable. Mon-Fri 10:00-6:00pm, Sat 10:00-5:00pm.

**Transitions an Appearance Center**– Offers **mastectomy bras, breast prosthesis, and lymphedema garments**. Bills all insurance when applicable. Open by appointment only Tuesday-Friday 9am-4:30pm. Providence St. Vincent breast center– (503) 216-8502 and Providence Portland breast center–(503) 215-8998

## **NIPPLE RECONSTRUCTION**

***Nipple reconstruction surgery*** is usually an outpatient procedure that uses skin from the area of the breast where the nipple will be located to form a new nipple. Later, the reconstructed nipple may be tattooed to add color and to create the areola.

***3D nipple tattoos*** are real tattoos, applied with needles that insert pigment into the skin. An experienced nipple tattoo artist can create an amazingly realistic image of a nipple that appears to have physical dimension but is flat to the touch.

**Bella Ink**- 4707 S Kelly Ave, Suite 205, Portland, OR 97239. Areola and nipple pigmentation. Call (503) 997-7666. Megan will provide you with an itemized receipt to provide to your insurance company so that you can get reimbursed.

**Studio Meraki**- 191 NE Grand Ave. Portland, OR 97232. Areola restoration and 3D nipple tattooing. Call (971) 337-5401 to request a quote if you are hoping to use insurance. Most areola appointments are considered OUT OF POCKET costs.

***Prosthetic nipples*** are another option. If you can't or don't want to get nipple reconstruction surgery or a nipple tattoo or are still deciding, you can always try stick-on (prosthetic) nipples or temporary nipple tattoos.

**Pink Perfect**- produces a variety of realistic nipples and are designed & hand-made by a breast cancer survivor. <https://www.pink-perfect.com/>. (646) 415-9120.

**NIPPLEBACKS**- temporary 3D nipple tattoos for breast cancer survivors. Buy them online at <https://www.stacie-rae.com/nipplebacks>

**TataTattoos**- temporary realistic nipple/areola tattoos come in a wide variety of skin pigments and sizes. Buy them online at Amazon.com

## **FERTILITY PRESERVATION SERVICES**

OPTIONS FOR WOMEN AND MEN WHO HAVE OR ARE ABOUT TO UNDERGO CANCER TREATMENT

### **OHSU Fertility**

OHSU Center for Health and Healing

3033 SW Bond Avenue

10th Floor

Portland, OR 97239

Phone: (503) 418-3700

Fax: (503) 418-3708

Website: <http://www.ohsu.edu/xd/health/services/women/services/fertility/contact-us.cfm>

### **Oregon Reproductive Medicine/Exceptional Donors**

Downtown Fertility Clinic: 808 SW 15th Ave, Portland, OR 97205

Westside Fertility Clinic: 9555 SW Barnes RD #255, Portland, OR 97225

Phone: (877) 567-4994 or (503) 274-4994

Fax: (503) 274-4946

Website: <http://www.oregonreproductivemedicine.com>

### **Oregon Fertility Institute**

9370 SW Greenburg Road

Suite 412

Portland, Oregon 97223

Phone: (503) 292-7734

Fax: (503) 292-7735

Website: <http://www.oregonfertilityinstitute.com>

### **Heartbeat Program**

Heart Beat is a fertility preservation program through Walgreens and Ferring Pharmaceuticals. Eligible patients are offered select fertility medications at no cost. 888-347-3415.

[www.ferringfertility.com/savings/heartbeat/](http://www.ferringfertility.com/savings/heartbeat/)

**Livestrong** a nonprofit organization dedicated providing reproductive information, resources and financial support to survivors whose cancer and its treatment present risk to their fertility. [www.livestrong.org](http://www.livestrong.org)

*\* There may be other locations for each of these practices not displayed on this page*

## **BREAST CANCER WEBSITES**

**ABCD – After Breast Cancer Diagnosis** Provides mentor resources and peer support.

[www.abcdbreastcancersupport.org](http://www.abcdbreastcancersupport.org)

**American Cancer Society** provides information about specific kinds of cancers, treatments, symptoms and prevention. [www.cancer.org](http://www.cancer.org)

**American Cancer Society Cancer Survivors Network (AICR)** Create your own personal space to tell us about yourself and your cancer experience, share photos, audio, etc., start an online journal (blog), contribute resources, and more. Expressing feelings and experiences and supporting one another is the heart of the CSN community. [csn.cancer.org/](http://csn.cancer.org/)

**American Institute for Cancer Research (AICR)** provides information about cancer prevention, particularly through diet and nutrition. They offer a toll-free nutrition hotline, pen pal support network, and funding of research grants. [www.aicr.org/site/PageServer](http://www.aicr.org/site/PageServer)

**American Society of Clinical Oncology (ASCO)** Contains more than 40,000 pages of information including: cancer resources on the Internet, finding an oncologist and up-to-date information about cancer policy issues. [www.asco.org](http://www.asco.org)

**Breastcancer.org** is a nonprofit organization dedicated to providing the most reliable, complete, and up-to-date information about breast cancer. [www.breastcancer.org](http://www.breastcancer.org)

**CancerCare.org** is a national non-profit organization that provides free, professional support services for anyone affected by cancer. [www.cancercare.org](http://www.cancercare.org)

**Cancer.net** is a national non-profit organization dedicated to free online services. [www.cancer.net](http://www.cancer.net)

**CaringBridge.org** A free Internet service that provides personalized web pages to help keep friends and family informed of life events. It also allows visitors to post encouraging messages and support on individualized password-protected websites. [www.caringbridge.org](http://www.caringbridge.org)

**Chemocare.com.** Find the latest information about chemotherapy drugs including how they work, their potential side effects, and self-care tips while on these therapies. [www.chemocare.com](http://www.chemocare.com)

**Cleaning for a Reason** provides FREE housecleaning for any woman undergoing Chemotherapy once a month for 4 months while in treatment. Fax a doctor note confirming the treatment and Cleaning for a Reason will have a participating maid service in your zip code area arrange for the service.

<http://www.cleaningforareason.org>

**Dr. Susan Love Research Foundation** is to eradicate breast cancer and improve the quality of women's health through innovative research, education and advocacy. [www.susanlovemd.com](http://www.susanlovemd.com)

**Knitted Knockers** connects volunteer knitters with breast cancer survivors to offer free knitted knockers. Can take up to four weeks for delivery. [www.knittedknockers.org](http://www.knittedknockers.org)

**My LifeLine** free, personal websites for cancer patients, survivors and their caregivers. [mylifeline.org/](http://mylifeline.org/)



**National Cancer Institute** Coping with Cancer: Survivorship - Living with and Beyond Cancer  
[www.cancer.gov/cancertopics/coping/survivorship](http://www.cancer.gov/cancertopics/coping/survivorship)

**National Comprehensive Cancer Network** an alliance of leading cancer centers devoted to patient care, research, and education. [www.nccn.org](http://www.nccn.org)

**NIH National Center for Complementary & Alternative Medicine**

Complementary and alternative medicine is a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. <http://nccam.nih.gov/>

**Pregnant with Cancer Network** Hope for Two: The Pregnant With Cancer Network is an organization dedicated to providing women diagnosed with cancer while pregnant with information, support and hope. <http://pregnantwithcancer.org/>

**Young Survival Coalition (YSC)** is the only international, non-profit network of breast cancer survivors and supporters dedicated to the concerns and issues that are unique to young women and breast cancer. Through action, advocacy and awareness, the YSC seeks to educate the medical, research, breast cancer and legislative communities and to persuade them to address breast cancer in women 40 and under. [www.youngsurvival.org](http://www.youngsurvival.org)

# Tobacco Cessation Counseling

Studies show that 64% of tobacco users diagnosed with cancer continue to smoke or use tobacco products even after diagnosis. Most tobacco users do want to quit, however may not be ready or need help finding the confidence and support needed to quit. Tobacco use is often a coping tool for stress and cancer can be a very distressing time, making it harder to quit than under normal circumstances. This does not mean it is impossible! Your Compass Team is here to help provide support and guidance on your journey to becoming smoke-free.

## **Benefits of Quitting After a Cancer Diagnosis:**

- Improves cancer survival
- Lowers risk of recurrence
- Lowers risk of secondary cancers
- Lessens surgical complications and wound healing issues
- Improves effectiveness of radiation and chemotherapy
- Lessens the side effects of radiation and chemotherapy
- Faster treatment recovery
- Lowers risk for cardiovascular health issues
- Lowers risk for pulmonary issues
- Improves breathing
- Improvement in appearance of skin, hair, nails and teeth
- Improves overall quality of life
- Lessens financial burden of smoking

## **CALL TO SCHEDULE:**

**Rose Quarter Cancer Center**

**503.280.1223**

**Vancouver Cancer Center**

**360.944.9889**

**West Cancer Center**

**971.708.7600**

## **INSURANCE:**

Your insurance will be billed and you will be responsible for your regular office visit co-pay at the visit.

## **OTHER SMOKING CESSATION RESOURCES**

### **PHONE**

#### **Washington Tobacco Quit Line (free)**

Call: English - (800) Quit-Now (784-8669), Spanish – (855) DEJELO-YA (335-3569)

Speak with a trained expert on quitting and get questions answered; free gum and patches for eligible callers.

**National Cancer Institute (free)**

Call: (877) 448-7848

Printed materials on smoking and health, counseling with cessation specialist.

**Quit For Life**

Call: (800) 292-2336

Phone counseling, five calls for one year, information packet, support line available.

**National Cancer Information Center (free)**

Call: (800) 227-2345

Speak with a cancer information specialist; receive printed materials.

**National Network of Tobacco Cessation Quit Lines**

Free phone support and will connect you to your local state quit smoking resources.

Call: 1-800-784-8669 (1-800-QUIT-NOW).

**ONLINE**

**Oregon Department Human Services**

[www.quitnow.net/oregon](http://www.quitnow.net/oregon)

**American Lung Association – Stop Smoking**

[www.lungusa.org/stop-smoking](http://www.lungusa.org/stop-smoking)

**Washington Quit Line**

[www.quitline.com](http://www.quitline.com)

**Become an EX**

[www.becomeanex.org](http://www.becomeanex.org)

**How to Quit**

[www.cdc.gov/tobacco/how2quit.htm](http://www.cdc.gov/tobacco/how2quit.htm)

**Quit Net**

[www.quitnet.com](http://www.quitnet.com)

**Freedom from Smoking**

[www.ffsonline.org](http://www.ffsonline.org)

**Smokefree.gov**

[www.smokefree.gov](http://www.smokefree.gov)