



Breast Cancer Resources

NORTHERN CALIFORNIA CANCER CENTER: (www.nccc.org) offers a number of resources for women (many in the South Bay such as the new Breast Cancer Family Series). The series is free and open to women who have breast cancer and their families free of charge. Topics of discussion include treatment options, how to support a loved one with breast cancer, etc. The center also offers a number of educational workshops throughout the year and provides information free of charge through their toll-free Cancer Information Service 1-800-4-CANCER. Callers can have questions on treatment, prevention, support groups and clinical trials answered in either Spanish or English.

THE REACH TO RECOVERY: The American Cancer Society, www.cancer.org. The volunteers at American Cancer Society would like to talk with you prior to surgery. Women volunteers who have also experienced breast cancer will visit you in your home and provide information such as prosthesis resources, exercises following surgery, wig resources and emotional support. To request a free visit or telephone contact with a volunteer, call (800) 227-2345.

BREAST CANCER CONSULTATION SERVICE: 450 Stanyan St., San Francisco, CA 94117, (415) 750-5848, FAX (415) 750-8123. Self-referral service specializing in second opinions and diagnosis of in-situ "cancers." Cost depends on extent of review. Fees may be covered by insurance. Sliding scale exists.

AMERICAN BOARD OF PLASTIC SURGERY: (215) 587-9322. Just call their direct line and get current certification of plastic surgeons doing breast reconstruction.

AMERICAN SOCIETY OF PLASTIC AND RECONSTRUCTIVE SURGEONS: (800) 635-0635. Will provide written information and mail a list of certified reconstructive surgeons by geographical area after caller provides details on message tape.

CALIFORNIA SOCIETY OF PLASTIC AND RECONSTRUCTIVE SURGEONS: (800) 722-2777. Maintains a consumer information and referral service.

STANFORD PLASTIC AND RECONSTRUCTIVE SURGERY REFERRAL: (650) 723-7001. Stanford Hospital, Stanford, CA 94305.

AMERICAN PHYSICAL THERAPY ASSOCIATION: (703) 684-2782. APTA can help you find a local physical therapist with an interest in breast cancer patients.

NATIONAL LYMPHEDEMA NETWORK: 1611 Telegraph Ave., Suite 1111, Oakland, CA 94612, (510) 208-3200. A nonprofit organization that offers information and education on the prevention and treatment of lymphedema.

BREAST CANCER CONNECTION: 390 Cambridge Avenue, Palo Alto, CA 94306, (650) 326-6686. They have a clearinghouse of information in their library about current breast cancer treatments, reconstructive surgery, support groups and educational programs. They are available to help you prepare for consultations with your physicians so you can make your cancer treatment decisions.

PLANETREE HEALTH LIBRARY: Mission Oaks Hospital, 15891 Los Gatos-Almaden Road, Los Gatos, 95032 (408) 358-5667. They have an extensive selection of books and articles on all types of cancers and current treatments. www.planetreesanjose.org.

BAY AREA BREAST CANCER NETWORK: 4320 Stevens Creek Blvd., Suite 185, San Jose, CA 95129, (408) 261-1425. Provides educational support from a community of survivors. E-mail babcn@earthlink.net

BREAST CANCER SUPPORT GROUPS

GOOD SAMARITAN BREAST CARE CENTER: 15400 National Avenue, Suite 200, Los Gatos. Meets second Monday each month at 6:30 pm.

LOS GATOS COMMUNITY HOSPITAL: 891 Pollard Rd, Los Gatos, CA 95030, (408) 866-3920. Breast cancer support group meets the first Tuesday of each month at 6:00pm-7:30pm at the Hospital Conference Center.

- Lymphedema Support Group: Meets 2nd Thursday of each month, 7:30pm to 9:00pm at the Physical Performance Institute, 555 Knowles Dr., Suite 100, Los Gatos, CA 95030, (408) 866-4059.
- Community Lecture Series: Offered on a monthly basis. Topics include anything from sexuality and cancer to discussions on current medical developments and issues facing cancer patients. Call (888) 257-5476 for specific course offerings or <http://www.communityhospitalg.com>

BREAST CANCER CONNECTION, 390 Cambridge Avenue, Palo Alto, CA 94306, (650) 326-6686. Their volunteers and library have the latest information on cancer treatments. They will help you with medical terminology and to prepare for consultations with physicians so you can make your treatment decisions. Office hours are 9am to 5pm on Monday through Friday. Web site - <http://www.breasthealthproject.org>. Open house meetings are held every Thursday evening from 5:30pm to 7:00pm. Visitors are invited to voice their concerns by asking questions of the various guest speakers who attend each week. The network of speakers includes oncologist, radiologist, breast surgeons, plastic surgeons, therapist and physical therapist. Every other Wednesday, Jeanne Fournier provides Healing Through Guided Imagery from 5:30pm to 7:00pm.

BAY AREA BREAST CANCER NETWORK: 4320 Steven Creek Blvd., Suite 185, San Jose, CA 95129, (408) 261-1425.

- PRIMARY SUPPORT GROUP- (NON-RECURRENT CANCER): Meets the first and third Mondays of each month from 6:30-8:00pm. RECURRENCE SUPPORT GROUP: Meets the first and third Tuesdays of each month from 6:30-8:00pm.
- COUPLES WORKSHOP: Six week group sessions for couples. Call for schedule.
- TRANSITION GROUP: For those who have completed cancer treatment. Meets the first and third Mondays of each month at 6:30-8:00pm.

STANFORD HOSPITAL and CLINICS - CANCER SUPPORTIVE CARE PROGRAM: Complementary Medicine Clinic, 1101 Welch Road, Bldg. A, Suite 6, Palo Alto, CA 94034, (650) 498-5566. Support and education for cancer patients and their families. Lecture series provided throughout the year. Educational classes offered on various cancer related topics - treatments, side effects and personal relationships. Classes offered in Tai Chi, Restorative Yoga, Healing Art of Poem Making, Group Support and Nutritional Consultations. Call for current schedule.

BREAST PROTHESIS SHOPS

THE NEXT STEP - A WOMEN'S BOUTIQUE: 15400 National Ave., #120, Los Gatos, CA 95032, (408)-358-8433. Marita Trobough, a BOC certified mastectomy fitter, provides a personal touch with fittings and helping you find the perfect solutions. You'll look great in clothes.

THE AMERICAN CANCER SOCIETY: (408) 287-5973. You can order your own prosthesis and other mastectomy fashions through their catalog TLC. Just call (800) 850-9445 to order your own TLC catalog. Be careful to be fitted before ordering.

JC PENNEY CATALOG - "Jodee Post-Mastectomy Fashions": Call (800) 932-4115 to order your catalog. Be careful to be fitted before ordering.

SILOUETTE: 1564 Mira Monte Ave., Los Altos, CA 94024, (650) 917-1771.

MARZELS: 5980 Stoneridge Drive, #119, Pleasanton, CA 94588, (925) 227-1402.

FOR THOSE ON CANCER TREATMENT WIG SHOPS

THE NEXT STEP-A WOMEN'S BOUTIQUE: 15400 National Ave. Suite 120, Los Gatos, CA 95032, (408) 358-8433. Offers a wonderful selection of wigs, hats, and scarves in a private setting.

THE AMERICAN CANCER SOCIETY: (800) 850-9445. Offers TLC catalog with hats, scarves & wigs. Used or donated new wigs are available.

MARZELS: Stoneridge Drive, #119, Pleasanton, CA, 94588 (925) 227-1402.

ALMOST HAIR UNLIMITED: 34732 Gladstone Place, Fremont, CA 94588, (510) 713-9447. Styling and cleaning available for human hair or combination wigs.

VALLEY RAGS & WIGS: 7286 San Ramon Road, Dublin, CA 94568, (925) 829-3333.

HANSEN FONTANA: 536 Bryant Street, San Francisco, 94107, (800) 485-8881.

EYELASHES: Revitalash: Los Gatos Laser, 777 Knowles Drive, Suite 11, (408) 866-4884

LOOK GOOD FEEL BETTER: This is an outstanding workshop presented by the American Cancer Society and the National Cosmetology Association. Their goal is to teach you ways to enhance your appearance while undergoing cancer treatment. To set up an appointment call (408) 879-1032 or (800) 395-LOOK.

PLASTIC SURGEONS - BREAST RECONSTRUCTION: (partial listing)

LARRY BERKOWITZ, MD: Campbell, CA 95008

RON GEMBERLING, MD: 3803 S. Bascom Avenue, Suite 204, Campbell, CA 95008

DARYL HOFFMAN, MD: 725 E. Santa Clara Street, Suite 201, San Jose, CA 95112.

VINCENT LEPORE, MD: 725 E. Santa Clara Street, Suite 201, San Jose, CA 95112.

MELODY LYND, MD: 2450 Samaritan Drive, Suite 2, San Jose, CA 95124

GAETON NOLA, MD: 2530 Samaritan Drive, Suite C, San Jose, 95124

THE AMERICAN SOCIETY OF PLASTIC AND RECONSTRUCTIVE SURGEONS : (800) 635-0635 www.plasticsurgery.org is a very useful site when trying to locate a plastic surgeon.

PHYSICAL THERAPY AND LYMPHEDEMA THERAPY PROGRAMS

COMMUNITY HOSPITAL OF LOS GATOS - PHYSICAL PERFORMANCE INSTITUTE: 555 Knowles Dr., Suite 100, Los Gatos, CA 95030, (408) 866-4059. Program Coordinator - Denise M. Alberto, MPT. Provides massage therapy to mastectomy site, teaches exercises to enhance range of motion and assist with pain management. Lymphedema Therapy is also provided. Additionally, a Lymphedema Support Group meets the 2nd Thursday of each month from 7:30pm to 9:00pm at the PHYSICAL PERFORMANCE INSTITUTE in Suite 100.

SUSANNE GOADE - PHYSICAL THERAPY: 777 Knowles Dr., Suite 10, Los Gatos, CA 95032, (408) 379-4100. Provides massage therapy to mastectomy site and teaches exercises to enhance range of motion.

SETON MEDICAL CENTER/HEALTHSOUTH: 1850 Sullivan Ave., Suite 330, Daly City, CA 94015, (650) 985-7588. Director of Women's Health-Physical Therapist - ANNEMARIE COSBY, MPT. Provides massage therapy, teaches exercises to enhance range of motion and assist with pain management.

SLEEVE FITTING: SANTA CLARA OSTOMY – Kathy Gibino-Riccardi, 2455 Forest Avenue, San Jose, CA, 95128 (408) 296-7890.

GINGER-K CENTER: Phyllis Gingrich-Tubbs, 16130 Juan Hernandez Drive, Suite 108, Morgan Hill, CA (408) 782-1028 Email - gingerkctr@earthlink.net. Specializes in lymphedema therapy. A support groups meets the 2nd Monday each month from 7:00pm to 9:00pm at O'CONNOR HOSPITAL, 2105 Forest Ave., San Jose, CA 95128. The meetings are held in conference rooms A and B on the 1st floor, just left of the cafeteria.

PUBLICATIONS

IT'S NOT ABOUT THE BIKE - MY JOURNEY BACK TO LIFE by Lance Armstrong: Winner of The Tour de France, cancer survivor, husband, father and human being.

BREAST IMPLANTS EVERYTHING YOU NEED TO KNOW by Nancy Burning: A comprehensive guide to consider the pros & cons about implants and reviews other reconstructive options, i.e. tram flap and tissue transfers.

COPING WITH CHEMOTHERAPY by Nancy Burning: An excellent book that teaches you how to take care of yourself while undergoing cancer treatment.

LOVE MEDICINE & MIRACLES by Bernie Siegel, MD: Tells how exceptional patients work to heal themselves and where they found the courage and determination to follow new, inspirational paths.

PEACE, LOVE & HEALING by Bernie Siegel, MD: Shows us how to listen to our bodies, to learn how to talk to our inner selves and give ourselves healing messages through medication, visualization and relaxation.

RECOVERING FROM BREAST SURGERY by Diana Stumm: Physical therapy exercises to strengthen your body and relieve pain following surgery.

THE BREAST CANCER PREVENTION DIET by Dr. Bob Arnot: The most important environmental factor in the cause of breast cancer is nutrition. Dr. Arnot gives specific advice suggesting powerful foods, supplements, and drugs that combat breast cancer.

DR. SUSAN LOVE'S : BREAST BOOK: The bible for women with breast cancer.

STAYING WELL WITH GUIDED IMAGERY by Belleruth Naparstek: How to harness the power of your imagination for health and healing.

MAN TO MAN by Andy Murcia and Bob Steward: Men are also being diagnosed with breast cancer. This book takes a look at their issues.

WEB SITES

NORTHERN CALIFORNIA CANCER CENTER: <http://www.nccc.org>

COMMUNITY BREAST HEALTH PROJECT: <http://www.breasthealthproject.org>

THE JOHNS HOPKINS BREAST CENTER: <http://www.med.jhu.edu/breastcenter/>

THE DOCTOR DIRECTORY: <http://www.DoctorDirectory.com>

BEST DOCTORS: <http://www.BestDoctors.com>

BEST IMPLANTS: Information on silicone & saline implants for reconstructive surgery:

<http://www.fda.gov/oca/breastimplants/bitac.html>

THE FAMILY CANCER RISK COUNSELING & GENETIC TESTING DIRECTORY:

<http://cancernet.nci.nih.gov/>

SUSAN G. KOMEN BREAST CANCER FOUNDATION: <http://www.breastcancerinfo.com>

AMERICAN CANCER SOCIETY: <http://www.cancer.org>

JUDAH FOLKMAN, MD. - Study of the Angiogenesis Inhibitor Endostatin on Growth of

Human Breast Cancer: <http://www.Komen.org/grants/html/folkman.html>

NATIONAL LYMPHEDEMA NETWORK: <http://www.lymphnet.org>

CANCER SUPPORTIVE CARE PROGRAM: <http://www.cancersupportivecare.com/>

CLINICAL CANCER CENTER AT STANFORD: Study of the most current drugs used for the treatment of breast cancer. <http://cancercenter.stanford.edu/>