

Breast Cancer Resource Guide

Being diagnosed with breast cancer can be a scary time in a person's life. Although you may feel alone, know that there is help out there. There are several free and low-cost resources for you to use to get help when you need it.

Don't be afraid to ask for help and reach out to any of these organizations for more information, financial aid, transportation assistance, and emotional support when you need it.

Nationalbreastcancer.org

This website has a breadth of information available about early detection, diagnosis, treatment options, and so much more. In addition, they provide educational guides on healthy living and offer aid in helping to find a clinic, doctor's office, or other facility near you that can provide screening options if you believe that you may have breast cancer.

Breastcancernow.org

Breast cancer now is a UK based research and charity center that helps people who have breast cancer learn about their options for employment and statutory sick pay (SSP). This can be an invaluable resource tool for those who are concerned about missing work due to their illness.

In addition to that, they also provide information on obtaining aid with the financial costs of wigs, bras, prostheses, and prescriptions.

Finally, they provide important information about performing self-exam, following up with your care provider, and recognizing the potential symptoms of breast cancer.

Even if you don't live in the UK, some of the information that they provide can be extremely helpful, regardless of where you live.

Cancer.org

This is the website for the American Cancer Society, and it contains one of the most comprehensive guides to treating breast cancer that is available. You can learn all about the various types of treatments that are available to you such as:

- Surgery
- Radiation therapy
- Chemotherapy
- Hormone Therapy



- Targeted Drug Therapy
- Immunotherapy
- Holistic treatment methods
- Alternative treatments

There is also a lot of information about breast reconstruction surgery, treating different types of breast cancers by their current stages, ongoing clinical trials that you may be able to participate in, and your ability to choose to stop treatments entirely.

They also provide access to places to stay for patients when they must travel to undergo treatment. These are referred to as Hope Lodges, and they are homes offered to patients to use for free. You may also be able to get transportation to and from your treatments through volunteer programs such as Road to Recovery.

Finally, the American Cancer Society also offers a program called Reach to Recovery that helps those who are faced with breast cancer receive support from those who have survived it. This can be an invaluable tool for managing depression and the stress that comes with treatment.

[Komen.org](#)

This is the website for the Susan G. Komen foundation. They offer financial assistance to those who are facing medical bills from their breast cancer treatments through their Komen Treatment Assistance Program.

In addition, they provide information on how to seek additional financial assistance directly through doctor's offices, hospitals, and other care providers. Through the linked page you will find resources for free and low-cost mammograms, cervical cancer screenings, pap-smears, and more such as financial assistance for caring for children or elderly family members.

They also help patients understand their current insurance plans and may offer aid in helping them to obtain insurance that will better cover their condition and treatment options including prescription drug assistance.

[CancerCare.org](#)

CancerCare offers free support services for those who have been affected by breast cancer. They offer free counseling services for people who have recently been diagnosed, those currently undergoing treatment, and survivors of breast cancer.

They provide access to a wide variety of support groups free of charge for all breast cancer patients.

They also work with the Triple Negative Breast Cancer Foundation to help provide care and financial support for those who are diagnosed with TNBC.

Finally, they also provide limited financial assistance for families in certain situations who are struggling to cover the costs of breast cancer treatment for their loved ones.

Lbbc.org

Living beyond breast cancer is a national nonprofit organization that strives to provide support, information, and vetted resources for those with breast cancer and breast cancer survivors.

They provide thoughtful, well-researched information vetted by physicians about the different types of breast cancer, treatment options, testing methods, side effects, and more. In addition, they offer information about how to live with breast cancer such as diet, nutrition, exercise, and lifestyle changes that can help your chances of recovery.

Finally, they offer support both online and by phone for all your questions and concerns.

Breastcare.org

The final resource is a list of other resources. This website is provided by the National Consortium of Breast Centers and has a comprehensive list of accredited facilities and programs, that you can reach out to depending on your location, for help with your condition.

In addition to facilities, they offer websites for different groups that are facing breast cancer such as men, the LGBTQIA community, children whose parents have breast cancer, young women, and more. They also offer options for financial assistance.