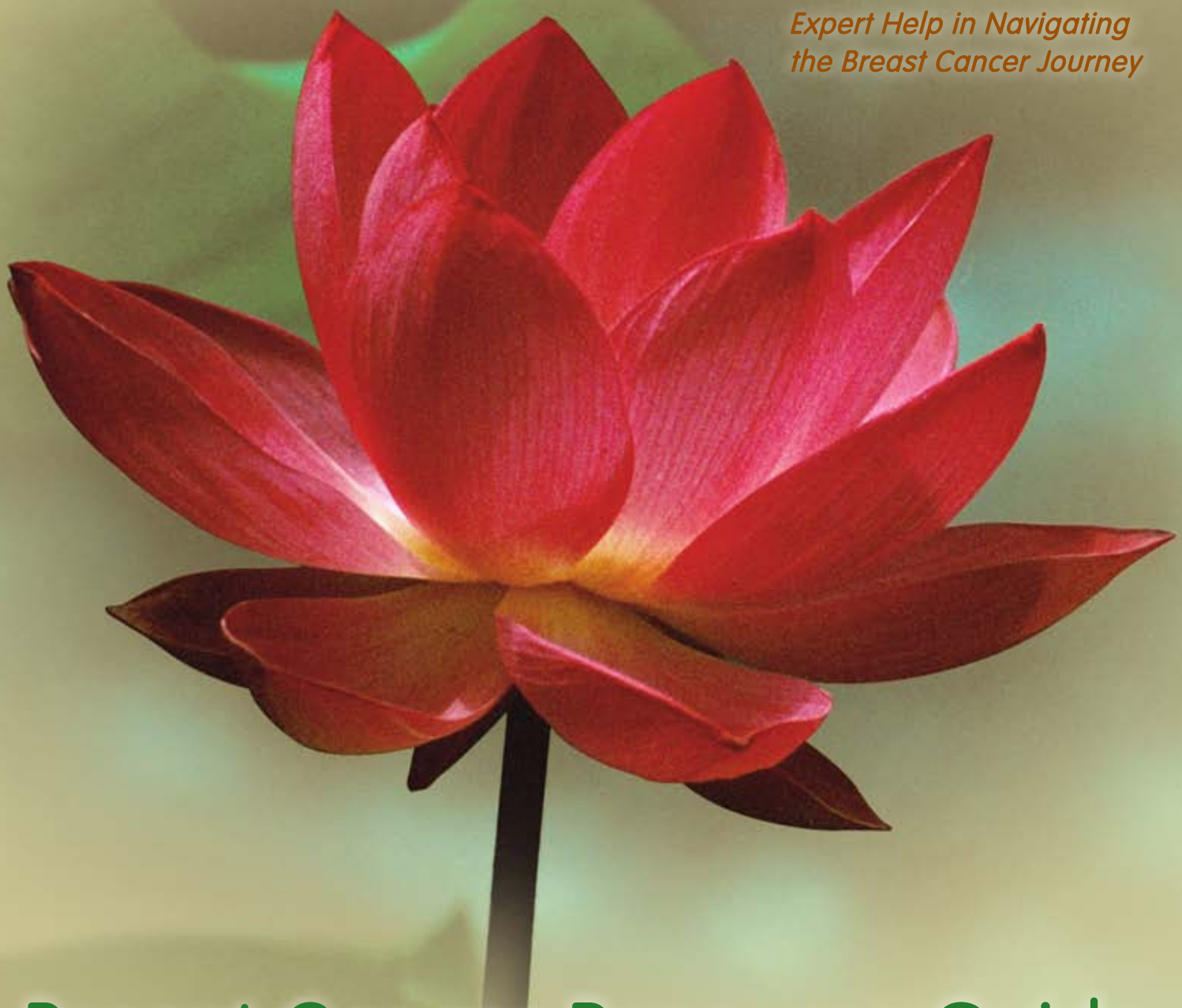
Finding Your Way

Expert Help in Navigating the Breast Cancer Journey



Breast Cancer Resource Guide

Overview listings of national service providers and those located throughout the greater Chicagoland area.
Knowledge is power. Please use and share this information.

May there be peace in your journey. May you always be able to find your way.

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NATIONAL AND STATE OF ILLINOIS BREAST CANCER RESOURCES

A comprehensive listing of greater Chicagoland Farmer's Markets is in the Appendix

Please be aware that the information in this directory is provided "as is" for general information only. It is not intended as medical advice, and should not be relied upon as a substitute for consultations with qualified health professionals who are familiar with your individual medical needs. Please note: In no way does this information replace the advice of a qualified health care professional.

Air Charity Network (formerly Angel Flight America)
Website: www.aircharitynetowrk.org

Air Charity Network provides access for people in need seeking free air transportation to specialized health care facilities or distant destinations due to family, community or national crisis.

American Cancer Society Website: www.cancer.org
800-ACS-2345

The American Cancer Society (ACS) is one of the nation's leading community-based voluntary health organizations dedicated to eliminating cancer as a major health problem. It works to prevent cancer, save lives, and diminish suffering from cancer through research, education, advocacy and service. With over 3,400 local offices throughout the country, the ACS provides research, education, patient care and clinical trial information.

Local ACS offices offer the following services:

- *TLC*: Mastectomy and Hair Loss Products (in some cases they offer free wigs, hats, head scarves, kerchiefs and other useful products)
- *Reach to Recovery* support groups
- *Road to Recovery* program provides transportation to and from treatment for people who have cancer and do not have a ride or are unable to drive themselves
- *I Can Cope* educational programs on cancer-related topics
- *Look Good…Feel Better* program is a community-based, free service that teaches female cancer patients beauty tips to look better and feel good about how they look during chemotherapy and radiation treatments – sessions are held at different locations throughout the Chicagoland area
- Local hotels provide temporary housing and lodging assistance at a reduced rate for cancer patients and their families during treatment (Reservations must be made through an ACS representative; contact Leslie Evans at 312.641.6150 x351 for more information)

American College of Sports Medicine Website: www.acsm.org
317-637-9200

The American College of Sports Medicine can refer you to a registered clinical exercise physiologist specializing in the needs of breast cancer patients. You can also ask your oncologist for a similar referral. A clinical exercise physiologist has special training and education that allows them to help those who would benefit from specific forms of movement and exercise.

American Dietetic Association Website: www.eatright.org
800-366-1655

The American Dietetic Association can give you a referral to a qualified dietician in your area specializing in oncology.

American Society of Plastic and Reconstructive Surgeons
444 E. Algonquin Road
Arlington Heights, IL 60005
800-635-0635 Website: www.plasticsurgery.org

Upon request, a list of five certified plastic and reconstructive surgeons in your are will be mailed to you. Please keep in mind that plastic surgery results vary from person to person. It is best if you can speak with patients from a specific doctor to learn more about the process, recovery and final outcome. At a minimum, request to see photos of actual patients at various stages of recovery and before and after procedures. Ask to see photos that document procedures that went well as those that did not turn out so well.

Breast Cancer Action
877-2StopBC Website: www.bcaction.org/www.thinkbeforeyoupink.org

Breast Cancer Action is a grassroots education and advocacy organization that works to ensure people have access to more effective, less toxic treatments. They also address social, economic, racial and political injustices that affect breast cancer outcomes.

Breast Cancer.Org
610-642-6550 Website: www.breastcancer.org

Breast Cancer.org is an online resource for breast health and breast cancer information, with 70 professional advisors. They provide vital information and support to those affected by breast cancer.

Breast Cancer Network of Strength
300 W. Adams Street
Suite 430_
Chicago, IL 60606
800.221.2141
312-364-9071 Website: www.networkofstrength.org

The Breast Cancer Network of Strength (formerly called Y-Me), is a national organization, with their headquarters office located in downtown Chicago. They are focused on supporting women throughout their breast cancer journey.

Free services include:

- Support groups offered throughout the Chicagoland area
- Free wigs and prostheses through the Sharon Rose Wig and Prosthesis Salon (312-364-9071)
- *Your Shoes* Breast Cancer Support Center staffed by breast cancer survivors available on a 24/7 hotline (800-221-2141 for English; 800-986-9505 for Spanish)
- *ShareRing* Network, a free, monthly teleconference that focuses on health issues and quality-of-life concerns that affect survivors, including relationships, stress management, coping skills and side effect management.
- Gerry Weinberg Resource Library offers over 200 books about breast cancer available for lending
- An annual walk to raise awareness and help raise funds for programs
- An annual conference that helps to educate, inform and inspire those affected by breast cancer

Cancer Connection
800-263-6750

Cancer Connection offers phone links to other breast cancer survivors who have similar diagnoses.

Cancerlit Website: www.cancer.gov/cancerinfo/literature

This is the website to consult when you are looking for cancer articles published in scientific journals, books, meetings or reports.

Celebrating Life Foundation Website: www.celebratinglife.org
800-207-0992
P.O. Box 224076
Dallas, TX 75222

Celebrating Life Foundation is a national organization that promotes breast cancer awareness among African American women and women of color. They offer educational material, workshops, local support groups, and numerous other resources.

Cancer Lifeline Website: www.cancerlifeline.org
800-255-5500

Cancer lifeline offers exercise programs, such as yoga, tai chi, and dance therapy and emotional support groups for women on a breast cancer journey. They have a DVD called "CancerLifeline: Faces of Lymphedema," that is available upon request. The toll free number for the Lymphedema Program is 800-255-5505.

Dr. Susan Love Research Foundation
Website: www.drsusanloveresearchfoundation.org

Dr. Susan Love is the author of the best-selling, Dr. Susan Love's Breast Book. The New York Times calls this book, "The bible for women with breast cancer. If you decide to consult it, be sure to review the latest edition. The 4th edition was fully revised and published in 2005. Updated every five years, the 5th edition is due to be released in 2010. The Foundation is committed to finding a cure for breast cancer and in 2008 partnered with Avon to enroll 1,000,000 women in breast cancer related clinical trials to help accelerate the search for a cure.

Fertile Hope Website: www.fertilehope.org

Fertile Hope focuses on fertility issues for women on a breast cancer journey.

Forever Whole Wesbsite: www.foreverwhole.org

Forever Whole is an Illinois non-profit organization whose mission is to help alleviate suffering amongst those affected by breast cancer. Forever Whole's primary offering is a comprehensive DVD/CD program featuring a team of leading medical and health experts, many of them breast cancer survivors themselves, that addresses the main components of a breast cancer journey.

Forever Whole (cont.) Wesbsite: www.foreverwhole.org

DVD segment titles include: *The Medicine of Breast Cancer* by Dr. Nora Hansen, Director of the Lynn Sage Comprehensive Breast Center at Northwestern Memorial Hospital and Associate Professor of Surgery at Northwestern University's Feinberg School of Medicine; Maintaining Your Peace of Mind through Meditation; How Nutrition and Lifestyle Choices Can Enhance Your Breast Cancer Journey; Bringing Good Nutrition to Life in the Kitchen; Acupuncture for Symptom Relief; Regaining Range of Motion through Physical Therapy; Lymphedema: What it Is and How to Protect Yourself; Reconnecting to Your

Body: Moving from the Heart; A Return to Wholeness through Gentle Yoga; Wisdom, Hope and Encouragement from Women Who Are on a Breast Cancer Joureny: Survivor Stories in English and Spanish; and Visualizing Radiant Health through Yoga Nidra: Guided Relaxation.

Gilda' Club
888-445-3248 Website: www.gildasclub.org

Gilda's Club (named after Gilda Ratner), mission is to create welcoming communities of free support for everyone living with cancer, along with their families and friends. Its innovative program is an essential complement to medical care, providing networking and support groups, workshops, education and social activities. All services are free.

Hope Lodge Website**:** www.cancer.org
800-227-2345

Twenty (20) lodges offer cancer patients and their care givers free lodging while they are away from home to receive treatment. Call the toll-free number or go to the American Cancer Society website and type "Hope Lodge" into the Search Function, and click on "go" to find out more about where they are located throughout the U.S.

I Can Cope Website: www.cancer.gov

This American Cancer Society (ACS) course helps people diagnosed with cancer and their families learn how how to better deal with all that comes with a cancer diagnosis. Go to the ACS website, type "I Can Cope" into the Search function, and click on "Go."

Illinois Breast and Cervical Cancer Program (IBCCP)
888-522-1282 Website: www.cancerscreening.illinois.gov

The Illinois Breast and Cervical Cancer Program (IBCCP) offers free mammograms, breast exams, pelvic exams and Pap tests to low-income, uninsured or underinsured women in Illinois. Please call their toll-free number for the referral location closest to you.

IBCCP Chicagoland Lead Agencies:

ACCESS Community Health Network
Gloria Dominguez, R.N., M.S.
4839 W. 47th Street
Chicago, IL 60638
773-735-4122

Asian Human Services
Phuong Nguyen, R.N.
2424 W. Peterson
Chicago, IL 60659
773-761-0300 ext.115

Aunt Martha's Youth Service Center
Dara Clark, R.N.
233 W. Joe Orr Road
Chicago Heights, IL 60411
708-709-7353 or 708-825-5575

Chicago Department of Public Health
Velma Burt, R.N., M.P.A.
333 S. State Street, 2nd Floor
Chicago, IL 60604
312-747-9747

Chicago Family Health Center
Mary DuBose, R.N.
9119 S. Exchange Avenue
Chicago, IL 60617
773-768-5000 ext.1096

Cook County Department of Public Health
Nancy angelopoulos, R.N.
1701 S. First Avenue, Suite 1200
Maywood, IL 60153
708-450-5040 or 708-450-5041

Erie Family Health Center
Monica Ortiz, L.P.N.
1701 W. Superior Street
Chicago, IL 60622
312-432-7356

Illinois Breast and Cervical Cancer Program (IBCCP)
IBCCP Chicagoland Lead Agencies (cont.):

Howard Brown Health Center
Catherine Jefcoat, Director LCC
4025 N. Sheridan Road
Chicago, IL 60613
773-572-6981

Mercy Hospital and Medical Center
Armida Lira, R.N.
2525 S. Michigan Avenue
Chicago, IL 60616
312-567-2619

PCC Community Wellness Center
Maureen Tinley, B.A.
14 W. Lake Street
Oak Park, IL 60302
773-836-2785 ext. 6232

Research & Education Foundation of the Michael Reese Medical Staff
Metro South Pavillion Medical Center
Janeen Turner, M.A.
2310 York Street
Blue Island, IL 60406
708-489-7940

Northwestern Memorial Hospital
Lynn Galuska Elsen, R.N.
250 E. Superior
Chicago, IL 60611
312-472-4222

Saints Mary and Elizabeth Medical Center
Gladys Aguirre, R.N., B.S.N.
2233 W. Division Avenue
Chicago, IL 60622
312-770-2000 ext. 3433

Imaginis Website: www.imaginis.com/breasthealth/lymphedema.asp

Imaginis is a comprehensive website that offers resource information on a number of issues affecting women's health, including breast cancer and lymphedema.

Jonsson Comprehensive Cancer Center
888-ONC-UCLA Website: www.cancer.ucla.edu

The Revlon/UCLA Women's Cancer Research Program at UCLA's Jonsson Comprehensive Cancer Center has established an international reputation for developing new cancer therapies, providing the best in experimental and traditional cancer treatments and expertly guiding and training the next generation of medical researchers.

Lance Armstrong Foundation Website: www.livestrong.org
2201 E. Sixth Street
Austin, TX 78702
877.236.8820
For Cancer Support: 866.673.7205

Founded in 1997 by testicular cancer survivor and champion cyclist Lance Armstrong, the Lance Armstrong Foundation is a major resource for people who are on a cancer journey. They inspire and empower people, believing that unity is strength, knowledge is power and attitude is everything. They provide practical information and tools in English and Spanish, many of them free, that help people living with cancer live life on their own terms. They take aim at the gaps between what is known and what is done to prevent suffering due to cancer. Their programmatic focus is on prevention; access to screening and care; improvement of quality of life; and investment in research.

Living with Breast Cancer Website: www.breastcancer.org

A comprehensive, overall website, created by Dr. Marisa Weiss, a radiation oncologist.

Look Good…Feel Better Website: www.lookgoodfeelbetter.org

In partnership with the National Cosmetic Association and the Cosmetic, Toiletry and Fragrance Association Foundation, the American Cancer Society provides this free service that helps women restore their appearance by showing them how to apply makeup to help compensate for the loss of eyelashes and eyebrows, creatively work with scarves and wigs, etc., while going through treatment.

Lymph Notes Website: www.lymphnotes.com

Lymph Notes is an extensive online information resource and support group for those with lymphedema.

Lymphatic Research Foundation **Website: www.lymphaticresearch.org**

The Lymphatic Research Foundation is a 501 © (3) non-profit organization whose mission is to advance research of the lymphatic system and to find the cause of and cure for lymphatic disease, lymphedema and related disorders.
Their website contains a short, well-illustrated segment of streaming video on the lymphatic system.

Lymphoedema Association of Australia
Website: lymphoedema.org.au

Even though this website is based in Australia, it is worth viewing if you have lymphedema or are concerned about lymphedema. It contains easy to understand information on lympehedema, the treatment of lymphedema, how to select a lymphedema therapist, how to discern the best treatment; what compression bandages are and how to use them; what compression garments are and how to use them; and resources. The site is currently undergoing an extensive update but still contains useful information and is easy to navigate.

Lymphology Association of North America (LANA) Website: www.clt-lana.org
P.O. Box 466
Wilmette, IL 60091
773-756-8971

The Lymphology Association of North America (LANA) maintains a list of lymphedema therapists who have passed their certification exam. The list is on their website. You can search by last name of the therapist, or if you don't know the name of a therapist and are looking for one you can search by your city, state or zip code.

Mary-Helen Mautner Project for Lesbians with Cancer
1875 Connecticut Avenue NW
Suite 710
Washington, DC 20009
202-332-5536
866-628-8637 (toll-free) Website: www.mautnerproject.org

The Mary-Helen Mautner Project for Lesbians with Cancer is part of the National Lesbian Health Organization. Their mission is to improve the health of lesbians, bisexual and transgender women who partner with women, and their families, through advocacy, education, research and direct service.

National Alliance of Breast Cancer Organizations
9 E. 37th Street
10th Floor
New York, NY 10016
800-806-2226 Website: www.nabco.org

"The more you know, the less you fear," is the motto of this coalition of more than 370 breast cancer organizations. As the leading non-profit information and educational resource on breast cancer in the U.S., their site features links to a comprehensive array of resources.

National Association of Hospital Hospitality Houses, Inc.
Website: www.nahhh.org

The National Association of Hospital Hospitality Houses, Inc., is a caring association that provides family centered lodging and support services to families and their loved ones who are receiving medical treatment far from their home communities.

National Breast Cancer Coalition Website: www.stopbreastcancer.org
1707 L St. NW
Suite 1060
Washington, DC 20036
800-622-2838

The National Breast Cancer Coalition is a national advocacy group, dedicated to ending breast cancer through the power of action and advocacy. Their main goals are to increase federal funding for breast cancer research, and improve access to high-quality health care and breast clinical trials for all women. They are considered by many to be the best national organization focused on political and policies issues. It lobbies for increased research funding, access to medical services and education.

National Cancer Institute Website: www.cancer.gov
800.422.6237

The National Cancer Institute is a component of the National Institutes of Health, the federal government's principal agency for cancer research and training. It offers free, current information in English and Spanish on treatment, clinical trials, nutrition, advanced cancer and services in your area. The NCI disseminates health information in regard to diagnosis, prevention and treatment of cancer and is a good resource for clinical trials. It lists clinical trials and is a good source of accurate, unbiased information.

The NCI provides a list of NCI designated cancer centers listed by state at: www3.cancer.gov/cancercenters/centerslist.html

National Cancer Institute Website: www.cancer.gov

The two centers listed for Illinois are:

Robert H. Lurie Cancer Center of Northwestern University
303 East Chicago Avenue
Olson Pavilion 8250
Chicago, IL 60611
312-908-5250

University of Chicago Research Center
5841 S. Maryland Avenue MC 2115
Chicago, IL 60637-1470
773-702-6180

National Center for Complementary and Alternative Medicine
P.O. Box 7923
Gaithersburg, MD 20898-7923
888-644-6226 Website: www.nccam.nih.gov

The National Center for Complementary and Alternative Medicine (NCCAM) facilitates research and evaluation of complementary and alternative practices, and provides information about a variety of approaches to health professionals and the public. It is a good starting place for scientific information about complementary and alternative therapies.

National Comprehensive Cancer Network Website: www.nccn.com
An excellent resource providing practical guidelines on how to best navigate a breast cancer journey.

National Hospice Organization Website: www.nho.org

The National Hospice Organization provides a directory of hospice programs by state.

National Lymphedema Network Website: www.lymphnet.org
1611 Telegraph Avenue
Oakland, CA 94612
800-541-3259

The National Lymphedema Network provides education and guidance to lymphedema patients, health care professionals and the general public by disseminating information on the prevention and management of primary and secondary lymphedema. It offers educational materials, support groups and referrals to lymphedema specialists.

Northwest Lymphedema Center www.nwlymphedemacenter.org
206-575-7775

The Northwest Lymphedema Center is a 501 (c) (3) non-profit organization located in Kent, Washington. They have a comprehensive website that offers free on-line self-care videos that you can watch. Their goal is to provide hope and encouragement for people with lymphedema. the goal of their website is to help people with lymphedema learn the skills to effectively manage their lymphedema and thereby discover that lymphedema does not have to control your life. They have been teaching lymphedema classes since 1993 and offer a six-hour lymphedema self-care class in Kent, Washington. the class covers a wide range of subjects, including manual lymph drainage (MLD), exercise, skin care, compression garments and nutrition. They sell DVDs that teach self care, through their website.

Nueva Vida
202-223-9100 Website: www.nueva-vida.org

Nueva Vida empowers, informs and supports Latinas who are affected by cancer. Their goal is to advocate for and facilitate access to state-of-the-art care for Latinas while also providing emotional support.

Reach to Recovery
800-227-2345

Reach to Recovery is an American Cancer Society (ACS) program that matches survivors with women just diagnosed with breast cancer. These volunteers are trained to share their knowledge and experience in a supportive and non-intrusive way. Call the toll-free number for the program nearest you.

Relay for Life
800-227-2345

Relays for Life are American Cancer Society (ACS) events designed to celebrate survivorship and raise money for ACS research and programs in literally thousands of communities. The event honors cancer survivors, who always take the first lap, graced with a purple sash, with literally thousands of people cheering them on. To find out about the Relay for Life in your area, call the toll-free number.

SHARE (Self-help for Women with Breast or Ovarian Cancer)
866-891-2392 Website: sharecancersupport.org

SHARE provides peer-led support, information, including availability and access to clinical trials, resources and hope through its multi-lingual hotlines, support groups, educational programs, survivor patient navigator initiatives and advocacy opportunities through its SHARE LEADERS program.

Sisters of Hope
c/o Betty Mewborn
2531 South J Street
Tacoma, WA 98405
253-572-2683
e-mail: sistersofhope@hotmail.com

Sisters of Hope is a support group of African American women with breast cancer and their families.

Sisters Network, Inc.
866-781-1808 Website: www.sistersnetworkinc.org

Sisters Network, Inc. is the leading voice and only national African American breast cancer survivorship organization in the Unites States. With chapters in cities across the country, including Chicago, they host an annual national conference and offer local support to those who are on a breast cancer journey.

Susan G. Komen Foundation Website: www.komen.org
800-462-9273

The Susan G. Komen Foundation is a private fundraising foundation that raises awareness and awards grants for research and programs to fulfill its mission of preventing breast cancer through research, education, and screening.

Tender Loving Care Magazine/Catalogue Website: tlccatalog.org

This is an American Cancer Society sponsored magazine/catalog that combines information with products for women who are coping with cancer. Wigs, hairpieces, breast forms, hats, accessories, and more are available. You can order on-line or call for a free catalogue. This program is self-supporting and profits are reinvested in the program to make it more accessible to people who are under-resourced.

Visitng Nurse Associations of America Website: www.vnaa.org

The VNA provides information, education and other resources for accessing nurses and other health-care professionals who can provide care in your home. Information about insurance coverage is also provided.

Young Survival Coalition Website: www.youngsurvival.org
877.YSC-1011

Young Survival Coalition is dedicated to the concerns and issues 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 years of age and younger.

YWCA Website: www.ywca.org
624 9th Street, NW, 3rd Floor
Washington, DC 20001-5303
900-95-EPLUS (toll free)

The Encore Plus program of the YWCA offers exercise programs, such as swimming, watersize, yoga, dance therapy, and tai chi, and other services for women on a breast cancer journey. Check your local phone book for the local YWCA closest to you.

Zeta Tau Alpha Fraternity Website: www.zetataualpha.org

Zeta Tau Alpha Fraternity for women has supported breast cancer education and awareness as the national philanthropy for its 146 collegiate and 250 alumnae chapters since 1992. ZTA's trademarked "Think Pink" efforts promote early detection through breast self-examinations and mammography.

CITY OF CHICAGO

A Silver Lining Foundation Website: www.asilverliningfoundation.org
134 North Lasalle, Suite 1218
Chicago, IL 60602
312-345-1322

Founded by Dr. Sandy Goldberg in memory of her Mother, A Silver Lining Foundation offers the following services:

- Cancer resource information
- Free mammograms through the *Buy a Mom a Mammogram* program and follow up diagnostic testing
- Quality of life assistance during treatment
- It partners with the following hospitals: University of Illinois Medical Center in Chicago, Ingalls Health System in Homewood, Northwest Community Hospital in Arlington Heights, and South Shore Hospital in Chicago.

All American Medical Supply_
6433 N. California_
Chicago, IL 60645
773-764-0184

All American Medical Supply is a retail provider of breast prostheses and other products for women who have had breast surgery. It can bill Public Aid, Medicare or private insurance. Hours: Monday – Friday: 8 AM – 5 PM

Avmed Surgical Supply_
2733 W. Touhy_
Chicago, IL 60645
773-743-8998

Avmed Surgical Supply is a retail provider of breast prostheses and other products for women who have had breast surgery. Hours: Monday – Thursday: 9 AM – 5 PM, Friday: 9 AM – 2 PM; Sunday: 11 AM – 3 PM.

Becker Professional Pharmacy
4744 N. Western Avenue
Chicago, IL 60625
773-561-4486

Becker Professional Pharmacy is a retail provider of breast prostheses and other products for women who have had breast surgery.
Hours: Monday – Friday: 9 am – 6 pm, Saturday: 9 am – 4 pm.

Care for All
PO Box 2371_
Chicago, IL 60690
866-362-7044

Care for All is a free service to educate low-income, uninsured families and individuals. It offers information about how to apply for charity care at local tax-exempt hospitals. Upon eligibility, a welcome pack with a Care for All Charity Care card will be mailed upon request.

Care Pages, Inc. Website: www.carepages.com
4043 N. Ravenswood Avenue
Suite 301_
Chicago, IL 60613
888-852-5521

Care Pages are free, easy-to-use Web pages, offered through Revolution Health, that help family and friends communicate when a loved one is receiving care for cancer. Care Pages are a great on-line resource for those wishing to share their stories, keep distant families up to date regarding their illness, find great articles and tips as well as find resources in their communities.

Chicago Family Health Center - South Chicago_
9119 South Exchange Avenue_
South Chicago Center_
Chicago, IL 60617
773-768-5000

Las Comadres Breast Cancer Support Group offers free monthly support groups for women in the Hispanic community affected by breast cancer.

Fitzsimmons Surgical_
1906 N. Halsted Street
Chicago, IL 60614
773-665-0080

Fitzsimmons Surgical is a retail provider of breast prostheses and other products for women who have had breast surgery.
Hours: Monday – Friday: 8:30 am – 5:30 pm. Appointments are necessary.

Fitzsimmons Surgical_
6428 N. Milwaukee Avenue
_Chicago, IL 60631
773-631-6316

Fitzsimmons Surgical is a retail provider of breast prostheses and other products for women who have had breast surgery. Hours: Monday – Friday: 8:30 am – 5 pm, Saturday: 9 am – 5 pm. Appointments are necessary.

Gilda's Club Chicago Website: www.gildasclubchicago.org
537 N. Wells Street
Chicago, IL 60654
312-464-9900

Gilda's Club Chicago provides a warm and welcoming meeting place where people diagnosed with cancer, and family and friends, join with others to build social, emotional and informational support as an essential supplement to medical care. All services are free of charge. Membership is based on the Basic III Plus program, a personalized plan designed to enhance one's life while living with cancer. Each member creates a personalized program, which includes the following services:

- Weekly support groups, including wellness and family groups
- Monthly networking groups that bring together members with specific interests to discuss various topics relating to cancer

Gilda's Club Chicago (cont.) Website: www.gildasclubchicago.org

- Mind-Body Workshops which provide opportunities for members to acquire new skills and techniques to help them learn to live with cancer, including yoga, relaxation techniques, Tai Chi and Neuromuscular Integrative Action (NIA) Exercise to Music programs

- Social activities which provide opportunities to connect with others in the community

Gilda's Club Chicago at the Creticos Cancer Center
901 West Wellington, 2nd Floor
Chicago, IL 60657
773-296-8200 Website: www.gildasclubchicago.org

Gilda's Club Satellite Center at the Creticos Cancer Center provides a warm and welcoming meeting place where people diagnosed with cancer, and family and friends, join with others to build social, emotional and informational support as an essential supplement to medical care. All services are free of charge. Membership is based on the Basic III Plus program, a personalized plan designed to enhance one's life while living with cancer. Each member creates a personalized program, which includes the following services:

- Weekly support groups, including wellness and family groups

- Monthly networking groups that bring together members with specific interests to discuss various topics relating to cancer

- Mind-Body Workshops which provide opportunities for members to acquire new skills and techniques to help them learn to live with cancer, including yoga, relaxation techniques, Tai Chi and Neuromuscular Integrative Action (NIA) Exercise to Music programs

- Social activities which provide opportunities to connect with others in the community

Roger Hughes, Licensed Massage Therapist
c/o Shen Shen Health & Harmony
2764 N. Lincoln Avenue
Chicago, IL 60614
773-935-4325 (work) 773-493-1339 (cell)

Roger Hughes, a Licensed Massage Therapist (LMT) and certified practitioner of the Vodder Method of Manual Lymph Drainage (MLD), offers MLD treatments for women who are affected by lymphedema.

Imerman's Angels_ Website: www.imermanangels.org
400 W Erie, Suite 405_
Chicago, IL 60610
312-274-5529

Imerman's Angels is a free service that provides one-on-one support by connecting a person fighting cancer with someone who has beaten the same type of cancer.

Madge Lockwood, Licensed Massage Therapist and Manual Lymphatic Drainage Therapist
3354 N. Paulina Street
Suite 206F
Chicago, IL 60657
773-865-7857 Website: www.chicagomassageworks.org
e-mail: chicagomassageworks@hotmail.com

Madge Lockwood is a certified lymphedema therapist and massage therapist. She received her training in Manual Lymph Drainage/Complete Decongestive Therapit in 2006, in Hamburg, Germany as well as Lymph Taping and Scar Taping. Madge has advanced training in oncology massage and worked with breast cancer patients and survivors at Mercy Hospital's Whole Woman Whole Health program from 2008-2009. Madge also teaches manual lymph drainage in the Master Program at the Soma Institute of Massage Therapy. Madge offers manual lymph drainage, bandaging, lymph taping and scar work to women who are affected or at risk for lymphedema.

Maria Mulcahy, L.Ac., MSOM, Dipl. Ac.
Anderson Wellness Center
5138 N. Clark Street
Chicago, IL 60640
773.655.1478
mulcahy.maria@gmail.com

Maria Mulcahy holds a Masters of Science in Oriental Medicine and is both licensed in the state of Illinois and nationally certified by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). Using gentle, Japanese-style acupuncture, Maria strives to care for her patients holistically by addressing body, mind and spirit together. She has also received specialized training in the areas of women's health, cancer care, and immunology. Maria is the Directro fo Whole Women, Whole Health, a complimentary and alternative medicine program for breast cacner survivors at Mercy Hopsital and Medical Center , in Chicago. She also practices privately at the Andersonville Wellness Center on Chicago's north side. Maria presents the Acupuncture segment on the DVD *Finding Your Way*, for breast cancer survivors.

Mercy Hospital and Medical Center Website: www.mercy-chicago.org
2525 S. Michigan Avenue
Chicago, IL 60616
312-567-2619
Whole Women, Whole Health Program
The Whole Women, Whole Health Program provides free services to women who have received breast cancer treatment at Mercy. These services include acupuncture, massage, manual lymphatic drainage for lymphedema, yoga and meditation.

Mount Sinai Hospital_ Website: www.sinai.org
Woman to Woman Program
15th & California Avenue_
Chicago, IL 60608
888-287-4624

Through its *Woman to Woman Program*, Mount Sinai Hospital offers free or reduced mammograms to low-income, uninsured or underinsured women.

Northwestern Memorial Hospital Website: www.nmh.org
The Center for Integrative Medicine & Wellness
680 N. Lake Shore Drive
_Chicago, IL 60611
312-926-WELL (9355)

The Center for Integrative Medicine and Wellness (CIM) offers a blend of traditional primary care medicine with integrative therapies. Board certified internists collaborate with certified integrative practitioners to offer a holistic approach to caring for both acute and chronic medical conditions. The Center is managed by Northwestern Memorial Physicians Group. Fees vary depending on the services rendered.

Northwestern Memorial Hospital Wellness Institute
150 E. Huron Street, Suite 1100
Chicago, IL 60611
312-926-9355 Website: www.nmh.orgg

The Wellness Institute uses complementary mind/body techniques to help ease the cancer experience. It provides various services, including exercise programs, nutrition counseling and a free nutrition assessment. Fees vary depending on the services rendered.

The Wellness Institute offers a free four-week program, titled, "Breast Cancer Wellness: Wellness Strategies to Enhance your Treatment Program." Week 1 focuses on nutrition. The goal is to maintain and improve your nutritional status to enhance treatment. Learn about foods that may lead to feeling better or worse during treatment. Taught by a registered dietician from the Wellness Institute.

Northwestern Memorial Hospital Wellness Institute (cont.)

Week 2 focuses on Physical Fitness. The goal is to maintain physical fitness and stamina during treatment. Taught by a registered exercise physiologist from the Wellness Institute.

Week 3 focuses on Stress Management. The goal is understanding the power of positive attitude and how to manage stress. Learn about coping mechanisms and relaxation techniques. Taught by a health psychologist from the Wellness Institute.

Week 4 focuses on Weight Management. The goal is to manage post-treatment weight gain. Taught by a registered dietician from the Wellness Institute.

The series is repeated every month. The four weekly classes comprise the series. Classes are held from 12 noon – 1 pm. All classes in the series are free of charge. Classes are held at the Wellness Institute, located at 150 E. Huron Street.
Call Health Resources at 312.926.8400 to register and to learn the dates and times of the next series

Rush University Medical Center Website: www.rush.edu
Integrative Medicine Program
1653 W. Congress Parkway
Chicago, IL 60612
312-563-2531

The Cancer Integrative Medicine Program at Rush University Medical Center combines traditional cancer treatment methods with complementary therapies for cancer patients. Fees are based on services needed. The program includes several integrative and behavioral medicine methods of treatment, including:

- Acupuncture
- Biofeedback
- Guided Imagery
- Herbal, Nutritional and Mind/Body Counseling
- Massage Therapy
- Medical Hypnosis
- Yoga
- Support and educational groups

Programa Cielo_
2408 S. Albany Ave_nue
Chicago, IL 60623
708-762-4510

Programa Cielo is a free service that provides information and referrals to the Spanish speaking community regarding Diabetes, healthy eating and cancer support.

Sharon Rose Wig & Prosthesis Salon_
Breast Cancer Network of Strength
300 W. Adams, Suite 430_Chicago, IL 60606
312-364-9071

Free breast prosthetics and prosthetic bras are available at the Sharon Rose Wig & Prosthesis Salon for breast cancer patients with limited financial resources. A trained prosthesis fitter is on staff to make sure that women are properly fitted for their prostheses. Hours: Monday – Friday: 9 am – 5 pm. Appointments are recommended.

Siona Health Care Products_
5011 N. Lincoln Avenue
University of Chicago Center Boutique_
Chicago, IL 60625
773-907-0680

Siona Health Care Products is a medical supply retailer that carries lymph press, compression garments, breast prosthesis and bras for mastectomy patients. It also carries wigs and skin care for radiation patients.
Hours: Monday – Friday: 9 am – 5 pm. Appointments are necessary.

Saint Joseph Hospital_
2900 North Lake Shore Drive_
Boikan Conference Center_
Chicago, IL 60657
773-665-6992

Saint Joseph Hospital offers free monthly support groups for women diagnosed with breast cancer.

Saint Mary of Nazareth_
2233 W. Division_
Chicago, IL 60622
312-770-2193

Saint Mary of Nazareth's Wig Bank provides new and beautiful wigs to patients for free. Hours: Monday – Friday: 8 am – 4:30 pm. Please call for eligibility requirements.

Stand Against Cancer
1501 S. California_
Chicago, IL 60608
888-722-4673

Stand Against Cancer is a state-wide program that refers low-income, uninsured or underinsured women to local providers who offer mammograms free or at a reduced cost.

Superior Orthopedic_
680 N. Lake Shore Drive, Suite 1207_
Chicago, IL 60611
312-943-0386

Superior Orthopedic is a retail provider of breast prostheses and other products for women who have had breast surgery. Fittings are available in Lincolnwood. Hours: Monday – Friday: 9 am - 5 pm. Appointments are necessary.

Thousand Waves Spa Website: www.thousandwavesspa.com
1212 W. Belmont Avenue
Chicago, IL 60657
773-549-0700

Thousand Waves Spa offers a Stress Management Program for women with cancer. It offers five (5) free full hour massages or bio-energetic therapy treatments and five (5) free visits to their spa bath facilities. The spa visits include use of the redwood sauna, eucalyptus steam bath, Jacuzzi hot tub and relaxation room. Free treatment is available only with doctor's approval. Appointments are necessary. Hours: Tuesday: Noon – 5:30 pm, Wednesday & Thursday: Noon – 9 pm, Friday, Saturday & Sunday: 10 am – 7 pm.

GREATER CHICAGOLAND

GENEVA

Living Well Cancer Resource Center Website: www.livingwellcrc.org
1803 West State Street
Geneva, IL 60134
630-262-1111
Contact: Jillian Smallwood, Program Director

Living Well Cancer Resource Center is dedicated to providing people living with cancer and their loved ones, the support and educational services they need when going through this challenging time. All services are provided free of charge. Services offered (some pre-registration may be required):

Living Well Cancer Resource Center (cont.) Website: www.livingwellcrc.org

- Clinical, one-on-one counseling
- Breast cancer and Mastectomy networking groups
- Art/music therapy offered weekly
- Nutrition classes in their own demonstration kitchen offered several times each month
- Yoga by design specifically for breast cancer patients offered weekly
- "Women on Weights" classes
- Pilates and Nia classes offered bi-weekly
- Meditation
- Massage and Healing Touch therapy
- The Healing Boutique, providing one-on-one health and beauty consultations
- Special educational presentations provided by experts in cancer care
- Web-based *StayWell*® cancer software and a comprehensive cancer focused library

McHENRY

Benchmark Atlantic Health Care _For Her Boutique_
5419 Bull Valley Road_
Mc Henry, IL 60050
815-578-0304

Benchmark Atlantic Health Care's For Her Boutique is a retail provider of breast prostheses and other products for women who have had breast surgery, including bras, prosthesis, lymphedema sleeves and custom made prosthesis. Hours: Monday – Friday: 9 am – 5 pm. Appointments are recommended.

NAPERVILLE

Edward Cancer Center Website: www.edward.org
120 Spalding Drive
Naperville, IL 60540
630-527-3788

Edward Cancer Center (cont.) Website: www.edward.org

The Edward Cancer Center offers various support services focusing on holistic care to women who receive their breast cancer treatment at Edward Cancer Center and include:

- Patient and caregiver support groups
- Spiritual support groups
- Bi-monthly breathing meditation and restoration programs
- Therapeutic arts & crafts and journaling support groups
- *Back on Track*, an eight-week exercise class designed to work with the treatment and management of cancer by enhancing aerobic capacity, muscular strength and flexibility
- *Look Good…Feel Better* program that teaches female cancer patients beauty tips to look better and feel good about how they look during chemotherapy and radiation treatments
- Reiki and T'ai Chi Chih classes
- Mindful Yoga
- Patient Resource Library

ZION

Cancer Treatment Center at Midwest Regional Medical Center
2520 Elisha Avenue
Zion, IL 60099
800-204-8900 Website: www.cancercenter.com

The Cancer Treatment Center at Midwest Regional Medical Center combines traditional cancer treatment methods with complementary therapies for cancer patients. Fees are based on services needed. The program includes several integrative and behavioral medicine methods of treatment, including:

- Acupuncture
- Image Enhancement
- Mind/Body services such as counseling, stress management, relaxation techniques, Tai Chi, Qi Gong and Reiki therapy
- Naturopathy
- Nutritional and spiritual support

NORTH/NORTHWEST SUBURBS

ARLINGTON HEIGHTS

Northwest Community Hospital_ Website: www.nch.org
800 West Central Road
_Cancer Services Department
Arlington Heights, IL 60005
847-618-3643

Northwest Community Hospital offers free monthly *Reach for Support* groups for breast cancer survivors and the women in their lives who support them and lymphedema networking groups that focus on education and support.

BARRINGTON

Advocate Good Shepherd Hospital_
450 W. Hwy 22_Barrington, IL 60010
847-381-9600 Website: www.advocatehealth.com/gshp/

Advocate Good Shepherd Hospital offers various programs for women affected by breast cancer, including:

- The *Image Renewal Program* walks a woman through the process of renewing her appearance, comfort and confidence with products fitting services from the time of diagnosis through treatment and beyond
- Free monthly breast cancer support groups offered to individuals and those affected by breast cancer through the Breast Cancer Network of Strength — call 847-842-4847 and request Class Code 3C01
- Quarterly lymphedema support groups provide an opportunity for people coping with lymphedema to share thoughts, ideas and feelings with each other – call 1-800-323-8622 and request Class code 3CO2

DES PLAINES

Advanced Center of Trichology_
2782 River Road
_Des Plaines, IL 60018
847-298-0477

The Center provides free donated wigs, reduced accessories, and reduced styling services. It cleans and conditions wigs. Cutting or styling involves a $25 fee (if the American Cancer Society is mentioned). New wigs are also available and prices may vary. Hours: Tuesday – Friday: 9 am – 3 pm. Appointments are necessary.

ELK GROVE VILLAGE

Cancer Institute at Alexian Brothers Medical Center
800 Biesterfield Road_
Elk Grove Village, IL 60007
847-952-7192 Website: www.alexian.org

The Breast Care Program at the Cancer Institute of Alexian Brothers Medical Center offers support services in addition to the traditional medical treatments for breast cancer. Free complementary care programs, designed to augment cancer therapy, include:

- Bi-monthly support-education groups for those newly diagnosed and those living with breast cancer
- Massage therapy
- Art therapy
- Restorative healing arts, including weekly yoga classes
- Fitness club
- Many other specialized programs

EVANSTON

North Shore University Health System
Evanston Hospital
Integrative Medicine Program
2650 Ridge Avenue_
Evanston, IL 60201 _
847-570-2000 Website: www.northshore.org/integrative

North Shore University Health System's Integrative Medicine Program offers holistic healthcare for cancer patients. Services here are fee-based, but the hospital offers financial assistance based on eligibility and need. Services include:

- Integrative Medicine physician consultations
- Oriental Medicine and acupuncture
- Integrative counseling and stress relief strategies, including biofeedback
- Integrative Bodywork, including various forms of massage
- Nutrition counseling
- Herbal medicine counseling

North Shore University Health System (cont.)
Evanston Hospital
Integrative Medicine Program

- Therapeutic yoga and meditation
- Music therapy

North Shore University Health System offers lymphedema treatment by licensed physical and occupational therapists. Program components include manual lymphatic treatment massage, compression bandage wrapping, lymphedema exercises, skin care, assistance in obtaining compression garments, and self-management techniques. Call 847-570-2066 for more information.

North Shore University Health System Website: www.northshore.org
Evanston Hospital_
1000 Central Street, Suite 800_
Evanston, IL 60201
847-926-5818

Evanston Hospital offers free monthly support groups to women on a breast cancer journey.

GLENVIEW

Labelle Lingerie and Swimwear
1448 Waukegan Road
Glenview, IL 60025
847-998-8400

Labelle Lingerie and Swimwear is a retail provider of breast prostheses and other products for women who have had breast surgery.
Hours: Monday – Saturday: 10 am – 5 pm, Thursday: 10 am – 8 pm.

North Shore University Health System
Glenbrook Hospital
Integrative Medicine Program
2100 Pfingsten Road
_Glenview, IL 60026
_847-657-5800 Website: www.northshore.org/integrative

North Shore University Health System's Integrative Medicine Program offers holistic healthcare for cancer patients. Services here are fee-based, but the hospital offers financial assistance based on eligibility and need.
Services include:

North Shore University Health System (cont.)
Glenbrook Hospital
Integrative Medicine Program

- Integrative Medicine physician consultations
- Oriental Medicine and acupuncture
- Integrative counseling and stress relief strategies, including biofeedback
- Integrative Bodywork, including various forms of massage
- Nutrition counseling
- Herbal medicine counseling
- Therapeutic yoga and meditation

North Shore University Health System offers lymphedema treatment by licensed physical and occupational therapists. Program components include manual lymphatic treatment massage, compression bandage wrapping, lymphedema exercises, skin care, assistance in obtaining compression garments, and self-management techniques. Call 847-570-2066 for more information.

Premier Fitness_
1805 Waukegan Road
_Glenview, IL 60025
847-998-9986

The Wellness Program at Premier Fitness uses complementary mind/body techniques to promote health or help ease the cancer experience. It offers three (3) free Personal Training sessions and a Marathon Training Group for survivors and caretakers.

GRAYSLAKE

Cancer Wellness Center North (Satellite Center)
Wildwood Presbyterian Church
18630 W. Old Gages Lake Road
Grayslake, IL 60030
847-509-9595 Website: www.cancerwellness.org
*Affiliated with Cancer Wellness Center in Northbrook

Cancer Wellness Center (Northbrook)
215 Revere Drive_
Northbrook, IL 60062
847-509-9595 Website: www.cancerwellness.org

The Cancer Wellness Center's goal is to help people live better while living with cancer. It is a member of the Cancer Health Alliance of Metropolitan Chicago. All services are free to those living with cancer and their loved ones. Services offered (some pre-registration may be required):

- Support groups for patients, caregivers, family and friends
- Interactive discussion group meetings (drop-ins welcome)
- Individual, couple or family counseling
- Guided Meditation sessions
- Yoga and Qi Gong classes offered weekly (drop-ins welcome)
- Massage therapy and personal training sessions
- Healing Touch sessions
- Guided Imagery and Visualization
- Featured educational programs offered 4 – 5 times monthly on cancer-related topics
- Knitting Group
- Comprehensive Resource Center and Lending Library

HIGHLAND PARK

North Shore University Health System
Highland Park Hospital
Integrative Medicine Program
777 Park Avenue West
Highland Park, IL 60035
847-432-8000 Website: www.northshore.org/integrative

North Shore University Health System's Integrative Medicine Program offers holistic healthcare for cancer patients. Services here are fee-based, but the hospital offers financial assistance based on eligibility and need.

North Shore University Health System (cont.)
Highland Park Hospital
Integrative Medicine Program

Services include:

- Integrative Medicine physician consultations
- Oriental Medicine and acupuncture
- Integrative counseling and stress relief strategies, including biofeedback
- Integrative Bodywork, including various forms of massage
- Nutrition counseling
- Herbal medicine counseling
- Therapeutic yoga and meditation
- Lymphedema Treatment Services

  North Shore University Health System offers lymphedema treatment by licensed physical and occupational therapists. Program components include manual lymphatic treatment massage, compression bandage wrapping, lymphedema exercises, skin care, assistance in obtaining compression garments, and self-management techniques. Call 847-570-2066 for more information about the lymphedema treatment services.

HOFFMAN ESTATES

St. Alexius Medical Center
1555 Barrington Road
Hoffman Estates, IL 60169
847-843-2000

Website: www.alexian.org

The Breast Care Program at the Cancer Institute of St. Alexius Medical Center offers support services in addition to the traditional medical treatments for breast cancer. Free complementary care programs, designed to augment cancer therapy, include:

- Bi-monthly support-education groups for those newly diagnosed and those living with breast cancer
- Massage therapy
- Art therapy

St. Alexius Medical Center (cont.) Website: www.alexian.org

- Restorative healing arts, including weekly yoga classes
- Fitness club
- Many other specialized programs

MOUNT PROSPECT

Van Driel's Medical Specialties Website: www.vandrielsmedical.com
720 E. Northwest Highway
Mount Prospect, IL 60056
847-253-6494

Van Driel's is a medical supply retailer which offers custom fit compression and support stockings and post-mastectomy and lymphedema arm sleeves. Hours: Monday – Friday: 9 am – 5 pm; Saturday: 9 am – 3 pm; closed Sunday. Appointments are recommended.

NORTHBROOK

Cancer Wellness Center _ Website: www.cancerwellness.org
215 Revere Drive_
Northbrook, IL 60062
847-509-9595

Please note: There is a satellite center in Grayslake
Wildwood Presbyterian Church
18630 W. Old Gages Lake Road
Grayslake, IL 60030

The Cancer Wellness Center's goal is to help people live better while living with cancer. It is a member of the Cancer Health Alliance of Metropolitan Chicago. All services are free to those living with cancer and their loved ones.
Services offered (some pre-registration may be required):

- Support groups for patients, caregivers, family and friends
- Interactive discussion group meetings (drop-ins welcome)
- Individual, couple or family counseling
- Guided Meditation sessions
- Yoga and Qi Gong classes offered weekly (drop-ins welcome)

Cancer Wellness Center _ (cont.) Website: www.cancerwellness.org

- Massage therapy and personal training sessions
- Healing Touch sessions
- Guided Imagery and Visualization
- Featured educational programs offered 4 – 5 times monthly on cancer-related topics
- Knitting Group
- Comprehensive Resource Center and Lending Library

North Shore Wellness Services Website: www.northshorewellness.com
3000 Dundee Road
Suite 411
Northbrook, IL 60062
847.205.0371

North Shore Wellness Services offers a holistic integrative wellness program with strategies including strategic wellness planning, holistic health education, nutritional counseling, behavior modification, body image and self-esteem enhancement, guided imagery, movement therapy, chakra balancing exercises, progressive muscle relaxation, acupressure and applied yoga. It also offers continuing education classes and support groups. Fees are based on services needed.

PALATINE

Laura T. Clark, Licensed Massage Therapist
c/o Woman Care
355 West Northwest Highway
Palatine, IL 60067
847-221-4700 (work) 847-707-5462 (cell)

Laura T. Clark, a Licensed Massage Therapist (LMT) and certified practitioner of the Vodder Method of Manual Lymph Drainage (MLD), offers MLD treatments for women affected by lymphedema.

Wellness Place Website: www.wellnessplace.org
1619 West Colonial Parkway
Palatine, IL 60067
847-221-2400

The Wellness Place's mission is to enhance the quality of life for those touched by cancer through education, encouragement and empowerment. It is a member of the Cancer Health Alliance of Metropolitan Chicago. All services are free to those living with cancer and their loved ones.
Services offered (some pre-registration may be required):

- Spotlight programs, offered several times each month, conducted by local experts in cancer and healthy living, address topics such as the latest developments in cancer treatments, wellness, nutrition and other lifestyle issues
- Yoga, T'ai Chi Chih and Qi Gong classes offered bi-weekly
- *Look Good, Feel Better*® makeup kits and classes on beauty techniques for coping with chemotherapy- and/or radiation-related skin and nail changes and hair loss
- Meditation and relaxation techniques
- Counseling services and support groups
- Art therapy sessions
- Massage therapy and Healing Touch Therapy
- Resource Center and Lending Library

PARK RIDGE

Advocate Lutheran General Hospital
1775 Dempster Street
Park Ridge, IL 60068
847-723-2210 Website: www.advocatehealth.com/luth/

The Caldwell Breast Center at Advocate Lutheran General Hospital offers support groups to individuals and those affected by breast cancer as well as lymphedema prevention and treatment programs.

SCHAUMBURG

Mark Drug Home Health
1457 Schaumburg Road
Schaumburg, IL 60159
847-895-0011

Mark Drug Home Health is a retail provider of breast prostheses and other products for women who have had breast surgery.

SKOKIE

Cancer Care Foundation, Inc. _
P.O. Box 4151
_Skokie, IL 60076
847-920-1356

The Cancer Care Foundation offers individual and family counseling services to cancer patients and their families. Services are free to all clients.

North Shore University Health System
Skokie Hospital
Integrative Medicine Program
9600 Gross Point Road
Skokie, IL 60076
847-677-9600 Website: www.northshore.org/integrative

North Shore University Health System's Integrative Medicine Program offers holistic healthcare for cancer patients. Services here are fee-based, but the hospital offers financial assistance based on eligibility and need.
Services include:

- Integrative Medicine physician consultations
- Oriental Medicine and acupuncture
- Integrative counseling and stress relief strategies, including biofeedback
- Integrative Bodywork, including various forms of massage
- Nutrition counseling
- Herbal medicine counseling
- Therapeutic yoga and meditation

North Shore University Health System (cont.)
Skokie Hospital
Integrative Medicine Program

North Shore University Health System offers lymphedema treatment by licensed physical and occupational therapists. Program components include manual lymphatic treatment massage, compression bandage wrapping, lymphedema exercises, skin care, assistance in obtaining compression garments, and self-management techniques. Call 847-570-2066 for more information.

Walgreens Home Medical Center
3606 West Dempster Street
Skokie, IL 60076
847-676-7770

Walgreens Home Medical Center is a provider of breast prostheses and other products for women who have had breast surgery.
Hours: Monday – Saturday: 9 am – 5 pm.
Fittings are only offered Monday – Friday.

WHEATON

Marianjoy Rehabilitation Hospital **Website: www.marianjoy.org**
26 W 171 Roosevelt Road
Wheaton, IL 60187
630-462-4542

The Marianjoy Lymphedema Prevention and Treatment Program provides education, treatment and self-management training for those affected by lemphedema or who are at risk of developing lymphedema. Treatment is provided by qualified lymphedema therapists and incude: a comprehensive evaluation of the patient's history, lymphedema and functional limitations; education on lymphedema prevention and skin care; education on home exercise, use of compression and adaptive equipment; manual lymphatic drainage to decrease swelling; compression bandaging; and family education and training to help with lymphedema management.

WILMETTE

Betty Schwartz's Intimate Apparel_
108 Skokie Boulevard_
Wilmette, IL 60091
847-251-1118

Betty Schwartz's Intimate Apparel is a retail provider of breast prostheses and other products for women who have had breast surgery. Through its *Positive Care* division, run by Syndi E. Salat, CMF, BOC, ABC, who is a certified fitter and compression specialist, Schwartz's offers a private and non-clinical atmosphere with a staff of certified fitters. Products include breast forms (25 different sizes and 3 skin tones), cotton vests, camisoles, stretch bras, surgical bras, pocketed swimwear and swim forms for bathing suits. *Positive Care* also offers a wide range of other accessories, including scarves, wigs, skin and scalp products for radiation, and lymphedema compression products. Schwartz's also hosts educational seminars on many different women's health subjects and has an in-house resource center.
Hours: Monday – Saturday: 9:30 am – 6 pm, Thursday: 9am – 9 pm.
Appointments are recommended.

SOUTH/SOUTHWEST SUBURBS

BLUE ISLAND

Physical Therapy and Sports Injury Rehabilitation_
13114 Western Avenue, Suite 3_
Blue Island, IL 60406
708-824-0515

Physical Therapy and Sports Injury Rehabilitation offers support to individuals and those affected by lymphedema. A specifically designed therapeutic exercise program is completed on a daily basis in the clinic and the patient's home. This exercise program restores the strength, endurance, and flexibility in the affected extremity caused by lymphedema and assists in the lymph drainage. Fees based on services needed

CHICAGO HEIGHTS

Lynn's Boutique
Joyce Comprehensive Cancer Institute @ Saint James Hospital
1423 Chicago Road_
Chicago Heights, IL 60411
708-679-2252

Lynn's Boutique provides clothing, breast prostheses, wigs and inspirational items to women who have survived or who are living with breast and other cancers. A certified breast fitter is also available to assist with prosthetic needs.
Hours: Monday – Saturday: 8:30 am – 4:30 pm.

St. James Hospital_
1423 Chicago Road
_Chicago Heights, IL 60411
708-756-1000

St. James Hospital offers nutritional counseling to cancer patients with information on issues such as appetite, weight loss, nausea, and diet. The Medical Spa at St. James provides free manicures, pedicures and massages to cancer patients currently undergoing surgery, chemotherapy or radiation treatment.

EAST HAZEL CREST/ HAZEL CREST

Faye's Light _ Website: www.fayeslight.org
1416 W. 175th Street
_East Hazel Crest, IL 60429
708-431-3643

Faye's Light provides quality of life services to those currently undergoing treatment for cancer. These services complement medical care and include holistic treatments and spa services, with a focus on mind, body, and spirit. Services are free and include massage, facials, manicures, pedicures, Reiki, creative art, sound bowl therapy, aromatherapy and guided meditation.

Fitzsimmons Surgical Supply
17660 South Kedzie
Hazel Crest, IL 60429
708-957-9500

Fitzsimmons Surgical is a retail provider of breast prostheses and other products for women who have had breast surgery.
Hours: Monday – Friday: 8:30 am – 5:30 pm. Please call for an appointment.

EVERGREEN PARK

Fitzsimmons Surgical Supply
2747 West 95th Street
Evergreen Park, IL 60805
773-881-8700

Fitzsimmons Surgical is a retail provider of breast prostheses and other products for women who have had breast surgery.
Hours: Monday – Friday: 8 am – 6 pm. Please call for an appointment.

Little Company of Mary Hospital Website: www.lcmh.org
Breast Health Center
2800 West 95th Street
Evergreen Park, IL 60805
708-229-6015
Contact: Linda Courts

The Breast Health Center at Little Company of Mary Hospital takes a holistic approach to the healing process of breast cancer. It provides an array of integrative therapy services for cancer patients. Services are fee-based and may be covered by insurance.
Services offered:

- Faye's Light Mini-Spa Treatment
- Acupuncture
- Healing Touch
- Monthly Support Groups

Little Company of Mary Hospital (cont.) Website: www.lcmh.org
Breast Health Center

- *Look Good, Feel Better*® which includes makeup counseling
- *Picnic in the Park*, the center's weekly educational programs
- Easy Yoga
- Deep Hypnosis

FLOSSMOOR

Ingalls Flossmoor Family Care Center_
19550 Governor's Highway_
Flossmoor, IL 60422
708-915-5371

Ingalls Family Care Center offers quarterly support groups for women affected by lymphedema.

HOMEWOOD

Cancer Support Center Website: www.cancersupportcenter.org
2028 Elm Road
Homewood, IL 60430
708-798-9171

*Satellite Center in Mokena
19250 Everett Lane
Mokena, IL 60448
708-478-3529

The Cancer Support Center's mission is to provide comprehensive resources that help people improve the quality of life during the cancer experience. It is a member of the Cancer Health Alliance of Metropolitan Chicago. All services are free to those living with cancer and their loved ones.

Services offered (some pre-registration may be required):

- Support groups for patients, caregivers, family and friends
- Networking group meetings offered monthly
- Individual, couple or family counseling
- Mindful Meditation sessions (drop-ins welcome)
- Yoga and Qi Gong classes offered weekly (drop-ins welcome)
- Massage therapy sessions
- Reiki and healing touch sessions
- Mind-Body Mondays – A new program is offered every other Monday on topics such as spirituality, relaxation, nutrition, physical activity or mindfulness
- Crocheting Circle
- Comprehensive Resource Center and Lending Library

Homewood-Flossmoor Wellness Center_
2920 W. 183rd Street_
Homewood, IL 60430
708-915-5062

Homewood-Flossmoor Wellness Center offers support groups every other month to women affected by lymphedema. The groups offer information on wrapping techniques, treatment options, exercises to reduce swelling, health maintenance regimes and ways to reduce risks.

MOKENA

Cancer Support Center (Satellite Center)
19250 Everett Lane
Mokena, IL 60448
708-478-3529 Website: www.cancersupportcenter.org

*Affiliated with Cancer Support Center in Homewood
2028 Elm Road
Homewood, IL 60430
708-798-9171

The Cancer Support Center's mission is to provide comprehensive resources that help people improve the quality of life during the cancer experience. It is a member of the Cancer Health Alliance of Metropolitan Chicago. All services are free to those living with cancer and their loved ones.

Services offered (some pre-registration may be required):

- Support groups for patients, caregivers, family and friends
- Networking group meetings offered monthly
- Individual, couple or family counseling
- Mindful Meditation sessions (drop-ins welcome)
- Yoga and Qi Gong classes offered weekly (drop-ins welcome)
- Massage therapy sessions
- Reiki and healing touch sessions
- Mind-Body Mondays – A new program is offered every other Monday on topics such as spirituality, relaxation, nutrition, physical activity or mindfulness
- Crocheting Circle
- Comprehensive Resource Center and Lending Library

LANSING

Hoover's Home Health Equipment_
3326 Ridge Road
Lansing, IL 60438
708-895-2207

Hoover's Home Health Equipment is a retail provider of breast prostheses and other products for women who have had breast surgery.
Hours: Monday – Friday: 9 am – 5 pm.

OAK LAWN

Advocate Christ Hospital_ Website: www.advocatehealth.com
4440 West 95th Street_
Oak Lawn, IL 60453
708-684-5849

Advocate Christ Hospital offers free support groups for women with breast cancer where they can share experiences, strengths and hopes with others going through breast cancer. Groups are held every 3rd Wednesday from 7 - 8:30 pm. Registration is required.

Best Fit Surgical Appliances_
10300 S. Cicero, Suite 168_Oak Lawn, IL 60453
800-585-4580

Best Fit Surgical Appliances is a retail provider of breast prostheses and other products for women who have had breast surgery. Hours are by appointment.

ORLAND PARK

Palos Health & Fitness Center
15430 West Avenue @ 153rd Street_
Orland Park, IL 60462
708-226-0555

Palos Health & Fitness Center, in partnership with Palos Community Hospital, offers a Wellness Program that uses complementary mind/body techniques to promote health or help ease the cancer experience. Fees vary based on the services needed.

PALOS HEIGHTS

Dreher_
7350 W. 119th Street, Suite 205
Palos Heights, IL 60463
708-448-6909

Dreher is a retail provider of breast prostheses and other products for women who have had breast surgery. Hours: Monday – Friday: 8:30 am – 5pm.

Palos Community Hospital_ Website: www.paloshospital.org
12251 S. 80th Avenue_
Palos Heights, IL 60463
708-923-4145

Palos Community Hospital offers nutritional counseling to cancer patients with information on issues such as appetite, weight loss, nausea, and diet.

SUMMIT

Des Plaines Valley Health Center_
7450 West 63rd Street_
Summit, IL 60501
708-458-0757

Des Plaines Valley Health Center offers free or reduced mammograms and breast exams to low-income, uninsured or underinsured women.

TINLEY PARK

Ingalls Family Care Center
6701 West 159th Street
_Tinley Park, IL 60477
312-364-9071

Ingalls Family Care Center offers free monthly support groups to women affected by breast cancer.

Together We Cope_
17010 Oak Park Avenue
_Tinley Park, IL 60477
708-633-5040

Together We Cope provides free clothing, furniture, household and personal care items to qualified, registered clients. It also offers financial assistance with rent and utilities based on eligibility.

WESTERN/NEAR WEST SUBURBS

BERWYN

Central Foundations_
6743 W. Cermak Road_
Berwyn, IL 60402
708-484-7330

Central Foundations is a retail provider of breast prostheses and other products for women who have had breast surgery, including bras, compression bras and breast prosthesis. Hours: Tuesday – Saturday: 10 am – 5 pm.

MacNeal Hospital_ Website: www.macneal.com
3249 S. Oak Park Avenue
_Berwyn, IL 60402
708-783-3003

The Breast Cancer Network of Strength and MacNeal Hospital offer free monthly breast cancer support groups with a focus on women who speak Spanish.

Walgreens Home Medical Center_
7175 W. Cermak Road_
Berwyn, IL 60402
708-795-9030

Walgreens Home Medical Center is a provider of breast prostheses and other products for women who have had breast surgery.
Hours: Monday – Friday: 9 am – 6 pm.

ELMHURST

Elmhurst Hospital_ Website: www.emhc.org
200 Berteau Avenue_
Elmhurst, IL 60126
630-782-7878

Elmhurst Hospital offers free monthly support groups to women affected by breast cancer.

HINSDALE

Wellness House Website: www.wellnesshouse.org
131 North County Line Road
Hinsdale, IL 60521
630-323-5150

The Wellness House provides psychosocial support, education and information as a complement to the medical treatment offered to cancer patients and their families. It is a member of the Cancer Health Alliance of Metropolitan Chicago. All services are free to those living with cancer and their loved ones.

Services offered (some pre-registration may be required):

- Various support groups are offered weekly, monthly and some drop-in sessions available
- Exercise sessions offered by oncology certified trainers for getting well, staying well and survivorship
- Pink Ribbon fitness to prevent lymphedema
- Deep hypnosis
- Yoga classes offered three times a week, Tai Chi and Qi Gong classes offered bi-weekly
- Food, fitness and nutrition classes along with cooking demonstrations offered month and in on-going 8–week pre-registered sessions
- Educational presentations offered bi-weekly on topics such as stress reduction, nutrition, fitness, holistic and alternative types of treatment
- Massage, music and healing touch therapy
- Referral list available for individuals interested in acupuncture
- Wellness House library

LOMBARD

Firm Foundations
28 Yorktown Convenience Center
Lombard, IL 60148
630-620-1385

Firm Foundations is a retail provider of breast prostheses and other products for women who have had breast surgery. Hours vary. Medicare accepted.
Please call for more information.

MAYWOOD

Alma Family Health Center_
318 West Madison Street_
Maywood, IL 60153
708-344-5300

Alma Family Health Center offers free or reduced mammograms to low-income, uninsured or underinsured women.

Cardinal Bernardin Cancer Center of Loyola University_
2160 S. First Avenue_
Maywood, IL 60153
708-327-2042

Cardinal Bernardin Cancer Center offers free monthly support groups to women affected by breast cancer.

MELROSE PARK

Gottlieb Professional Pharmacy_
675 W. North Avenue_
Melrose Park, IL 60160
708-450-4941

Gottlieb Professional Pharmacy is a retail provider of breast prostheses and other products for women who have had breast surgery. Open Monday – Saturday. Hours vary. Please call for an appointment.

Melrose Park Family Health Center_
8321 West North Avenue_
Melrose Park, IL 60160
708-681-2298

Melrose Park Family Health Center offers free or reduced cost mammograms to low-income, uninsured or underinsured women.

OAK PARK

Cook County Department of Public Health_
Breast and Cervical Program
1010 Lake Street, Suite 300
Oak Park, IL 60301
708-492-2114

Cook County Dept. of Public Health offers free or reduced cost mammograms and breast exams to low-income, uninsured or underinsured women.

RIVER FOREST

We're Movin' On_ West Suburban Center for Breast Care_
420 William Street, Suite 1000_
River Forest, IL 60305
708-763-4709

We're Movin' On provides free monthly support groups for women who have been diagnosed with breast cancer.

WESTCHESTER

Access to Care Website: www.accesstocare.org
2225 Enterprise Drive, Suite 2507_
Westchester, IL 60154
708-531-0680

Access to Care provides reduced cost mammograms to low-income, uninsured or underinsured women.

WHEATON

Denson Shops_
509 S. Carlton
_Wheaton, IL 60187
630-665-1488

Denson Shops is a retail provider of breast prostheses and other products for women who have had breast surgery. Appointments are necessary.
Hours: Monday – Friday: 9 AM – 5:30 PM

WINFIELD

Central DuPage Hospital Website: www.cdh.org
Breast Health Center
25 North Winfield Road
Winfield, IL 60190
630-933-1283
*Satellite office at:
1125 Westgate St.
Oak Park, IL 60301

The Breast Health Center at Central DuPage Hospital offers support groups for women during their cancer treatment and a lymphedema management program.