

FOOD TO ADDRESS OUTCOMES: STRATEGIES TO SUPPORT PATIENTS WITH CANCER FACING FOOD INSECURITY

DERIVED FROM THE LIVE ACTIVITY
WHICH OCCURRED ON MARCH 14, 2023



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WELCOMING REMARKS

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TARGET AUDIENCE

This CE activity is intended for oncology nurses, social workers, and other healthcare professionals involved in the care of patients with cancer.

EDUCATIONAL OBJECTIVES

After completing this CE activity, the participant should be better able to:

- Describe the prevalence of food insecurity in patients with cancer and how it influences patient outcomes
- Explain how to effectively screen for food insecurity in the clinical setting
- Assess opportunities to implement food access programming and identify potential collaborators
- Identify three methods to provide access to healthy food resources
- Provide resources, tools, and tips for patient support



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Francesca M. Gany, MD, MS, has a financial interest/relationship or affiliation in the form of:

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Advisory Board/Consultant: Bristol Myers Squibb.

Emily Kain, MPH, has nothing to disclose.



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FOOD: Food to Overcome Outcomes Disparities

Francesca Gany, MD, MS
Chief, Immigrant Health and Cancer Disparities Center(IHCD)



Memorial Sloan Kettering
Cancer Center



FOOD 

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Immigrant Health and Cancer Disparities (IHCD) Center

Mission

To promote health justice and equity for minoritized, low socioeconomic status, immigrant, and other underserved communities

locally, nationally, globally
across the cancer continuum

Research, Outreach, Community Engagement, Service Delivery,
Training, Program and Policy Development

Interrelated

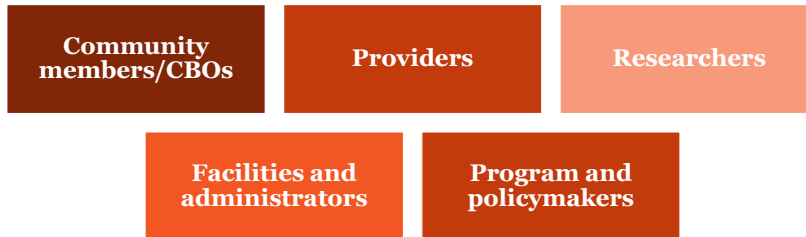
We use a social determinants lens in all of our work

FOOD 

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FOOD Program part of ICCAN Integrated Cancer Care Action Network

ICCAN is a network of 364 organizations/resources to screen for and provide essential needs resources to cancer patients



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Food Insecurity (FI) and Cancer Care

- Cancer patients often have increased nutritional needs
- Treatment-related costs (e.g. co-pays, Rx, travel) and income loss contribute
 - FI goes hand in hand with financial toxicity of cancer treatment but precedes it for many
- FI → Poorer functional, emotional, and social well-being, higher depression risk
- FI → Care delays, cost-related med non-adherence → Poorer outcomes
 - McDougall, Anderson, Adler Jaffe et al. (2020) – New and persistent food insecurity strongly associated with forgoing, delaying, or altering cancer care
- FI associated with overweight/obesity → higher cancer risk/cvd risk
- FI a window into other essential needs, e.g. housing, transportation, legal

Vitally important to screen for and address FI in cancer patients



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Food Insecurity Prevalence Varies by demographic characteristics

- NHANES 2011-2014 8.36% FI of overall sample of cancer survivors (N>800)
- associated with younger age, female, low SES, NHW or Black
Trego, et al Journal of Cancer Survivorship (2019) 13:641–652
- BRFSS 2015 22.7% FI (N>10,000)
Charkhchi, P., et al.. (2017) J Gen Intern Med 33(5): 644-650
- Underserved cancer patients in New York City safety net cancer clinics (N=404)
 - 56% food insecure:
 - Associated with treatment nonadherence
 - SNAP recipients as likely to be food insecure as those not receiving SNAP
- Comprehensive Cancer Center (N=238)
 - 18%-30% food insecure, depending on clinic



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Food Insecurity Assessment

How to assess Food Insecurity?

- Many screeners/assessments
 - USDA 18, 10, and 6 item short form household FI assessments
https://www.ers.usda.gov/webdocs/publications/43164/15815_efan02013f_1_.pdf?v=5986.1
 - Hunger Vital Sign <https://childrenshealthwatch.org/public-policy/hunger-vital-sign/>
 - Within the past 12 months we worried whether our food would run out before we got money to buy more.
 - Within the past 12 months the food we bought just didn't last and we didn't have money to get more.
 - 'often true' or 'sometimes true' (vs. 'never true')
 - We have developed an easy to use 1-question food needs screener
 - "Do you need help getting food?"/If yes, why?
- Work being done now on nutrition insecurity screeners
Food Insecurity quantity of food/ Nutrition Insecurity quality of food

How often should Food Insecurity be assessed?

FI worse for patients as treatment continues, so assessing only at intake not enough



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FOOD: Pantry Intervention

- Emergency food system does not address cancer patient needs (hours, location, foods)
- Medically tailored, cancer clinic-based food pantries
 - Whole grains, canned protein, milk, soups, shelf-stable vegetables and fruit, fresh produce when available
 - + Nutrition and Cancer baseline education, transcated into multiple languages
 - + FOOD Navigators ;benefits applications, local emergency food resources
- Public and not-for-profit partners to enable us to acquire the food



Health Bucks



- MSK FOOD Program → Policy Changes



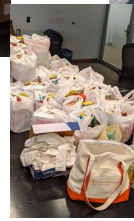
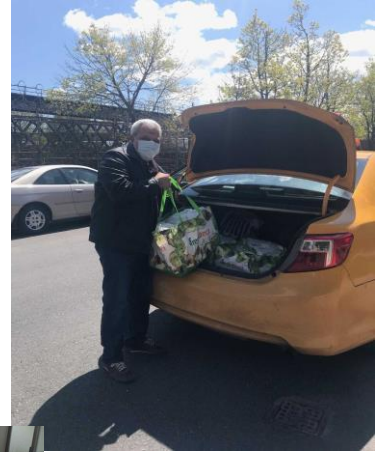
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FOOD: Meal Equivalents Distributed



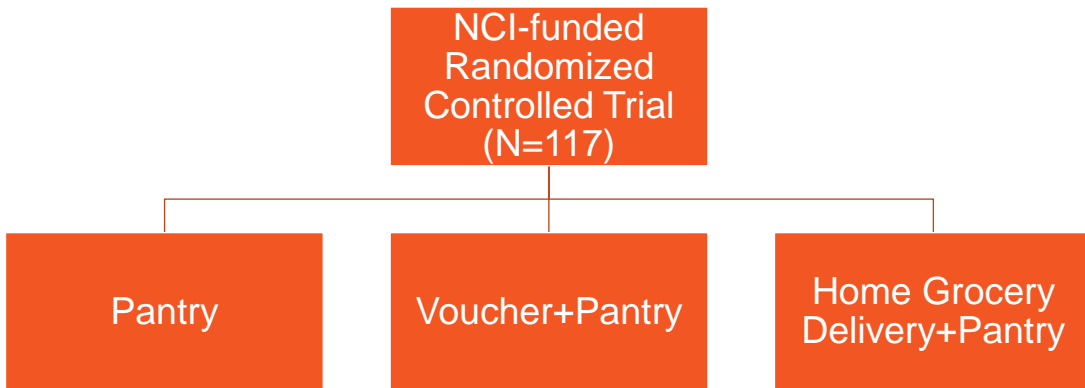
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COVID-19 Pivot



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Testing the Impact of the Pantry + Additional Strategies



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Outcomes 3-arm Randomized Controlled Trial

Treatment Completion (Primary Outcome)

- Voucher+pantry arm → greatest treatment completion
94% vs 83% delivery+pantry vs 78% pantry (p<0.034)*

Food Security

- All arms became food secure

Depression Symptoms (PHQ-9)

- Across all arms, fewer depression symptoms at follow-up (p=.000)***
Statistically significant in Pantry and Delivery + Pantry

Quality of Life (FACT-G)

- Scores improved in all 3 arms (p=.000)***
Statistically significant in Pantry and Delivery + Pantry

Food to Overcome Outcomes Disparities: A Randomized Controlled Trial of Food Insecurity Interventions to Improve Cancer Outcomes
Francesca Gany, Irina Melnic, Minlun Wu, Yuelin Li, Jackie Finik, Julia Ramirez, Victoria Blinder, Margaret Kemeny, Elizabeth Guevara, Caroline Hwang, Jennifer Leng, Journal of Clinical Oncology 2022 40:31, 3603-361



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Voucher Arm Food Choices

- Patients spent the most on animal protein (22% of voucher money), fruits (15%), and vegetables (13%)
- 77% of funds spent on “healthy” food each month
 - Patients with limited English proficiency spent more on healthy foods than English-speaking patients (P=0.01)
 - Patients born outside the U.S. spent more on healthy foods than U.S.-born peers (P=0.001)



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FOOD Intervention Weekly Costs

Cancer Clinic-based Weekly Food Pantry

\$63/patient when 12 patients (\$52/patient for 50 patients)

Food Voucher

\$81/patient per week (plus weekly pantry access)

Grocery Delivery

\$71/patient (plus weekly pantry access)

Costs include staff salary and travel costs, food or voucher purchase costs, and grocery home delivery costs

Very low costs when considered in the context of cancer care costs



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Date 23

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MaineHealth

Food to Address Outcomes: Strategies to Support Patients with Cancer Facing Food Insecurity

March 14, 2023

Emily Kain, MPH
Senior Program Manager, Community Health
MaineHealth

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Goals for Today



*MaineHealth Food Pantry at
Maine Medical Center, Portland, ME*

- Describe MaineHealth's focus on addressing food insecurity.
- Explain how MaineHealth developed a system-wide food insecurity screening initiative.
- Assess opportunities to implement food access programming and identify potential collaborators.
- Identify methods to provide access to healthy food resources.
- Provide resources, tools, and tips for patient support.

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PATIENT-CENTERED RESPECT INTEGRITY EXCELLENCE OWNERSHIP INNOVATION 25

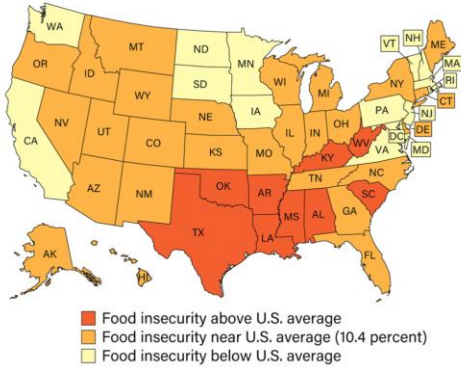
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Prevalence of food insecurity, average 2019-21



Source: USDA, Economic Research Service using data from U.S. Department of Commerce, Bureau of the Census, 2019, 2020, and 2021 Current Population Survey Food Security Supplements.

Prevalence of Food Insecurity By State, 2019-2021

Food Insecurity in Maine 2021

- 9.5%** of households experienced food insecurity
- 20%** of children experienced food insecurity
- 16%** of seniors experienced food insecurity
- 12th** in the country for food insecurity
- 37%** did not qualify for federal food assistance

Food Insecurity: A Priority for MaineHealth



Garden at LincolnHealth, Damariscotta, ME

Goal

Ensure consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well-being through clinical and community initiatives to improve outcomes

Key priority from Community Health Needs Assessment

Meaningful and actionable focus area for health system

Part of continuum of care; builds on existing programs



Where to Begin: How MaineHealth Developed a System-wide Food Insecurity Screening Initiative

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Steps to Develop a System-wide Food Insecurity Screening Initiative

STEP 1

Utilize a Standardized Screening Tool

MaineHealth integrated the Hunger Vital Sign™ in EHR

STEP 2

Seek Clinical Champions to Support the Effort

Started by working with pediatric practices to integrate into workflows

STEP 3

Offer a Figurative (and literal!) Carrot

Partnership with food bank led to technical assistance and emergency food bags

STEP 4

Collect and Share Data

Provided practice/department level data reports and integrated into strategic plan

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The Hunger Vital Sign™ Food Insecurity Screening Questions

For each statement, please tell me whether the statement was “often true, sometimes true, or never true” for your household:

A.

“Within the past 12 months we worried whether our food would run out before we got money to buy more.”

Often True

Never True

Sometimes True

Don't Know/Refused

B.

“Within the past 12 months the food we bought just didn't last and we didn't have money to get more.”

Often True

Never True

Sometimes True

Don't Know/Refused

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*If any of these answers are chosen response is considered positive

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Food Insecurity Screening in Primary Care Practices

(Pediatric patients ages 0-17)
October 1, 2021-September 2022

50,790+
Patients Screened

74%
Average
Screening Rate

4.3%
Average Positive
Rate

Over 1,880 bags of emergency food distributed =
Over 15,660 healthy meals



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Recommendations for Implementing Food Insecurity Screening in a Clinical Setting

Screen

- Utilize Hunger Vital Sign screener consistently
- Reduce stigma and bias in approach

Document

- Document responses in EHR
- Ensure data is reportable

Engage

- Frame assistance as a health care intervention
- Ask patients about experience accessing food

Connect

- Connect to both immediate and sustainable food access resources

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Food Access Resources

Tier One: Clinical-based support

- SNAP/WIC application support
- Food pantry lists integrated into EHR
- Referrals
- FindHelp.org
- Other community resources

Tier Two: Direct food access

- Gardens at practice/hospital campus
- Emergency food bags in clinical setting
- Hospital-based food pantries or food shelves

Tier Three: Connecting food access to health outcomes

- Food as Medicine programming for patients experiencing food insecurity and chronic disease

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LINCOLN COUNTY FOOD PANTRIES

PLEASE CONTACT FOOD PANTRIES AND MEAL SITES FOR UPDATED DISTRIBUTION SCHEDULES

Information is likely to change frequently due to COVID-19 adjustments and only represents the most recent information available as of date listed below. Scan the code to find the most up to date pantry hours.

<p>BOOTHBAY BOOTHBAY REGION FOOD PANTRY 125 Townsend Ave (207) 350-2962 Hours: Open Fri 11 am - 1 pm Notes: Drive-thru model with pre-packed boxes</p> <p>JEFFERSON JEFFERSON AREA COMMUNITY FOOD PANTRY 72 Gardiner Rd (207) 242-6933 Hours: 2nd and 4th Weds from 4 pm - 5:30 pm Notes: Prepacked boxes, pre-bagged produce curbside delivery</p> <p>NEW HARBOR NEW HARBOR FOOD PANTRY 6 South Side (207) 529-2501 Hours: Sat 9 am - 10 am Notes: Drive thru model with pre-packed boxes. Allowing a "proxy" pick-up where neighbour/family members can pick up for others</p>	<p>NEWCASTLE NEWCASTLE ECUMENICAL FOOD PANTRY 51 Main Street (207) 563-3379 Hours: Tues from 9:30 am - 11 am Notes: Pre-packed boxes, pre-bagged produce, curbside delivery. Only volunteers allowed in building</p> <p>WALDOBORO WALDOBORO FOOD PANTRY 124 Friendship St (207) 703-7363 Hours: 1st and 3rd Tues from 12 pm - 3 pm Notes: Pre-packed boxes</p> <p>WESTPORT ISLAND WESTPORT ISLAND HELPING HANDS 388 Ferry Rd (207) 883-8477 Notes: Delivery and by appointment only</p>
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partnering to end hunger

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Emergency food bags

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Hospital Based Food Pantries in Rural Communities

- Summer/fall 2021 MaineHealth opened the **first two hospital based food pantries in Maine**
 - Goal to **provide healthy food** for the patient and their entire household each week
 - Developed the **MaineHealth Food Insecurity Workgroup**
 - Created food pantry guiding principles to ensure **dignified, confidential and welcoming experience**, such as:
 - **Client choice model**
 - **Nutritious and culturally relevant foods**
 - **Community collaboration**

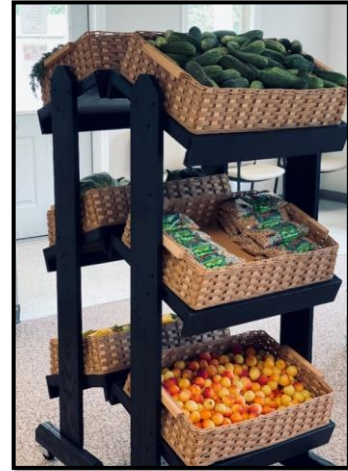


Photo of the MaineHealth Food Pantry at Franklin, Farmington, ME

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FOOD IS MEDICINE

Visit the MaineHealth Food Pantry



At our food pantry:

- You can get enough FREE fresh, frozen and shelf-stable food to feed a household for up to 1 week!
- There is no income eligibility or restrictions.
- You can also get FREE infant formula, diapers, and personal care products like soap and toothpaste.
- We have a confidential and welcoming environment.

Where is it?

200 Franklin Health Commons, Farmington — The food pantry is on the Franklin Memorial Hospital campus. Turn right at the main entrance and look for the signs.

When can I go?

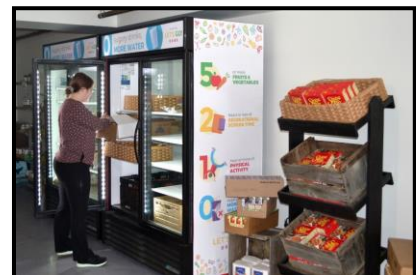
Open hours: Monday, Wednesday and Friday from 10 a.m.-2 p.m. or by appointment.

For more information: 207-779-2150 | www.fchn.org/food
FranklinFoodPantry@mainehealth.org



Photos of the MaineHealth Food Pantry at Franklin, Farmington, ME; MaineHealth Food Pantry at Stephens, Norway, ME

Per month each pantry serves ~85 households made up of 200 individuals



MaineHealth

PATIENT-CENTERED RESPECT INTEGRITY EXCELLENCE OWNERSHIP INNOVATION 38

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Produce Distribution in Hospital Retail Pharmacy
Southern Maine Health Care

Prescription for Health

Name: _____

Pick up a FREE bag of fresh produce from Southern Maine Health Care pharmacy.

Hours: Monday-Friday, 8 a.m.-6 p.m.
Saturday, 9 a.m.-3 p.m.
Sunday, Closed



1 MEDICAL CENTER DRIVE, 1ST FLOOR MAIN LOBBY, BIDDEFORD



Other Food Access Opportunities to Consider

Help Yourself Shelves in Clinical Offices
Lincoln County Health Care, Pen Bay Medical Center, Waldo County Healthcare



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Newest Hospital Based Food Pantry at Maine Medical Center, Portland, Maine

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In our first 12 days...



1,635 households served

6,028 individuals served

~55,000 pounds of food distributed



Food as Medicine Programming: connecting food access to health outcomes



- **Program Overview:**

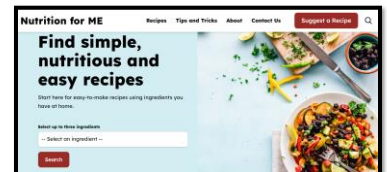
Free one-year program with access to **healthy food for entire household**, healthy **cooking classes** and recipes, community **connection/support**, chronic **disease self-management** education

- **Goals include:**

Improve **healthy behaviors** and chronic disease **health outcomes**, increase food security/reduce SDOH barriers, utilize food pantry for **healthy food access**, collaborate with community partners, **create social connections**

- **Eligibility:**

MaineHealth primary care patients age 18+ with **a chronic health condition** and **limited access to affordable, healthy food**



What's Next?



Garden veggies from Southern Maine Health Care, Biddeford, ME

- Hoping to expand:
 - food insecurity screening within and beyond primary care
 - number of clients accessing hospital-based food pantries
 - Food as Medicine programming; testing new models and new locations

MaineHealth

PATIENT-CENTERED RESPECT INTEGRITY EXCELLENCE OWNERSHIP INNOVATION 43

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FREE LLS RESOURCES FOR HEALTHCARE PROVIDERS

- ❑ CME & CE courses: www.LLS.org/CE
- ❑ Fact Sheets for HCPs: www.LLS.org/HCPbooklets
- ❑ Videos for HCPs: www.LLS.org/HCPvideos
- ❑ Podcast series for HCPs: www.LLS.org/HCPpodcast
- ❑ Staying Connected: Facilitating the Learning Experience During & After Cancer Treatment: www.LLS.org/StayingConnected

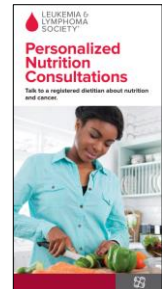


LEUKEMIA & LYMPHOMA SOCIETY®

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FREE LLS RESOURCES FOR PATIENTS

- ❑ **Information Specialists** – Personalized assistance for managing treatment decisions, side effects, and dealing with financial and psychosocial challenges (IRC).
- ❑ **Clinical Trial Nurse Navigators** – RNs provide a personalized service for patients seeking treatment in a clinical trial, sift through the information and provide information to bring back to their HC team (CTSC). www.LLS.org/CTSC
- ❑ **Registered Dieticians** – (LLS) provides PearlPoint Nutrition Services® to patients/caregivers of all cancer types, free nutrition education and one-on-one consultations by phone or email. www.LLS.org/Nutrition
- ❑ **Reach out Monday–Friday, 9 am to 9 pm ET**
 - Phone: (800) 955-4572
 - Live chat: www.LLS.org/IRC
 - Email: infocenter@LLS.org
- ❑ **HCP Patient Referral Form:** www.LLS.org/HCPreferral



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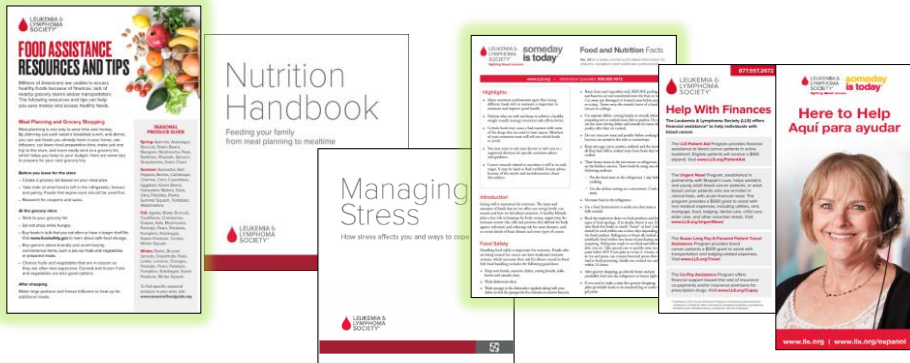
FREE LLS RESOURCES FOR PATIENTS

- ❑ **Webcasts** www.LLS.org/Webcasts
- ❑ **Videos** www.LLS.org/EducationVideos
- ❑ **Podcasts:** www.LLS.org/Podcast
- ❑ **Support Resources**
 - ❑ Financial Assistance: www.LLS.org/Finances
 - Urgent Need
 - Patient Aid
 - Travel Assistance
 - ❑ Other Support: www.LLS.org/Support
 - LLS Regions
 - Online Weekly Chats Facilitated by Oncology SW
 - LLS Community Social Media Platform
 - First Connection Peer to Peer Program
 - ❑ LLS Health Manager™: www.LLS.org/Health-Manager



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FREE LLS RESOURCES FOR YOUR PATIENTS



Booklets and fact sheets

English: www.LLS.org/Booklets

Spanish: www.LLS.org/Materiales



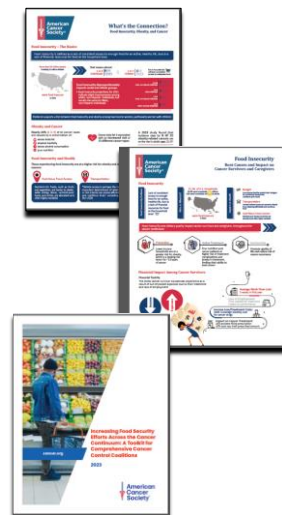
FREE FOOD INSECURITY RESOURCES FROM AMERICAN CANCER SOCIETY

FACT SHEETS

- Food Insecurity, Obesity, and Cancer: What's the Connection?
- Food Insecurity: Root Causes and Impact on Cancer Survivors and Caregivers
- Food Insecurity: Resources and Tips for Cancer Survivors and Caregivers

NEW TOOLKIT COMING SOON!

- Increasing Food Security Efforts Across the Cancer Continuum: A Toolkit for Comprehensive Cancer Coalitions



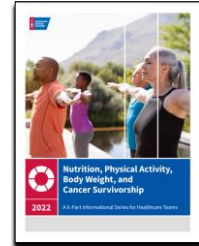
FREE NUTRITION AND PHYSICAL ACTIVITY RESOURCES FOR CANCER SURVIVORS AND CLINICIANS FROM ACS

TOOLKIT FOR CLINICIANS

- ❑ Nutrition, Physical Activity, Body Weight, and Cancer Survivorship: A 6-Part Informational Series for Healthcare Teams

VIDEO SERIES FOR SURVIVORS

- ❑ Benefits of Healthy Behaviors for Cancer Survivors
- ❑ Beneficios de los comportamientos saludables para los sobrevivientes de cáncer



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AMERICAN CANCER SOCIETY RESOURCES

Patient/Survivor Support

- ❑ **24/7 Cancer Helpline** – trained cancer information specialists can answer questions about your diagnosis, connect you with ACS programs, and refer to other national resources. **1-800-227-2345** or **live chat on [cancer.org](https://www.cancer.org)**
- ❑ **Places to stay during treatment** – Our Hope Lodge® program provides a free, nurturing home away from home for cancer patients and their caregivers when they have to travel for treatment. [cancer.org/hopelodge](https://www.cancer.org/hopelodge)
- ❑ **Rides to treatment** – Our Road To Recovery® volunteer drivers provide free rides to cancer patients who would otherwise have difficulty getting to their cancer-related appointments. In some areas, we also offer community transportation grants to health systems to help patients get to treatment. [cancer.org/roadtorecovery](https://www.cancer.org/roadtorecovery)
- ❑ **Connecting cancer survivors** - Our Cancer Survivors NetworkSM (CSN) provides a safe online connection where cancer patients and caregivers can find others with similar experiences and interests. As a CSN member, you can participate on discussion boards, join a chat room, and build your own support network. [csn.cancer.org](https://www.csn.cancer.org)
- ❑ **Breast cancer support** - Our Reach To Recovery® program connects breast cancer patients with trained volunteers to receive peer-to-peer support on everything from practical and emotional issues to helping them cope with their disease, treatment, and long-term survivorship issues. [reach.cancer.org](https://www.reach.cancer.org)



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AMERICAN CANCER SOCIETY RESOURCES

Patient/Survivor Support (cont.)

- ❑ **Hair loss and mastectomy product** – The American Cancer Society's "tlc" Tender Loving Care® program helps women with appearance-related side effects by offering them a variety of affordable wigs, hats, and scarves as well as a full range of mastectomy products. 1-800-850-9445 or [tlcdirect.org](https://www.tlcdirect.org)
- ❑ **ACS Books** – We publish books that help patients and their caregivers when they are dealing with a cancer diagnosis and treatment. They range from patient education, quality of life, and caregiving issues to healthy living. [cancer.org/bookstore](https://www.cancer.org/bookstore)

Caregiver Support

- ❑ **Caregiver Resource Guide** - Provides information about the caregiving process and what to expect with a cancer diagnosis and its treatment, as well as focusing on caregiver self-care, communication, coping, and caregiver resources. [cancer.org/caregiverguide](https://www.cancer.org/caregiverguide)
- ❑ **Caregiver Video Series** - provides educational support to caregivers as they assist with everyday needs of loved ones and provides self-care techniques to improve their own quality of life. [cancer.org/caregivervideos](https://www.cancer.org/caregivervideos)

Clinical Trials

- ❑ If you would like to learn more about clinical trials that might be right for you, contact us at **1-800-227-2345** and speak with one of our caring, trained staff. Or visit [cancer.org/clinicaltrials](https://www.cancer.org/clinicaltrials)



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Q & A



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THANK YOU

THANK YOU FOR ATTENDING!

