Resources for Cancer Patients, Cancer Survivors, and Their Caregivers

Online Resources about Cancer

**American Cancer Society**: www.cancer.org
Information on specific cancers, treatments, symptoms, and complementary and alternative medicine (CAM).

**American Institute for Cancer Research (AICR)**: www.aicr.org
Recipes and information on nutrition and cancer, and cancer prevention.

**Chemocare, Cleveland Clinic Cancer Care Center**: www.chemocare.com
Information on chemotherapy, side effects, and drugs.

**Memorial Sloan-Kettering Cancer Center**: www.mskcc.org
Information on cancer diagnosis and treatment and herbal supplements.

**National Cancer Institute**: http://cancer.gov
Information on cancer diagnosis, treatment, supportive care, and nutrition.

**Oncolink, Abramson Cancer Center of the University of Pennsylvania**: www.oncolink.org
Information on cancer diagnosis and treatment and symptom management.
### Nutrition Resources

#### Books on Cancer and Nutrition


Dyer D. *A Dietitian’s Cancer Story: Information and Inspiration for Recovery and Healing from a Three-Time Cancer Survivor*. Ann Arbor, MI: Swan Press; 2010. (Also available in Spanish.)


Other Books on Nutrition


Online Resources

**Academy of Nutrition and Dietetics:** www.eatright.org
Current nutrition information on a variety of topics.

**MyPlate:** www.ChooseMyPlate.gov
A comprehensive resource for healthy eating, including guidelines for meal planning based on your age, sex, activity level, and weight goals; information about different foods; and many tools for tracking your food choices.

**Oncology Nutrition Dietetic Practice Group (DPG):**
www.oncologynutrition.org
Valuable resources for patients, dietitians, and other health care professionals.
Cookbooks


Complementary, Alternative, and Integrative Therapy Resources (Including Dietary Supplements and Herbs)

Books


Online Resources

**Consumerlab**: www.consumerlab.com

Subscription service (small fee) for comparative data on popular nutrition products and dietary supplements.

**Longwood Herbal Task Force**: www.longwoodherbal.org

Detailed information, articles, and educational materials on herbs.


National Institutes of Health’s easy-to-browse database. Entries on supplements and herbals include information about effectiveness, usual dosage, and drug interactions.

Information on current research as well as “Thinking About Complementary and Alternative Medicine: A Guide for People With Cancer.”

National Center for Complementary and Alternative Medicine:
www.nccam.nih.gov

In-depth information on complementary and alternative medicine (CAM), evidence-based information on various health topics, and resources to find a CAM practitioner.

National Institutes of Health Office of Dietary Supplements:
http://ods.od.nih.gov

Database and fact sheets on dietary supplements.

Natural Medicines Comprehensive Database Consumer Version:
http://naturaldatabaseconsumer.therapeuticresearch.com

Easy-to-understand information on natural products.

Quackwatch: www.quackwatch.com

Guide to information on health fraud, quackery, and unproven therapies.
Food-Safety Resources

**Ask Karen**: www.fsis.usda.gov/ask_karen

Answers to frequently asked food-safety questions by experts from the U.S. Department of Agriculture.

**FoodSafety.gov**: www.foodsafety.gov

Gateway to federal government information on food-safety topics.

**Home Food Safety**: http://homefoodsafety.org

Information about food poisoning and safe food-handling information and tips.

**Partnership for Food Safety Education**: www.fightbac.org

Educational materials on food safety for families.