

Patient Education Resources  
from UCSF Comprehensive Cancer Center

**UCSF** Helen Diller Family  
Comprehensive  
Cancer Center

# Treatments and Side Effects of Cancer

The **UCSF Patient and Family Cancer Support Center** is the hub of support, information and resources for people with cancer at the **Helen Diller Family Comprehensive Cancer Center**. Learn more about UCSF's supportive care programs at [www.cancer.ucsf.edu/crc](http://www.cancer.ucsf.edu/crc).

The **Cancer Support Center at Mission Bay** is located at 1825 4<sup>th</sup> St., 1<sup>st</sup> Floor, Room M-1210. The **Cancer Support Center at Mt. Zion** is located at 1600 Divisadero St., 1<sup>st</sup> Floor, Room B-101.

The complete list of **Patient Education Resource Pages** is available to view at <http://cancer.ucsf.edu/support/crc/patient-education-resources>

## Treatments

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**Medline Plus:** Drugs, Herbs and Supplements  
<https://medlineplus.gov/druginformation.html>

**National Cancer Institute:** "Chemotherapy and You" (also in Spanish)  
[www.cancer.gov/publications/patient-education/chemo-and-you](http://www.cancer.gov/publications/patient-education/chemo-and-you)

**National Cancer Institute:** "Radiation Therapy and You" (also in Spanish)  
[www.cancer.gov/publications/patient-education/radiation-therapy-and-you](http://www.cancer.gov/publications/patient-education/radiation-therapy-and-you)

**Book: Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques** by Peggy Huddleston (4<sup>th</sup> edition, 2012)  
<https://healfaster.com/about-the-book>

## Physical Side Effects

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**American Cancer Society:** Managing Cancer-related Side Effects  
[www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects.html](http://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects.html)

**Cancer.Net:** Managing Physical Side Effects  
[www.cancer.net/coping-with-cancer/physical-emotional-and-social-effects-cancer/managing-physical-side-effects](http://www.cancer.net/coping-with-cancer/physical-emotional-and-social-effects-cancer/managing-physical-side-effects)

**National Cancer Institute:** Side Effects (also in Spanish)  
NCI offers an extensive library of information, including many full publications on various topics.  
[www.cancer.gov/about-cancer/treatment/side-effects](http://www.cancer.gov/about-cancer/treatment/side-effects)

## **Emotional Side Effects**

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**American Cancer Society:** Coping with Cancer

[www.cancer.org/treatment/treatments-and-side-effects/emotional-side-effects.html](http://www.cancer.org/treatment/treatments-and-side-effects/emotional-side-effects.html)

**Cancer.Net:** Managing Emotions

[www.cancer.net/coping-with-cancer/managing-emotions](http://www.cancer.net/coping-with-cancer/managing-emotions)

**National Cancer Institute:** Feelings and Cancer (also in Spanish)

[www.cancer.gov/about-cancer/coping/feelings](http://www.cancer.gov/about-cancer/coping/feelings)