

# Patient Education Resources from UCSF Comprehensive Cancer Center

## Breast Cancer

**UCSF** Helen Diller Family  
Comprehensive  
Cancer Center

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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>

The **Fishbon Library** connects patients and families with trusted health information.  
<https://fishbon.ucsfmedicalcenter.org>

## Publications

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### American Cancer Society:

- Breast Biopsy  
<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/breast-biopsy.html>
- Breast Reconstruction Surgery  
<https://www.cancer.org/cancer/breast-cancer/reconstruction-surgery.html>
- Exercises After Breast Cancer Surgery  
<https://www.cancer.org/cancer/breast-cancer/treatment/surgery-for-breast-cancer/exercises-after-breast-cancer-surgery.html>
- Lymphedema  
<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/lymphedema.html>

### Cancer Support Community: “Frankly Speaking About Cancer” Series

These books provide information about a variety of topics important to people with breast cancer. Download or order for free:

<https://orders.cancersupportcommunity.org>

### Living Beyond Breast Cancer: “Guides to Understanding Breast Cancer” Series

These books and brochures for women newly diagnosed with early-stage breast cancer and women with metastatic (advanced) breast cancer. Read online or order for free:

<https://www.lbbc.org/get-support/print/guides-to-understanding>

### **National Cancer Institute:**

- “Breast Cancer Treatment”  
<https://www.cancer.gov/types/breast/patient/breast-treatment-pdq>
- “Surgery Choices for Women with DCIS or Breast Cancer”  
<https://www.cancer.gov/types/breast/surgery-choices>

### **National Comprehensive Cancer Network: “NCCN Guidelines for Patients”**

These publications by NCCN are easy-to-understand resources based on the same clinical practice guidelines used by health care professionals to treat a patient with cancer.

<https://www.nccn.org/patients/guidelines/cancers.aspx#breast>

### **UCSF Cancer Resource Center: “Nutrition & Breast Cancer”**

[http://cancer.ucsf.edu/docs/crc/nutrition\\_breast.pdf](http://cancer.ucsf.edu/docs/crc/nutrition_breast.pdf)

## **Organizations**

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### **UCSF Carol Franc Buck Breast Care Center**

Information about UCSF Breast Care Center services, as well as physician information, clinical trials, and other UCSF services.

<http://cancer.ucsf.edu/breastcarecenter>

### **ABCD (After Breast Cancer Diagnosis)**

Features Match Mentoring, a one-on-one peer support program for patients, families and friends by telephone.

[www.abcdbreastcancersupport.org](http://www.abcdbreastcancersupport.org)

1-800-977-4121

### **American Cancer Society**

Comprehensive information and learning tools for breast cancer.

<https://www.cancer.org/cancer/breast-cancer.html>

1-800-227-2345

### **Bay Area Cancer Connections**

BACC provides education and personalized support services such as support groups, classes, “The Boutique,” buddy program and helpline. Located in Palo Alto, but services are available to anyone. All services are free.

<http://bcconnections.org>

1-650-326-6686

### **Bay Area Young Survivors (BAYS)**

A support and action group for young women in the Bay Area living with breast cancer. BAYS sponsors monthly support group meetings, online connections and local events.

[www.baysnet.org](http://www.baysnet.org)

**Breast Cancer Action**

Grassroots education and advocacy group which works toward more effective and less toxic treatments; decreasing environmental exposures that put people at risk for breast cancer; creating awareness of causes leading to disparities in outcomes.

<http://bcaction.org>

1-877-278-6722

**Breastcancer.org**

Provides reliable, complete and up-to-date information about all aspects of breast cancer.

[www.breastcancer.org](http://www.breastcancer.org)

**BreastCancerTrials.org**

Helps people find studies that are right for them. Lists all US-based clinical trials that are currently open.

[www.breastcancertrials.org](http://www.breastcancertrials.org)

1-415-476-5777

**Living Beyond Breast Cancer**

LBBC focuses on providing trusted breast cancer information and creating community both online and through events. Helpline calls are answered by people who have experienced breast cancer.

[www.lbbc.org](http://www.lbbc.org)

1-888-753-5222

**Metastatic Breast Cancer Network**

MBCN is an all volunteer patient advocacy group focused on the concerns of women and men living with metastatic breast cancer.

<http://mbcn.org>

1-888-500-0370

**My BC Team**

My BC Team is a social network for women facing breast cancer.

[www.mybcteam.com](http://www.mybcteam.com)

**National Lymphedema Network**

NLN provides education and guidance to lymphedema patients, health care professionals, and the general public.

[www.lymphnet.org](http://www.lymphnet.org)

1-646-722-7410

**Sharsheret**

Sharsheret supports Jewish women facing breast cancer.

[www.sharsheret.org](http://www.sharsheret.org)

1-866-474-2774

**Triple Negative Breast Cancer Foundation**

Helpline, forums, news, tips and information.

<https://tnbcfoundation.org>

1-877-880-8622

## **YSC (Young Survival Coalition)**

Information, support and networking for young women facing breast cancer.

[www.youngsurvival.org](http://www.youngsurvival.org)

1-877-972-1011

## **Books**

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**Dr. Susan Love's Breast Book** by Susan M. Love, MD (6<sup>th</sup> edition, 2015)

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**Sexy after Cancer: Meeting Your Inner Aphrodite on the Breast Cancer Journey** by Barbara Musser (2012)

**Whole-Food Guide for Breast Cancer Survivors** by Ed Bauman and Helayne Waldman (2012)