



# Cancer Prevention, Screening & Resources

**Lindsay Nicholson & Kacie Jankoski**

Associate Directors, Community Partnerships

[Lindsay.Nicholson@cancer.org](mailto:Lindsay.Nicholson@cancer.org)



# Agenda

- **American Cancer Society Overview** – Discovery, Advocacy & Patient Support
- **Cancer Prevention**
- **Cancer Screening Guidelines** – Cervical, Breast, Colorectal, Prostate, Lung
- **Patient Programs & Services**
- **Provider Education & Resources**
- **Volunteer Opportunities**
- **Q&A**





## Our Vision:

End cancer as we know it, for everyone.

*Acabar con el cáncer como lo conocemos, por el bien de todos.*

## Our Mission:

To improve the lives of people with cancer and their families through advocacy, research, and patient support to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

*Mejorar las vidas de las personas con cáncer y sus familias por medio de política pública, investigación, y apoyo a los pacientes, para asegurar que todos tengamos la oportunidad de prevenir, detectar, tratar y sobrevivir al cáncer.*

# 3-Pronged Approach to Improving the Lives of Cancer Patients and Families

Patient-centric strategy, grounded in equitable access to cancer care for all

## Discovery

**\$450M+**  
in grants

Largest private, nonprofit funder of cancer research in the United States

**2.5M+**  
Volunteer participants

Conduct some of the world's largest population studies of cancer

## Advocacy

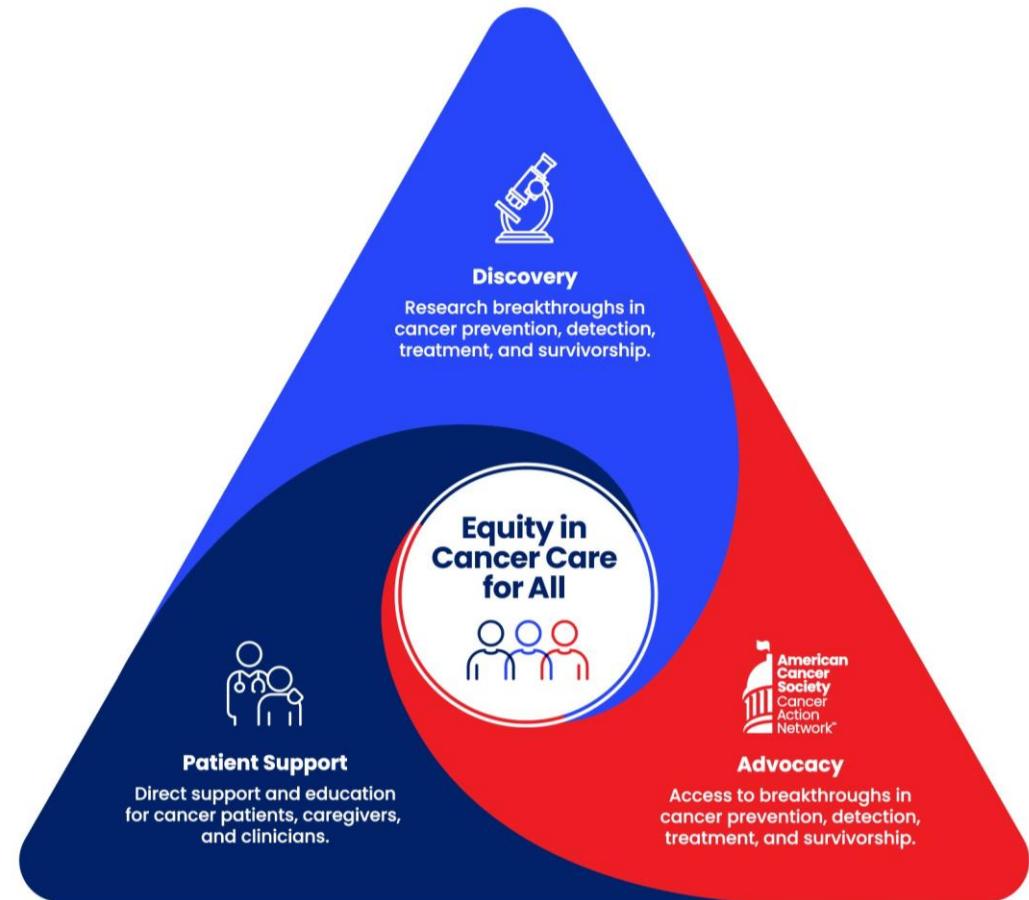
**50 states**  
the District of Columbia, Puerto Rico, and Guam

Advocacy presence at every level of government

## Patient Support

**79M+**  
Lives touched per year

Direct patient support\* in prevention, screening, lodging, transportation, navigation, survivorship, education



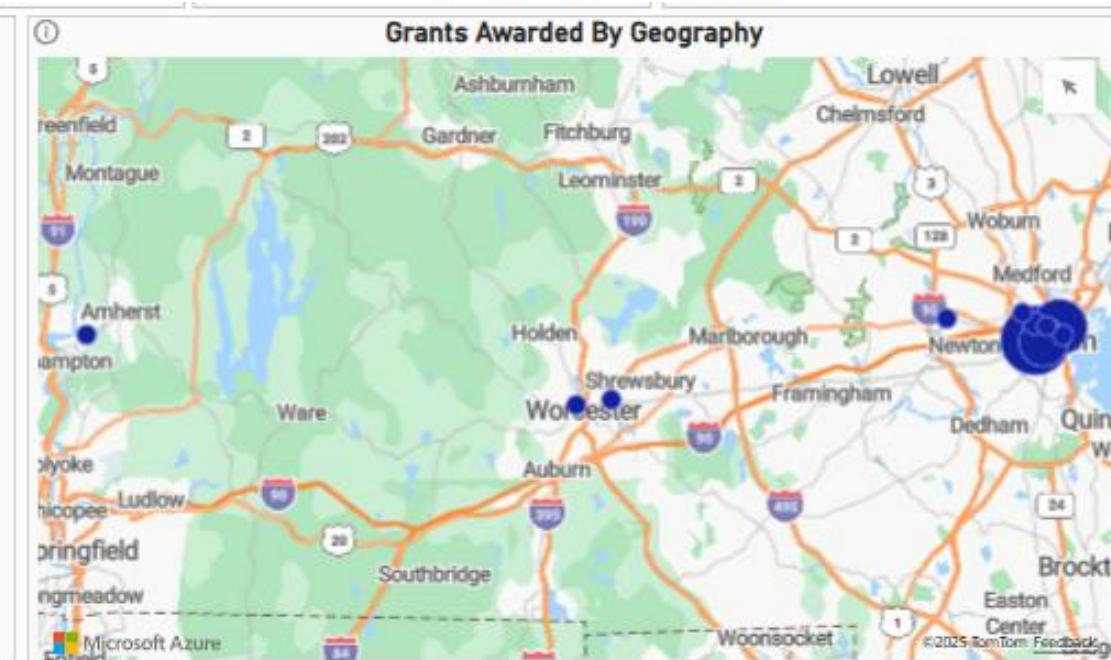
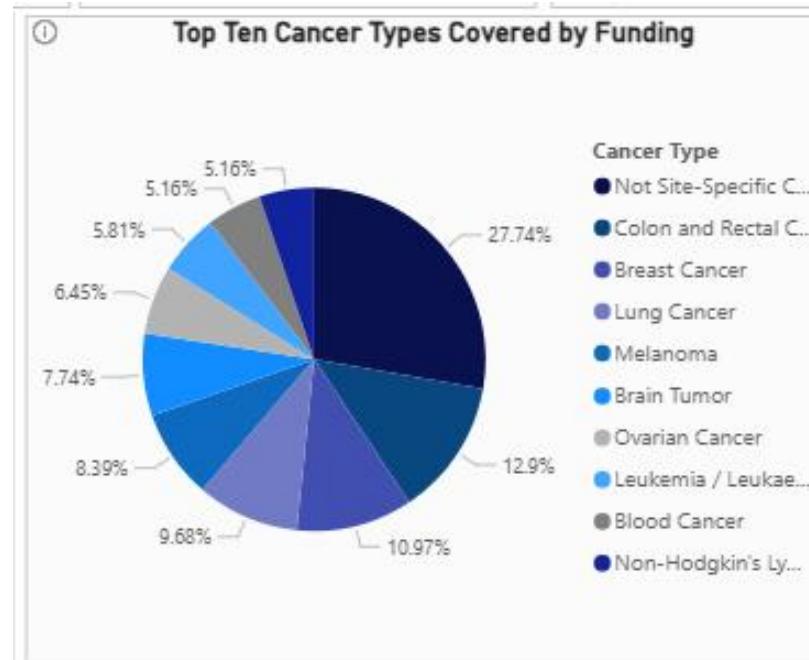
\* Patient support programs and services touch 21,000 communities within the US and its territories, or 71% of zip codes.



# Discovery

# Research in Massachusetts

Grant Amount Total	\$50.32M
Count Of Grants Awarded	107
Count Of Institutions	17
Count Of Investigators	118



## Institutions:

Massachusetts General Hospital  
 Dana Farber Cancer Institute  
 Brigham & Women's Hospital  
 Boston University  
 Harvard College  
 BIDMC  
 MIT

Boston Children's Hospital  
 Brandeis University  
 Tufts College  
 UMASS Amherst  
 WPI  
 UMASS Medical School  
 Tufts Medical Center

# Cancer Facts and Statistics

Every year, ACS projects the number of new cancer cases and deaths to estimate the contemporary cancer burden.

- ***Cancer Facts & Figures*** publications include:
  - Most current trends in cancer occurrence and survival
  - Information on symptoms, prevention, early detection, and treatment
- The interactive **Cancer Statistics Center** includes:
  - Estimated new cancer cases and deaths by sex, state, and cancer type
  - Current cancer incidence, mortality, and survival rates and trends
  - Risk factors and screening rates by state



Visit [cancer.org/research/cancer-facts-statistics](https://cancer.org/research/cancer-facts-statistics)  
to view and download the latest cancer data.

## Estimated number of new cancer cases in the US in 2026



Excludes basal cell and squamous cell skin cancers and in situ carcinoma except urinary bladder.

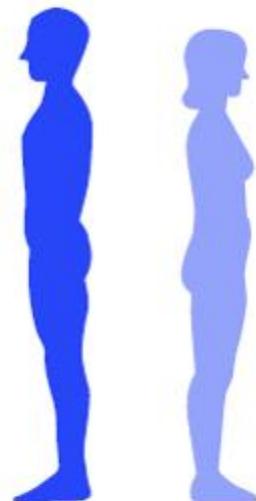
Source: Cancer Facts & Figures 2026.

©2026, American Cancer Society, Inc., Surveillance, Prevention, and Health Services Research

## Estimated number of new cancer deaths in the US in 2026

Estimated Deaths

	Male		Female	
Lung & bronchus	63,040	19%	Lung & bronchus	61,950
Prostate	36,320	11%	Breast	42,140
Colon & rectum	30,110	9%	Pancreas	25,510
Pancreas	27,230	8%	Colon & rectum	25,120
Liver & intrahepatic bile duct	19,650	6%	Uterine corpus	14,450
Leukemia	13,900	4%	Ovary	12,450
Esophagus	12,940	4%	Liver & intrahepatic bile duct	11,330
Urinary bladder	12,640	4%	Leukemia	10,010
Non-Hodgkin lymphoma	11,710	4%	Brain & other nervous system	8,380
Kidney & renal pelvis	10,200	3%	Non-Hodgkin lymphoma	8,260
All sites	327,290		All sites	298,850



Excludes basal cell and squamous cell skin cancers and in situ carcinoma except urinary bladder.

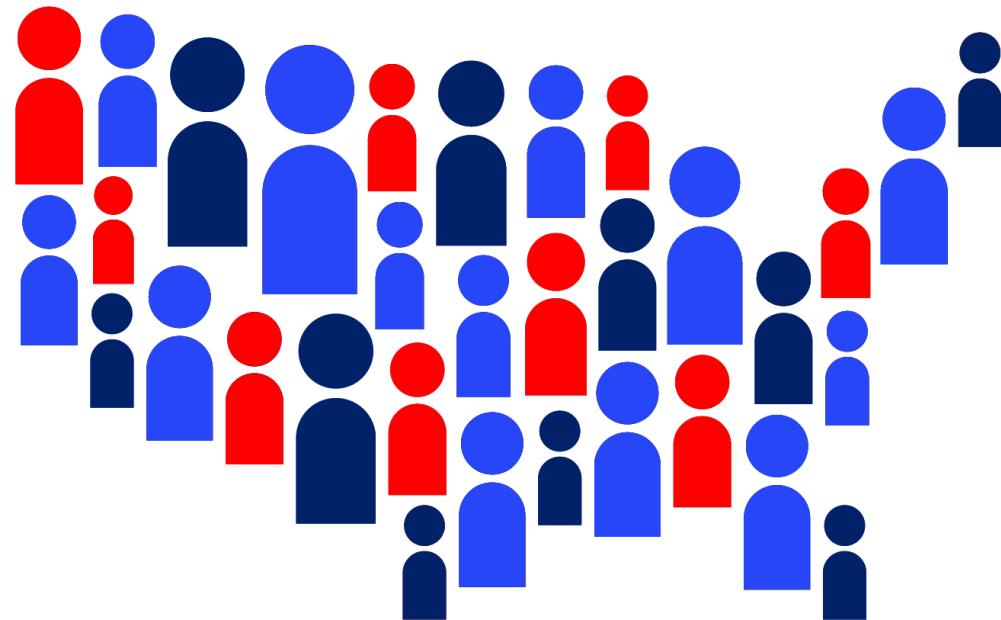
Source: Cancer Facts & Figures 2026.

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# Cancer Prevention Studies (CPS)

For nearly 70 years, ACS has conducted some of the world's largest cohort studies to better understand risk factors for cancer, as well as progression, quality of life, and survival after a cancer diagnosis.

- The **Cancer Prevention Study-3 (CPS-3)** has collected lifestyle, behavioral, health, and environmental data from more than 300,000 US participants since 2006.
- Participants receive follow-up surveys every 3 years to observe how changes over time affect health outcomes, like a cancer diagnosis or death.



To learn more about CPS-3, visit [cancer.org/cps3](https://cancer.org/cps3).

# VOICES of Black Women

**VOICES of Black Women** is a study led by the Population Science team within ACS. Its focus is to better understand cancer and other health conditions among Black women.

- The study is currently enrolling Black women between the ages of 25 and 55 who have never been diagnosed with cancer (except basal or squamous skin cancer).
- Enrollment is now open in all 50 US states and Washington, D.C.



Visit [voices.cancer.org](http://voices.cancer.org) to learn how you can support recruitment in your community.  
Have questions?

Email: [thevoices@cancer.org](mailto:thevoices@cancer.org) - Call: 1-800-494-4113



# Advocacy

# ACS Cancer Action Network (ACS CAN)

**ACS CAN** is ACS's nonprofit, nonpartisan advocacy affiliate.

- Advocates for evidence-based public policies to reduce the cancer burden for everyone
- Believes everyone should have a fair and just opportunity to prevent, detect, treat, and survive cancer
- Since 2001, ACS CAN has successfully:
  - Advocated for billions of dollars in cancer research funding
  - Expanded access to quality, affordable health care
  - Advanced proven tobacco control measures



Learn more at [fightcancer.org](http://fightcancer.org). We can't end cancer without your help!

# 2025-2026 Massachusetts Priorities

- Connecting Patients with the Right Treatment at the Right Time
- Expanding Access to Patient Navigation
- Empowering Health Care Consumers
- Increasing Taxes on Cigarettes and Cigars and Closing the Synthetic Nicotine Loophole
- Reducing Incidence and Death from Pancreatic Cancer

## Annual State Budget Priorities:

- Breast and Cervical Cancer Screening
- Tobacco Cessation and Prevention Funding
- Healthy Incentives Program (HIP)
- Pediatric Palliative Care
- Prostate Cancer Research, Education and Awareness



Learn more at [www.fightcancer.org/2025-2026-massachusetts-priorities](http://www.fightcancer.org/2025-2026-massachusetts-priorities)



MA Association of  
Community Health Workers

Massachusetts League  
of Community Health Centers



BOSTON MEDICAL  
C E N T E R

M H A  
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Health & Hospital  
ASSOCIATION

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Cancer Institute  
CELEBRATING  
50 YEARS  
WILLIAM JAMES  
COLLEGE

Center for Health Impact

Mass General Brigham



Where the world comes for answers

TEAM UP  
SCALING &  
SUSTAINABILITY  
CENTER

COMMUNITY  
Workforce Institute

American  
Cancer Society  
Cancer Action  
Network™

EPILEPSY  
FOUNDATION  
New England

Coalition  
for a Healthy  
Greater Worcester



**An Act Relative to Health Equity and  
Community Health Workers  
(H.359/S.251)**

**Lead Sponsors:**  
Representative Marjorie Decker &  
Senator Robyn Kennedy

### What does this legislation do?

- Requires MassHealth, the Group Insurance Commission (GIC) and commercial health insurance to cover Community Health Worker (CHW) services.
- Establishes a CHW Workforce Development Taskforce to study and make recommendations on issues including funding and reimbursement, roles and employer types, certification barriers, and career pathways.
- Adds navigation and connection to resources, including behavioral health, to the core competencies CHWs need for certification.

### Why is this legislation needed?

- CHW services are not specifically reimbursed by MassHealth, the GIC, or commercial health insurance. Their positions are often funded by grants and other time-limited funding streams.
- There are opportunities to better utilize and support the CHW workforce and help address health care workforce shortages, especially for underserved populations.

### Who are Community Health Workers?

- CHWs are front-line public health professionals who use their unique understanding of the experience, language and culture of their communities to share information and facilitate access to health and social services. CHWs are the health equity workforce.
- CHWs serve various roles, such as outreach and referral specialists, community health educators, health coaches, patient navigators, care coordinators and peer advocates in both health care and community-based settings.
- CHWs help people connect to health care services and programs that help with health-related social needs, such as food and housing assistance. During and after the public health emergency, CHWs played a crucial role in increasing vaccine uptake, providing in-home wraparound services and promoting telehealth digital literacy.

For more information, please contact:  
Suzanne Curry, Health Care For All: [scurry@hcfama.org](mailto:scurry@hcfama.org)  
Taylor Rich, PIH-US: [trich@pih.org](mailto:trich@pih.org)



# Patient Support: Cancer Prevention & Screening

# Cancer Prevention

There are choices you can make that can help reduce your risk of getting cancer.

- **Stay away from tobacco**, including cigarettes, cigars, chewing tobacco, and other forms.
- **Get moving** with regular physical activity. We recommend at least 75-150 minutes of vigorous activity, or 150-300 minutes of moderate activity per week.
- **Eat healthy** with plenty of fruits, vegetables, and whole grains. Limit or avoid red and processed meat and processed foods.
- **Get to and stay at a healthy weight.**
- **It's best not to drink alcohol.** If you do drink, women should have no more than 1 drink per day and men should have no more than 2 drinks per day.

## FLYER: You Can Help Reduce Your Cancer Risk



- **Protect your skin from the sun** with sunscreen, clothing, wide-brimmed hats, and sunglasses. Avoid the sun from 10 a.m. until 4 p.m.
- **Know yourself, your family history, and your risks**, and let your health care team know about them, too. Use our online ACS CancerRisk360™ tool to check your cancer risk.
- **Get regular checkups and cancer screening tests.**

# Empowered to Quit: Free Smoking Cessation Support

**Empowered to Quit** is a free, personalized email-based program to help people quit smoking.

- Once a Quit Day is chosen, participants can make a quit plan with the help of short emails from ACS.
- Once Quit Day arrives, participants will continue to receive tailored emails and tools from ACS to support the quitting journey.
- The program helps participants understand:
  - When and where they most feel like smoking
  - How to cope with cravings
  - How to set a quit date and stick to it



# ACS Cancer Screening Guidelines



These recommendations are for people at **average risk** for certain cancers. Talk to a doctor about which tests you might need and the screening schedule that's right for you. It's a good idea to also talk about risk factors, such as lifestyle behaviors and family history, that may put you or your loved ones at higher risk.

## Ages 25-39

**Cervical cancer screening**  
recommended for people with a cervix beginning at age 25.

## Ages 40-49

**Breast cancer screening**  
recommended beginning at age 45, with the option to begin at age 40.

**Cervical cancer screening**  
recommended for people with a cervix.

**Colorectal cancer screening**  
recommended for everyone beginning at age 45.

At age 45, African American individuals should discuss **prostate cancer screening** with a doctor.

## Ages 50+

**Breast cancer screening**  
recommended.

**Cervical cancer screening**  
recommended.

**Colorectal cancer screening**  
recommended.

People who currently smoke or used to smoke should discuss **lung cancer screening** with a doctor.

Discussing **prostate cancer screening** with a doctor is recommended.

# Cervical Cancer

Screening guidelines for women and people with a cervix at average risk.



## Under Age 25

### **Screening is not recommended.**

Cervical cancer is rare before age 25.

## Ages 25 to 65

### **Get screened using a primary HPV test (HPV test alone) either:**

- On a cervical sample collected by a health care provider every 5 years (preferred) **or**
- On a self-collected vaginal sample every 3 years.

If primary HPV testing is not available, screening may be done with a co-test (both HPV and Pap) **every 5 years**, or a Pap test **every 3 years.\***

\*Getting screened regularly is the most important thing, no matter which test you get.

## Over Age 65

### **Talk to your health care provider about stopping screening if you've been getting screened regularly.**

People can stop cervical cancer screening at age 65 if their most recent screening tests have been normal. This depends on the type of screening test that was used.

## Who should get tested?

### **People with a cervix**

includes women who haven't had their cervix surgically removed, transgender men who retain their cervix, and non-binary people with a cervix.

### **People who have received the HPV vaccine**

should still follow age-appropriate screening guidelines.

### **People in menopause**

includes people whose periods have stopped as cervical cancer risk increases with age.

### **People in a long-term relationship with the same partner, who've stopped having children, who don't have sex with men, or aren't sexually active**

should still get screened as HPV infections can appear years after first exposure.

## Have questions about screening?

Visit [cancer.org/getscreened](https://cancer.org/getscreened) for cancer screening Q&A, information about how to schedule a screening test, how to afford screening with and without insurance, and more.

# ACS breast cancer screening guidelines

## Those at average risk:

Ages 40-44	Ages 45-54	Ages 55 and older
<b>Women should have the option to start screening with a mammogram every year.</b>	<b>Women should get a mammogram every year.</b>	<b>Women can switch to a mammogram every other year, or they can choose to continue yearly mammograms.</b>  Screening should continue if a woman is expected to live at least 10 more years.



**Those at high risk for breast cancer should get a breast MRI and a mammogram every year, typically starting at age 30.**

# Colorectal Cancer Screening Guidelines

for people at average risk



## Ages 45-75

### **Get screened.**

Several types of tests can be used. Talk to your doctor about which option is best for you.

**No matter which test you choose, the most important thing is to get screened regularly.**

## Ages 76-85

### **Talk to your doctor**

about whether you should continue screening. When deciding, take into account your own preferences, overall health, and past screening history.

## Over Age 85

### **No longer screen.**

People over age 85 should no longer get colorectal cancer screening.

## Testing Options

- Visual exams such as colonoscopy or CT colonography look at the inside of the colon and rectum for polyps (growths) or cancer.
- Stool-based tests look for signs of cancer in stool and can be done at home. These tests include the fecal immunochemical test (FIT), fecal occult blood test (FOBT), and multi-target stool DNA test.
- All abnormal results on non-colonoscopy screening tests should be followed up with a timely colonoscopy.
- People with a family history of polyps or colorectal cancer, or who have other risk factors, might need to start screening before age 45, be screened more often, and/or get specific tests.

**Cancer screening saves lives. Get screened.**

Visit [cancer.org/getscreened](https://cancer.org/getscreened) for cancer screening FAQs, including information about how to schedule a screening test, how to afford screening with and without insurance, and more.

# Prostate Cancer



Recommendations for the early detection of prostate cancer.

The American Cancer Society (ACS) recommends that men have a chance to make an informed decision with a doctor about whether to be screened for prostate cancer.

## Age 40 for men with the highest risk

This group includes men with more than one first-degree relative who had prostate cancer at an early age (younger than age 65).

## Age 45 for men at high risk

This group includes African Americans and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).

## Age 50 for men who are at average risk

This group includes men who have a life expectancy of more than 10 years.

Cancer screening saves lives.  
Get screened.

Talk to a doctor about screening. To learn more, visit [cancer.org/getscreened](https://cancer.org/getscreened) or call 1-800-227-2345.

# Recommendations for Lung Cancer Screening



The American Cancer Society recommends yearly screening for lung cancer for people with a smoking history.

## Screening Eligibility

- Adults 50 to 80 years old
- Currently smoke or used to smoke
- Have a 20 or more pack-year history (A pack-year is equal to smoking 1 pack or about 20 cigarettes per day for a year.)

## Before Getting Screened

- Talk to a health care professional about your risk for lung cancer and the benefits, limitations, and harms of low-dose CT (LDCT) screening.
- People who currently smoke should receive smoking cessation treatment.

## Learn More About Screening

Visit [cancer.org/getscreened](https://cancer.org/getscreened) for cancer screening resources, including information about screening recommendations, how to schedule a screening test, how to afford screening with or without insurance, and more.

## If You Smoke or Want to Help Someone Quit

The American Cancer Society Empowered to Quit program is a free, email-based tool to help people quit smoking. Visit [cancer.org/empoweredtoquit](https://cancer.org/empoweredtoquit) to learn more.

# Cancer screening saves lives.



## Screening Recommendations

These recommendations are for people at average risk for certain cancers. Talk to a doctor about which tests you might need and the screening schedule that's right for you. It's a good idea to also talk about risk factors, such as lifestyle behaviors and family history, that may put you or your loved ones at higher risk.

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### Ages 50+

**Breast cancer screening** recommended.

**Cervical cancer screening** recommended.

**Colorectal cancer screening** recommended.

People who currently smoke or used to smoke should discuss **lung cancer screening** with a doctor.

Discussing **prostate cancer screening** with a doctor is recommended.

## Questions to Ask a Doctor

- What cancer screening tests are recommended for someone my age?
- How often should I get the screening tests?
- Where can I go to get screened?
- How do I schedule my screening tests?
- Will my screening tests (or other costs) be covered by my health insurance?
- What will the screening tests cost if they are not covered by insurance?

## Cancer Screening Conversation Starters

- I care about you and your health. Are you getting regular cancer screening tests?
- Did you know there are tests that can catch changes in your body before they become cancer?
- My breast/colorectal/cervical/prostate/lung cancer screening is coming up. Have you scheduled yours yet?
- Regular cancer screening is important. Is there anything I can do to help you get screened, like finding information, scheduling an appointment, or helping with childcare or transportation?

## Have Questions About Screening?



Visit [cancer.org/getscreened](https://cancer.org/getscreened) for cancer screening FAQs, and to find a screening location near you.

Click here to add a logo, or click the Remove button to clear the space.

[Remove](#)

[DOWNLOAD FLYER](#)

# Las pruebas para la detección del cáncer salvan vidas.



## Recomendaciones de pruebas de detección

Estas recomendaciones son para personas con riesgo promedio de ciertos cánceres. Hable con su médico sobre las pruebas de detección necesarias y la programación de pruebas adecuadas para usted. Es una buena idea hablar también sobre los factores de riesgo, como conductas de su estilo de vida y su historia familiar que podrían resultar en un riesgo mayor para usted o su ser querido.

### Edades 25-39

**Prueba para la detección del cáncer de cuello uterino** se recomienda para las personas con cuello uterino a partir de los 25 años de edad.

### Edades 40-49

**Prueba para la detección del cáncer de seno** se recomienda a partir de los 45 años de edad, con la opción de empezar a los 40 años.

**Prueba para la detección del cáncer de cuello uterino** se recomienda para las personas con cuello uterino.

**Prueba para la detección del cáncer colorrectal** se recomienda para todos a partir de los 45 años de edad. A los 45 años, los individuos afroamericanos deberían conversar sobre la **detección del cáncer de pulmón** con un médico.

### Edades 50+

**Prueba para la detección del cáncer de seno** se recomienda.

**Prueba para la detección del cáncer de cuello uterino** se recomienda.

**Prueba para la detección del cáncer colorrectal** se recomienda. Las personas que actualmente fuman o que fumaban deberían conversar sobre la **detección del cáncer de pulmón** con un médico. Se recomienda conversar sobre la **detección del cáncer de próstata** con un médico.

## Preguntas para su médico:

- ¿Qué pruebas para la detección del cáncer se recomiendan para una persona de mi edad?
- ¿Con qué frecuencia debo realizarme las pruebas de detección?
- ¿Dónde puedo realizar las pruebas de detección?
- ¿Cómo puedo programar mis pruebas de detección?
- ¿Mi seguro médico cubrirá estas pruebas de detección (u otros costos)?
- ¿Cuánto cuestan las pruebas de detección si no son cubiertas por el seguro?

## Ideas para iniciar la conversación sobre la detección del cáncer

- Me preocupo por ti y por tu salud. ¿Te estás haciendo pruebas periódicas para la detección del cáncer?
- ¿Sabías que hay pruebas que pueden detectar cambios en tu cuerpo antes que se conviertan en cáncer?
- Se acerca mi examen de detección de cáncer de mama/colorrectal/cervical/próstata/pulmón. ¿Ya programaste el tuyo?
- Las pruebas periódicas para la detección del cáncer son importantes. ¿Te puedo ayudar de alguna manera a hacerte la prueba, ya sea buscando información, programando una cita, o ayudándote con el cuidado de tus niños o transporte?

## ¿Tiene preguntas sobre las pruebas de detección?



Visite [cancer.org/haztlaprueta](https://cancer.org/haztlaprueta) para las preguntas frecuentes sobre las pruebas para la detección del cáncer, incluyendo información sobre cómo programar un examen de detección, cómo cubrir los gastos de la prueba de detección con o sin seguro médico, y más.

[DOWNLOAD FLYER](#)

# Screening Locator Tool



The **Screening Locator Tool** features an interactive map with screening locations for cervical, lung, breast, colorectal, and prostate cancers by ZIP code.

Health care facilities can request updates to their system information within our database by submitting [a change request form](#).

American Cancer Society

## I Love You Get Screened™

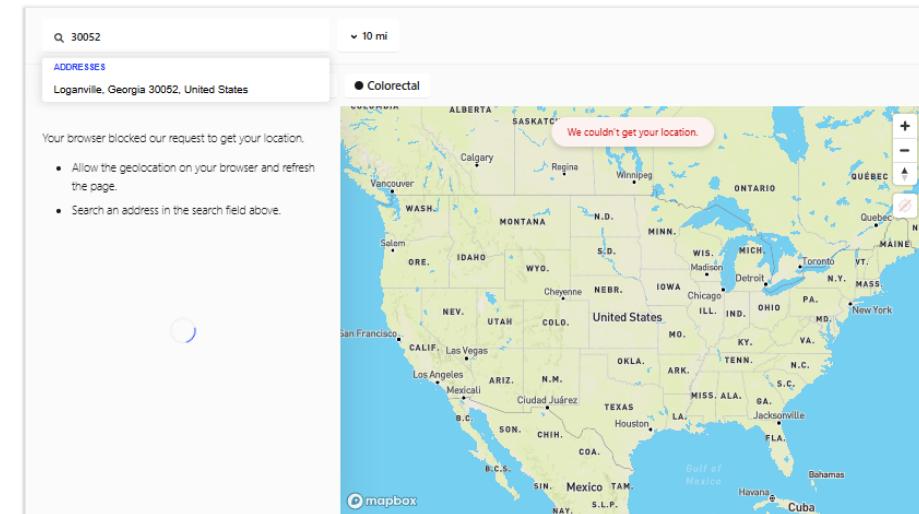
Cancer screening saves lives. Find a screening location near you\*.

The map below features screening locations for cervical, lung, breast, colorectal and prostate cancer. Enter your zip code and/or filter by screening type to learn more.

Have additional questions? Contact our 24/7 Cancer Helpline at 800.227.2345. [Live Chat](#) (M-F 8 a.m. to 7:30 p.m. ET).

If you are a healthcare facility representative, you can request updates be made within our screening locator tool database by submitting a [change request form](#).

\*Search results are for convenience only. Inclusion of a healthcare professional or organization in any of these databases or results does not imply endorsement by the American Cancer Society



Find out more at [getscreened.cancer.org](http://getscreened.cancer.org).

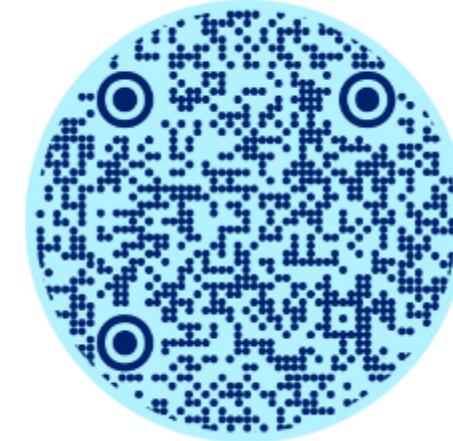
# CancerRisk360™



**ACS CancerRisk360™** is a tool that allows users to check, know, and reduce their risk of getting cancer.

- Users will be able to identify key risk areas and get personalized recommendations to improve their overall health.
- How it works:
  - Go to [acscancerrisk360.cancer.org](https://acscancerrisk360.cancer.org).
  - Take the test in about 5 minutes. No prep or studying is needed.
  - Get results and a personalized action plan with links to resources.
  - Improve your whole health.
- Results can be downloaded, printed, or emailed.
- This tool is periodically reviewed and updated for accuracy and to reflect the latest science.

**Scan to take assessment.**



## [ACS CancerRisk360™ Training Certificate](#)

available for individuals who complete the ACS CancerRisk360 online, self-paced training for Outreach Staff and Community Health Workers.

**Visit [cancer.org/cancer/risk-prevention/cancer-risk-360](https://cancer.org/cancer/risk-prevention/cancer-risk-360) to learn more about the tool.**



# Support for Cancer Patients

# 24/7 Cancer Helpline

Our **cancer helpline** at **1-800-227-2345** provides support for people dealing with cancer 24 hours a day, 7 days a week.

- Trained cancer information specialists:
  - Provide accurate, up-to-date information on cancer
  - Answer questions about treatment options, side effects, clinical trials, and more
  - Connect people with programs and services
  - Offer emotional support
- Help is available in more than 200 languages via translation service.
- The helpline also available via **Live Chat** through [\*\*cancer.org\*\*](https://cancer.org).
  - Available weekdays, 7 a.m. to 6:30 p.m. CT.

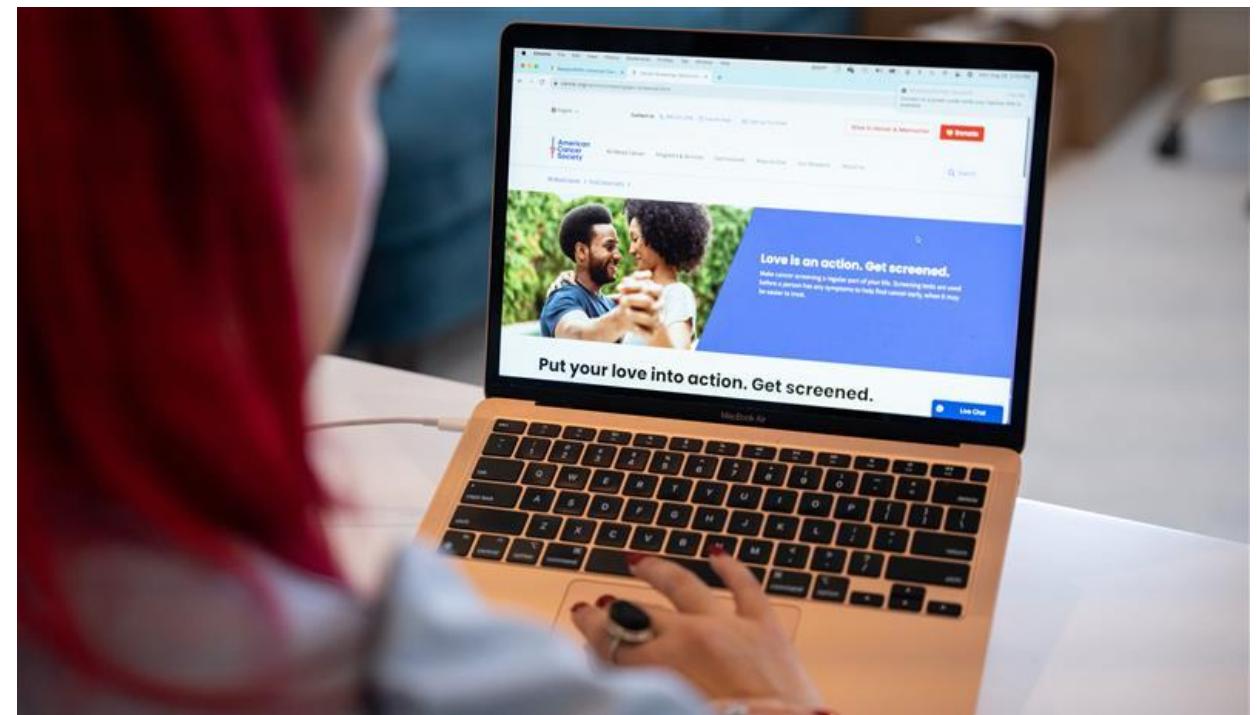


**To refer patients to an ACS program or service, have them call the helpline at 1-800-227-2345. Or you can call on their behalf.**

Our website [cancer.org](https://www.cancer.org) is a highly trusted source of clear, science-based content that educates the public, empowers patients and caregivers, and supports health care professionals.

[Cancer.org](https://www.cancer.org) has in-depth information on:

- Risk and prevention
- Screening
- Diagnosis and staging
- Cancer types
- Treatment and side effects
- Financial and insurance matters
- Coping and survivorship
- End of life care
- Resources to support caregivers and family members
- And much more



Content on cancer.org is developed by a medical and editorial team with medical review and collaboration by the [American Society of Clinical Oncology \(ASCO\)](#).

Cancer.org provides cancer information, videos, and downloadable PDFs in multiple languages, including:

English

Russian

Arabic

Korean

Hindi

Spanish

Polish

Portuguese

Vietnamese

Tagalog

French

Ukrainian

Haitian Creole

Chinese

Visit [cancer.org/cancer-information-in-other-languages](#) for content on prevention, early detection, treatment, and managing side effects.

# Road To Recovery® – Free Rides to Treatment

**Road To Recovery** offers patients free rides to cancer-related medical appointments.

- Transportation barriers are the #1 reason for missed cancer appointments.
- Trained volunteer drivers donate their time to help patients get to and from their appointments.
- Patients must meet certain eligibility requirements. These are in place to keep patients and drivers safe.



Visit [cancer.org/road-to-recovery](https://cancer.org/road-to-recovery) to learn more.  
Call 1-800-227-2345 to find out if this program is available in your area and to confirm patient eligibility.

# Lodging Assistance

For cancer patients, getting the right treatment sometimes requires traveling away from home. Lodging expenses can present a major financial barrier to lifesaving treatment.

- ACS is trying to make this difficult situation easier for cancer patients and their families through our lodging programs:
  - [\*\*Hope Lodge® communities\*\*](#)
  - [\*\*Extended Stay America partnership\*\*](#)



**To learn more about patient lodging programs in your area, call 1-800-227-2345.**

# ACS ACTS: Finding the Right Clinical Trial



**ACS ACTS (Access to Clinical Trials and Support)** is a personalized clinical trial matching service.

- By signing up, patients can:
  - Learn about clinical trials
  - Explore personalized clinical trial options
  - Connect with an ACS cancer information specialist
  - Access other ACS programs such as lodging, transportation, and more



To sign up, patients can visit [acts.cancer.org](https://acts.cancer.org). Or call 1-800-227-2345.

*Please note that our clinical trials matching service is currently available within the US for persons who reside in or will travel to select states. See the website for details.*

**ACS CARES (Community Access to Resources, Education, and Support)**  
is a mobile app for people with cancer, their families, and caregivers.

- Users can:
  - Access personalized, quality cancer related information
  - Speak directly with ACS cancer information specialists
  - Find reliable information on important topics such as emotional health, finances, and more
  - Connect virtually with trained community volunteers who share the same cancer experience
- Available in English/Spanish from Google Play or the App Store.



Learn more about ACS CARES at [cancer.org/acscares](https://cancer.org/acscares).

# Hair Loss and Post-Surgical Products

**EverYou**™

The **EverYou**™ program offers a collection of quality wigs for men and women, headwear, and post-surgical products such as bras, breast forms, and tops.

- EverYou helps people look and feel like themselves during and after cancer treatment
- Suggestions for sharing EverYou with patients:
  - Place flyers in your waiting area or patient rooms.
  - Add a link to [EverYou.com](http://EverYou.com) on your patient portal.
  - Purchase digital gift cards.
  - Purchase products in bulk and receive a discount.



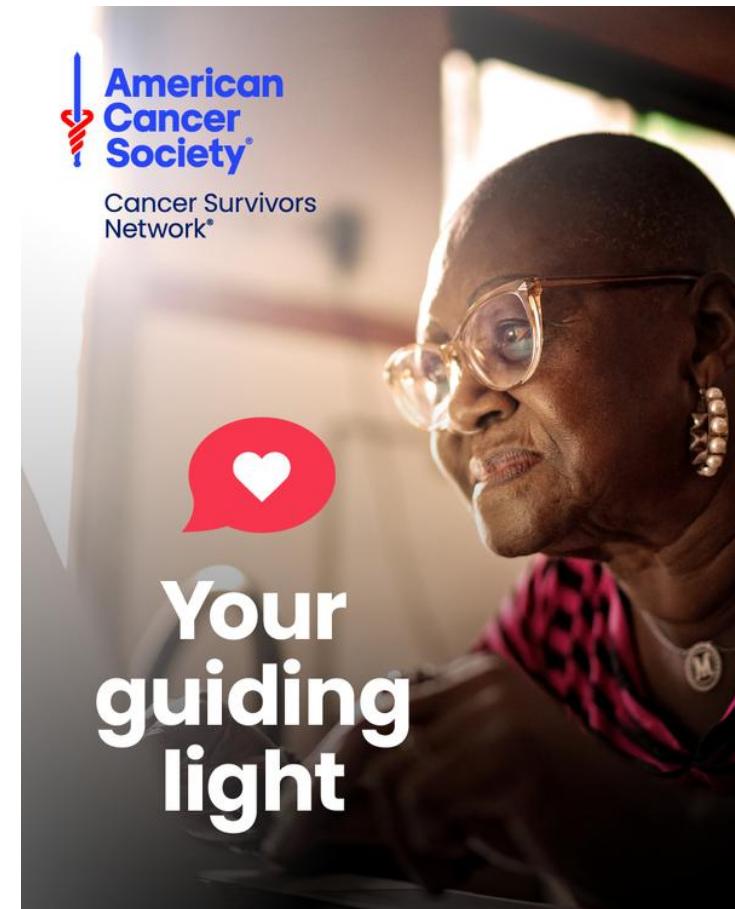
To shop the collection, visit [EverYou.com](http://EverYou.com) or scan the QR code. You can also call 1-800-850-9445. A printed catalog is available upon request.

# Cancer Survivors Network®



The **Cancer Survivors Network (CSN)** is a peer support community for cancer patients, survivors, caregivers, families, and friends.

- CSN provides a safe online connection where cancer patients and caregivers can connect with others with similar experiences.
- Users can participate on discussion boards, join a chat room, and build their own support network.



To register for a free CSN account, visit [csn.cancer.org](https://csn.cancer.org).

# Cancer Care Toolkit



The **Cancer Care Toolkit** has printable worksheets, trackers, and a collection of informational flyers to help cancer patients navigate their cancer diagnosis.

The toolkit can help patients keep their health information organized so they feel less stressed and more prepared to talk with their doctor.

Available in English & Spanish.

## Resources include:

- Treatment side effects worksheets
- Pain diary
- Medicine list
- Appointments form
- Test results form
- Printable lists of questions to ask about cancer



# Daily Pain Diary

Having pain when you have cancer is common and can affect many parts of your life. Sometimes, the pain is from the cancer treatment, the cancer itself, or some other cause. It's important to know that cancer pain may not always be completely relieved, but it can always be treated in some way.

Only you know how much pain you have. Your cancer care team and loved ones have no way of knowing about your pain unless you tell them. It helps to use words that clearly describe your pain. Tell your team:

- **Where you feel pain** - Be specific, for instance: "the lower left side of my head."
- **What it feels like** - Some words to use are:
  - o Sharp - like a bad cut



Every cancer. Every life.<sup>®</sup>

You can use this 0-10 rating scale to describe:

No pain	Mild pain	Moderate - discomforting pain	Severe pain - distressing	Worst pain imaginable	
0 to 1	2 to 3	4 to 5	6 to 7	8 to 9	10

You can use this 0-10 rating scale to describe:

How bad your pain is at its worst  
 How bad your pain is most of the time  
 How bad your pain is at its least  
 Your cancer care team if they have another pain rating such as the FACES pain scale, to use if you don't think others are the best way to describe your pain.

It can be hard to remember the details every time you pain. Use the diary on the back of this sheet to end your pain and what you did to ease it each day take it with you to your next appointment. In the column, you may want to write how you feel after any medicine as well as any side effects causin items (such as drowsiness, drowsiness, confusion), will help your cancer care team understand your better.

ur pain is not relieved, tell your doctor or nurse. There are many ways to treat cancer pain. Work with team to find the treatments that work best for you.

**ons to Ask Your Cancer**

ancer, you may have a lot of questions. Your doctor place to start asking these questions.

ld ask that might help you better understand your ts. You will likely have other questions as well.

**er**

- What are the risks of this treatment?
- How soon do I need to start treatment?
- Will what happen if I decide not to get treatment right now?

**does that**

- How much experience do you have treating this type of cancer?
- Should I get a second opinion? How would I do that?
- Will I need surgery?
- If I need surgery, will I need other treatment(s) before or after surgery?

**ill they be**

- Is there a clinical trial that might be right for me?
- Will I be able to have children after treatment? Are there things that can be done to protect my ability to have children in the future?

**will explain**

**for me**

**testing**

**I learn**

**ink it**

**Insurance and money concerns**

- What does my health insurance cover and what will I have to pay myself?
- What financial support can I get to help pay what insurance doesn't cover or with other daily needs?
- What can I do if I don't have health insurance?
- What can I do if I can't afford the treatments I need?
- Is there a financial counselor or patient navigator I can talk with?

Visit [cancer.org/cct](https://cancer.org/cct) to get started.

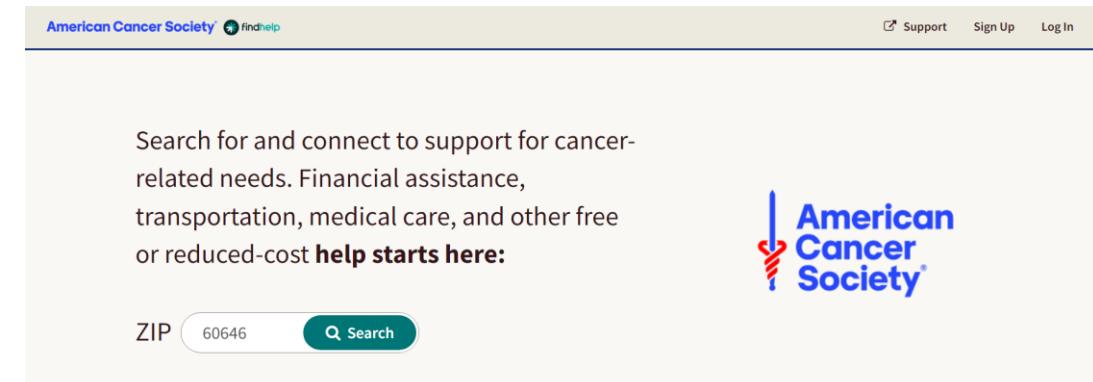
# Search for Resources – [cancer.findhelp.com](https://cancer.findhelp.com)



ACS has partnered with **Findhelp**, America's leading social care network whose mission is to connect all people with free or low-cost programs in their community with dignity and ease.

- Find resources to help through treatment and recovery and get emotional support, including:
  - Financial assistance
  - Transportation
  - Medical care
  - Other free or reduced-cost help

**American Cancer Society®**  **findhelp**



A screenshot of the American Cancer Society findhelp website. The header features the American Cancer Society logo and the "findhelp" logo. The main content area has a light gray background with a dark gray horizontal bar at the top. The bar contains the text "American Cancer Society" and "findhelp" on the left, and "Support", "Sign Up", and "Log In" on the right. Below the bar, the text "Search for and connect to support for cancer-related needs. Financial assistance, transportation, medical care, and other free or reduced-cost **help starts here**:" is displayed. To the right of this text is the American Cancer Society logo. Below the text is a search form with a "ZIP" label, a "60646" input field, and a "Search" button with a magnifying glass icon.

To start a search, visit [cancer.findhelp.com](https://cancer.findhelp.com) and enter your zip code.



## Quick Guide to American Cancer Society Resources

The American Cancer Society (ACS) offers support in your community and online at every step of your cancer journey. Below are just some of the resources we provide. Visit [cancer.org](https://cancer.org) or call us at 1-800-227-2345 for more information.

### 24/7 Cancer Helpline

The American Cancer Society helpline provides 24/7 support by connecting you with trained cancer information specialists who can provide guidance and help find answers through phone and online live chat.

- Cancer information specialists:** Our trained team members are available to provide guidance and help find answers through phone and online live chat. Available in English, Spanish, and 200 other languages via translation service.
- Nurse support:** Oncology and pediatric oncology nurses are available to assist with more medically complex questions.
- Health Insurance Assistance Service:** Our trained specialists can help with questions about your options and rights relating to health insurance and coverage.

Scan for more information and to access live chat through the ACS cancer helpline.



### Online Resources

Our website, [cancer.org](https://cancer.org), is a highly trusted source of accurate, evidence-based cancer information for people facing cancer, their families, and their caregivers.



**Survivorship: During and After Treatment**

Support and treatment topics, survivorship tools, and stories of hope



**Understanding Your Diagnosis**

Tools to help answer questions about cancer and making treatment decisions



**ACS Services**  
Provides information about resources available to patients and caregivers



**Caregivers and Family**

Information to help caregivers care for their loved ones and themselves throughout the cancer journey



**Cancer Resources**

Find resources to help manage your lives through treatment and recovery, and get the emotional support you need



**Road To Recovery®**

#### Road To Recovery – Free Rides to Treatment For Cancer Patients

One of the biggest roadblocks for people needing cancer treatment can be the lack of transportation. That's why the American Cancer Society Road To Recovery® program provides free rides to treatment through volunteer drivers.

- Trained volunteer drivers donate their time to help people with cancer get to the treatments they need.
- Transportation is provided based on volunteer availability and capacity.
- Visit [cancer.org/transportation](https://cancer.org/transportation)



### Cancer Care Toolkit

The **Cancer Care Toolkit** is a collection of resources designed to provide personalized information and tracking resources for individuals battling cancer and their caregivers. The comprehensive platform includes resources that can help you understand your cancer diagnosis and treatment options, manage cancer treatment's side effects, and stay organized with worksheets and trackers to bring with you to your appointments.



This tool is accessible online in [English](#) and [Spanish](#).



Helping people with cancer and their caregivers navigate the cancer journey with confidence.



If you or someone you love has been diagnosed with cancer, deciding what's next can be overwhelming. Now you can get one-on-one support and the quality curated information you need in a new digital app for easy access, available anytime and anywhere. Speak with a trained ACS team member who can connect you to resources over the phone. For non-clinical support, you can also be matched with a trained volunteer who shares a similar cancer experience, including diagnosis, location, military status, race, and ethnicity. Download the ACS CARES app today to get started! Available in English and Spanish.



### Cancer Survivors Network

Our Cancer Survivors Network (CSN) is a free online community where survivors and caregivers share their stories, ask questions, and get support from each other. With a chat room and more than 40 discussion boards, CSN allows you to connect with others who have a similar cancer experience. You can send private messages to other members, build your own support network, post blogs, and more. Visit [csn.cancer.org](https://csn.cancer.org).



### Caregiver Support

Our ACS Caregiver Resource Guide provides information for people who are caring for someone with cancer. It can help you better understand what your loved one is going through, develop skills for coping and caring, learn how to care for yourself as a caregiver, and take steps to help protect your health and well-being.



### Hair Loss and Recovery Care Products

Looking and feeling like yourself during and after cancer treatment is important to you. And it's important to us. At EverYou™, you'll find a curated collection of quality wigs, headwear, and recovery care products including bras and breast forms. The collection has been reviewed to ensure every item is comfortable and fashionable – for every skin tone, every season, every age, every stage, every cancer.



[DOWNLOAD FLYER HERE](#)



# For Health Care Professionals

# Easy-to-Share Content for Patients

At [cancer.org/health-care-professionals](https://cancer.org/health-care-professionals), you can find easy-to-share and easy-to-read education materials for patients and caregivers.

- You can download and print content, such as:
  - ACS screening guidelines and healthy living recommendations
  - Short PDF flyers on common cancers
  - PDFs with information to help newly diagnosed patients know what to expect and how to manage common side effects of cancer treatment
- Available in English and 13 other languages, including Spanish, Arabic, Chinese, and Polish.



**Quick Guide to ACS Resources available via Brand Central  
(public link; no sign-in required)**



Screening tests check for cancer in people who don't have any signs or symptoms. These tests may help find cancer early, when it's small and may be easier to treat.

A low-dose CT (LDCT) scan is the test used to screen for lung cancer. This is a type of x-ray to help doctors look at your lungs. The scan is painless and takes just a few minutes. You may be asked to undress and put on a gown. Your doctor can talk with you about lung cancer screening and determine if you are eligible for screening. Together, you can decide if lung cancer screening with LDCT is right for you.



cancer.org | 1.800.227.2345



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- **Nurse support:** Oncology and pediatric oncology nurses are available to assist with more medically complex questions.

- **Health Insurance Assistance Service:** Our trained specialists can help with questions about your options and rights relating to health insurance and coverage.

### Online Resources

Our website, [cancer.org](https://cancer.org), is a highly trusted source of accurate, evidence-based cancer information for people facing cancer, their families, and their caregivers.



### American Cancer Society Road To Recovery

Road To Recovery - Free Rides to Treatment For Cancer Patients  
One of the biggest roadblocks for people needing cancer treatment can be the lack of transportation. That's why the American Cancer Society Road To Recovery® program provides free rides to treatment through volunteer drivers.

- Trained volunteer drivers donate their time to help people with cancer get to the treatments they need.
- Transportation is provided based on volunteer availability and capacity.
- Visit [cancer.org/transportation](https://cancer.org/transportation)

# Print Materials for Patients and Providers

ACS offers easy-to-read materials written in plain language to inform your patients and caregivers on:

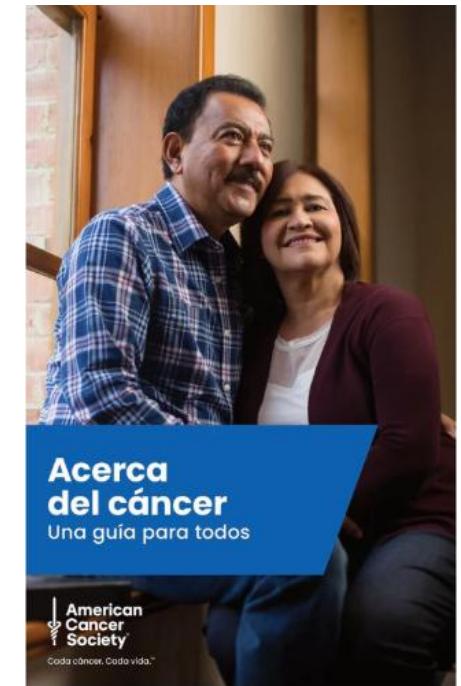
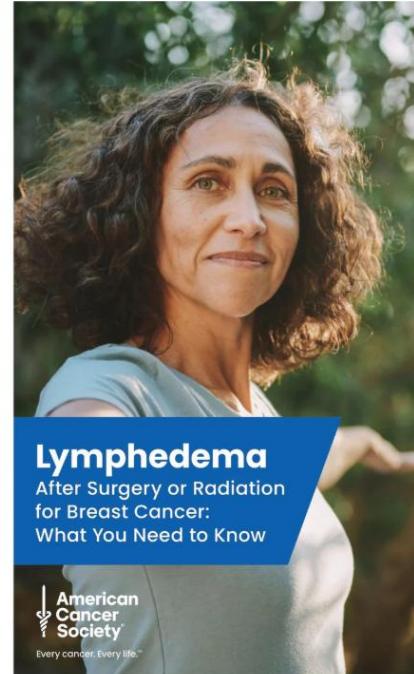
- Prevention and early detection
- Treatment
- Side effects
- Survivorship

- Print products, such as educational flyers, brochures, and booklets can be accessed at:
  - [cancer.org/materials](https://www.cancer.org/materials)
  - Or call **1-800-227-2345**
  
- Published books for patients, families, and health care professionals can be found at [cancer.org/bookstore](https://www.cancer.org/bookstore).



Printable materials are also available via [Brand Central](#)  
(public link; no sign-in required)

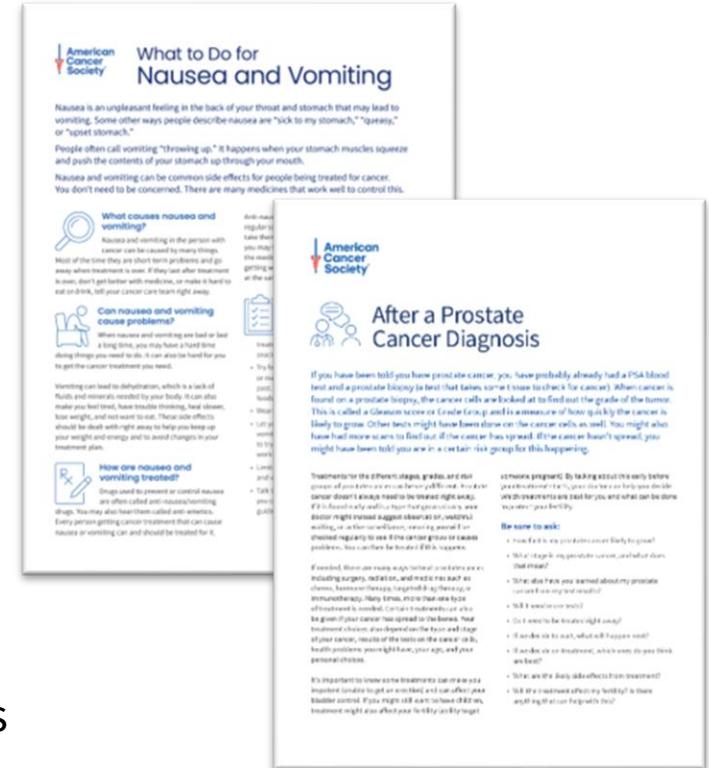


# Patient Education Materials Through Epic



Our patient education materials are now in **Epic** and available within the Patient Instructions activity. You can easily share them with patients in their After Visit Summary or quickly add the education documents as:

- SmartText to outpatient notes
- Discharge instructions
- Patient's oncology treatment summary
- Search for the keywords “ACS” and “American Cancer Society” within the Insert SmartText search field displays available documents.
- Share easy-to-read, simple guides in 14 languages:
  - **After Diagnosis Series:** What patients can expect when they are newly diagnosed
  - **Symptom Management Series:** Supports patients with common side effects from treatment



For Epic Customers with a UserWeb Account:

<https://userweb.epic.com/Webinar/View/12019/Beacon-American-Cancer-Society-Partnership>.

# Caregiver Resources

Caregivers are a crucial part of any cancer care team. These are additional caregiver resources from ACS that can be shared with your patients and their caregivers:

- [Caregivers landing page on cancer.org](#)
- [The Caregiver Resource Guide](#)
- [When Someone You Know Has Cancer](#)
- [Being a Caregiver\\*](#)
- [Caregiver Distress Quiz](#)
- [What a Cancer Caregiver Does](#)
- [Help for People Facing Cancer, Survivors, and Caregivers\\*](#)

\*also available for printing



Visit [cancer.org/cancer/caregivers](https://cancer.org/cancer/caregivers)  
for more.



## Being a Caregiver

A caregiver is someone who helps take care of a person with cancer. In most cases, the main caregiver is not paid – usually a spouse, partner, or adult child. Sometimes close friends, coworkers, or neighbors may fill this role. The caregiver is a key part of the care for the person with cancer.



## Caregiver Resource Guide

Caring for a Loved One With Cancer



**What does a caregiver do?**

A caregiver is part of the cancer care team, which also includes the person with cancer and the medical staff. Caregivers do many things to help the person with cancer, like:

- Bathe, groom, and dress.
- Eat and get rest.
- Take medicines.
- Keep track of appointments.
- Take care of insurance problems.
- Get to and from appointments.
- Help with other family members' needs.
- Talk to the cancer care team.
- Help them live their life as normal as possible.

**How to be a good caregiver**

A good caregiver is often the one person who knows everything that's going on with the patient. Don't be afraid to ask questions and take notes during doctor visits. Learn who the members of the cancer care team are and know how to contact them.

- Involve the person with cancer as much as possible to do their part to get better.
- Let the person with cancer make decisions. If they're overwhelmed with decisions, give them simple choices.

# Survivorship Resources

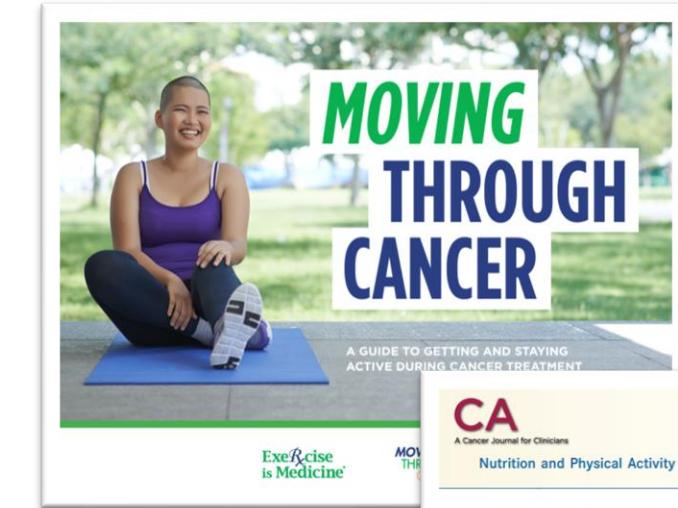
These are additional survivorship resources from ACS that can be shared with your patients and their caregivers:

- [Survivorship: During and After Treatment landing page on cancer.org](#)
- [Moving Through Cancer: A Guide to Getting and Staying Active During Cancer Treatment\\*](#)
- [Cancer Survivors' Network](#)
- [ACS CARES™ mobile app](#)
- [After Cancer Treatment is Finished\\*](#)

\*also available for printing



Visit [cancer.org/cancer/survivorship](https://cancer.org/cancer/survivorship) for more.



**PATIENT PAGE**

**CA**  
A Cancer Journal for Clinicians

**Nutrition and Physical Activity Guidelines for Cancer Survivors**

**Vitamin and Mineral Supplements**

You may be thinking about using dietary supplements such as vitamins and minerals during your cancer treatment or even after treatment is finished. You should know that physicians do not agree on their use. Therefore, if you are taking any supplements, discuss this with your physician. Many dietary supplements contain levels that are higher than what is recommended for general health. Some contain substances that may affect some chemotherapy drugs.

Many cancer experts advise their patients not to take supplements during treatment, or they may suggest using a dietary supplement only when it is needed to treat a deficiency or side effect of treatment.

There currently is no evidence to support taking supplements after a cancer diagnosis to reduce the risk of recurrence. If you are thinking about taking a vitamin or mineral after treatment, check first with your physician. You will want to know about possible side effects.

Supplements can be useful in correcting specific nutrient deficiencies. Some studies have found that the risks of supplements usually outweigh the benefits. Unless your team recommends a supplement for a specific reason, do not take any that contain higher amounts than what is recommended as the first line of defense to get the nutrients you need from foods and beverages.

**During Cancer Treatment**

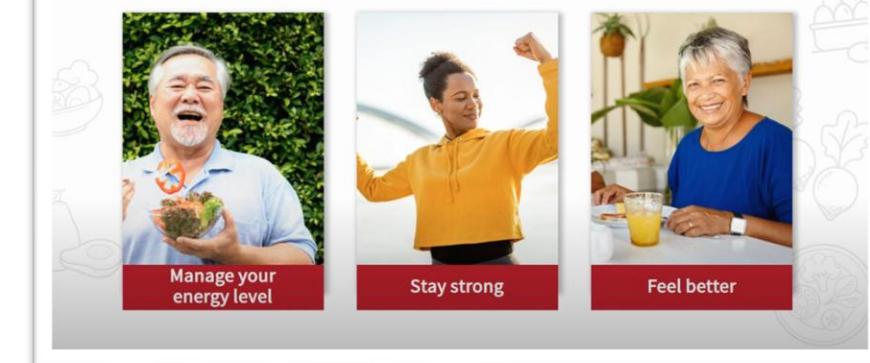
During cancer treatment, it has many benefits: better health, muscle strength, endurance and other quality-of-life measures. Before starting exercise, talk with your doctor or nurse. Ask them about when you can start to exercise and what types of exercise. Your health care team will consider your personal preferences as they help you

continued on next page

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**Diet and Nutrition During and After Treatment**



**Manage your energy level**

**Stay strong**

**Feel better**

# ACS Leadership in Oncology Navigation (ACS LION™)



The **ACS LION** program consists of training and credentialing for navigation professionals, guidance and education for health systems and practices on implementing navigation best practices.

- Oncology navigation professionals work with patients within clinics and community-based settings, from abnormal findings through survivorship, guiding them past barriers that might keep them from receiving the best cancer outcomes
- Meets the Centers for Medicare and Medicaid Services (CMS) training requirements for Principal Illness Navigation (PIN) reimbursement and is aligned to the Oncology Navigation Standards of Professional Practice
- A Clinical Trials Navigation Certificate is now available for those holding an active ACS LION credential
- **ACS LION is FREE**, and a Spanish-language version is coming soon.

Visit [cancer.org/lion](https://cancer.org/lion) to learn more.

# Employer Wellness Toolkits

The ready-to-use **Employer Wellness Toolkits**, sponsored by Aflac, can help your organization support employees' health and well-being.

## What's inside:

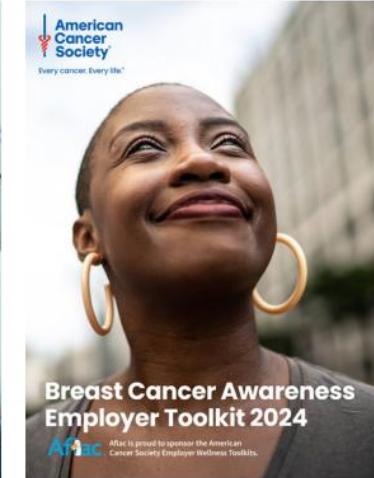
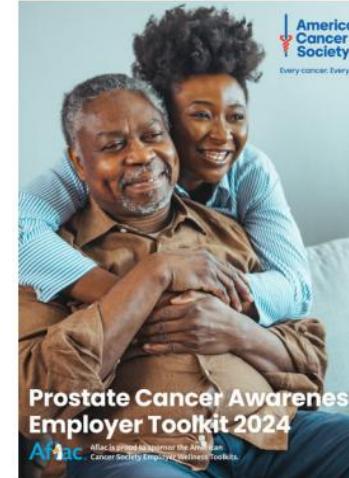
- Clear, easy-to-follow messaging for use in emails, newsletters, wellness events, and more
- Tips and tools to get involved in the fight against cancer

## Cancer-specific Toolkits:

- Breast Cancer Awareness
- Colorectal Cancer Awareness
- Lung Cancer Awareness
- Prostate Cancer Awareness
- Skin Cancer Awareness

## Wellness and Support Toolkits:

- Cancer Caregiver
- Healthy Eating and Active Living
- If Your Employee Has Cancer
- Cost of Cancer



Visit [cancer.org/employer-toolkits](https://cancer.org/employer-toolkits) to access our Employer Wellness Toolkits.

# ACS National Roundtables



- The mission-critical **ACS National Roundtables** unite organizations in collaborative partnerships and generate action and positive outcomes by:
  - Impacting policy and systems change
  - Leading public health campaigns
  - Guiding research and publications
  - Educating professionals and advancing practice

Together, ACS and the National Roundtables address and overcome barriers that impact the lives of people with cancer and their families, such as cancer disparities and access to cancer screening.



Visit [cancer.org/roundtables](https://cancer.org/roundtables) to learn more and get access to the latest resources, webinars, and upcoming meetings.

# ACS Project ECHO



ACS utilizes the ECHO Model to fight cancer on all fronts.

The ECHO Model allows ACS to efficiently disseminate evidence-based strategies to improve outcomes across the cancer continuum and improve the overall quality of care. Visit [echo.cancer.org](http://echo.cancer.org) to find information about past and ongoing ECHO series, including recordings, resources, and more.

## Current ECHO Series:

- Understanding Multi-Cancer Detection Testing
- Prostate Cancer Screening in Primary Care
- Addressing Breast Density & Risk in Primary Care



## Past ECHO Series:

- [Improving Colorectal Cancer Screening Rates in AZ – The Community Health Worker's Role ECHO](#)
- [HPV Vaccinations A Community Health Worker's Role ECHO](#)

Visit [echo.cancer.org](http://echo.cancer.org) to find information about all past and ongoing ECHO series, including recordings, resources, and more.



# Get Involved

# Volunteer to Help People Facing Cancer

Volunteering for ACS can help:

- Ensure that everyone has an opportunity to prevent, detect, treat, and survive cancer
- Honor survivors or loved ones lost to cancer
- Save the lives of people in your local community
- End cancer as we know it, for everyone
- Here are some ways to volunteer:
  - **ACS CARES™:** Connect people with cancer and caregivers to vital resources
  - **Road To Recovery®:** Drive cancer patients to and from treatment appointments
  - **Hope Lodge®:** Help with daily operations
  - **ACS Cancer Action Network (ACS CAN):** Help make cancer a top national priority
    - **March 26 - ACS CAN 2026 Massachusetts Lobby Day**



Visit [volunteercommunity.cancer.org](https://volunteercommunity.cancer.org) to find volunteer opportunities near you.

# VOICES of Black Women Ambassadors

VOICES Ambassadors are essential in helping ACS spread the word about VOICES of Black Women. Ambassadors for VOICES of Black Women are pillars and trusted voices in their communities who are passionate about addressing health equity for Black women. Ambassadors help by:

- Mobilizing your network, connections, and community with calls to action for enrollment in VOICES of Black Women.
- Representing VOICES of Black Women at community events and promoting the study through social media channels
- Working with ACS Staff Partners to assist with additional outreach efforts within your state
- Sharing the study 1:1 with loved ones and enrolling yourself if you are eligible!



**Interested in becoming an Ambassador?  
Please contact  
[VOICES.Ambassadors@cancer.org](mailto:VOICES.Ambassadors@cancer.org)**

**[VOICES Ambassadors Recruitment Resource Hub](#)**

# Fundraising and ACS Events

Join one of our fundraising events and make a difference, individually or by leading your community in the fight against cancer.

- Our fundraising events include:
  - **Relay For Life®**
  - **Making Strides Against Breast Cancer®**
  - **Men Wear Pink™**
  - **Galas**
  - **Golf tournaments**
  - **Coaches vs. Cancer**
  - And more



Visit [cancer.org/fundraise](https://cancer.org/fundraise) to learn about opportunities and activities near you.

# Q&A



# Thank You

**Lindsay Nicholson & Kacie Jankoski**  
Associate Directors, Community Partnerships  
[Lindsay.Nicholson@cancer.org](mailto:Lindsay.Nicholson@cancer.org)