

Resources for everyone touched by breast cancer

Find what you need to ease mind, body and soul for you or someone you love. **By Kristin Kane**

For information

Breastcancer.org This website is a crash course in the disease, with sections on diagnosis and recovery that translate commonly used terms into plain English. Illustrations help make sense of surgery and reconstruction options.

The Breast Cancer Research Foundation (866-FIND-A-CURE; www.bcrf.cure.org) The online library of this research-grant-giving group supplies interesting articles and archived webcasts on screening, therapies and more.

FORCE: Facing Our Risk of Cancer Empowered (www.facingourrisk.org) Have a family history of breast cancer? Visit this site and read up on evaluating your chances, or call 866-824-7475 to speak to volunteers who can refer you to a center for genetic counseling.

National Cancer Institute (800-4-CANCER; www.cancer.gov) Search the site's database to find clinical trials. There's also an educational section on breast cancer and pregnancy.

The Susan G. Komen Breast Cancer Foundation (800-IM-AWARE; www.komen.org) School yourself in breast cancer basics with Anatomy of Breast Cancer, an interactive online tutorial. It's a detailed, virtual show-and-tell about breast physiology and how cancer develops.

For support

American Cancer Society (800-227-2345; www.cancer.org) The Reach to Recovery program connects women with

survivors (either face-to-face or over the phone) who can give advice on treatment or just lend an understanding ear.

AvonCares Program (800-813-4673; www.cancercare.org) Patients in financial need can apply for grants to assist with home care, child care and transportation to medical appointments. Click on Financial Needs for information on how to apply.

Living Beyond Breast Cancer (610-645-4567; www.lbbc.org) Swap stories with others on the message boards. You can also listen in and ask experts questions during free teleconferences hosted throughout the year. If you miss one, transcripts are available on the website.

Young Survival Coalition (212-206-6610; www.youngsurvival.org) Women under 40 can connect with local groups to learn more about advocacy opportunities in their area.

For empowerment

Facing the Mirror With Cancer by Lori Ovitz with Joanne Kabak (\$25, Belle Press; www.facingthemirror.org) A veteran makeup artist offers tips on how to simulate natural-looking eyebrows or warm up a complexion made pale by chemotherapy treatment.

National Digital Mammography Archive (888-636-6362; www.i3archive.com) Organize your records: Call to receive a complimentary CD-ROM that your physician can use to download your mammography images. Keep a

copy for yourself and take it with you if you seek a second opinion or see a new doctor. Send the disc to NDMA and your images will be added to a confidential, anonymous data bank that researchers can reference in their work. (You can ask to have the disc returned.)

Y-ME National Breast Cancer Organization (800-221-2141; www.y-me.org) Face diagnosis with determination. Log on for insights on making the right decisions and to get info on what to expect from certain procedures.

For laughter

Humor After the Tumor by Patty Gelman (\$16, Prometheus Books) Share in some of the lighter moments of the author's treatment (like when she finds her first hair sprout after chemo) as you read her messages to family and friends.

Why I Wore Lipstick to My Mastectomy by GERALYN LUCAS (\$24, St. Martin's Press) Encounters with a stripper, a one-testicled cabbie and other sometimes-humorous characters help Lucas, a survivor, discover that cancer has strengthened, not stolen, her true sense of self.

For loved ones

Breast Cancer Husband by Marc Silver (\$15, Rodale) A great guide for any man whose wife has the disease. This book provides helpful tips on coping with emotions, dealing with relationship changes and becoming an active participant in his wife's care.

CancerCare (www.cancercare.org) The group's online support circles feature open forums for friends and family of patients to post questions on any topic of concern. Private groups offer a more intimate arena (only about 10 users) for online discussions moderated by an oncology social worker.

SELF giveaway Take control!

If you've ever had a health scare, you know that having all your numbers, medical data and other information in one place makes you feel more together. Enter to win a helpful planner from SELF and Cancer101 (646-638-2202; www.cancer101.org), a nonprofit organization in New York City. The book is customized to help patients log important dates and contacts. SELF will choose 100 winners at random. See page 252 for details.

