

Breast Cancer Resources

Online Resources

American Society of Breast Surgeons
breast360.org

CancerCare®
cancercare.org

Massachusetts General Hospital
massgeneral.org/cancer/learn/breastcancer.aspx

New Hampshire Breast Cancer Coalition
nhbcc.org

Accessories

Amanda Thomas Woman's Boutique
amandathomasboutiquenh.com

A boutique for mastectomy fittings and women's wigs.

30 Daniel Webster Highway, Suite 1
Harris Pond Plaza, Merrimack, NH
603.595.9447

New England Hair Illusions
newenglandhairillusions.com

Wigs with personalized fitting, cutting, and styling in private fitting rooms.

35 Main St, Townsend, MA 01469
603.770.0594

Lady Grace Intimate Apparel
ladygrace.com

Bras, post-surgical accessories, prostheses
238 W Cummings Park, Woburn, MA
877.381.4629

Charron Medical Supply
charronmed.com
222 Main Street, Nashua, NH
603.889.7220

Support Groups

Dana-Farber Cancer Institute

Groups led by their staff and geared to specific cancers and methods of treatment, give patients the opportunity to meet and share information and moral support.

When: Times and dates vary

Registration: Call 617.632.3301 for more info.

Dartmouth Cancer Center

Offers a variety of free programs that enhance the well-being of patients and care partners throughout the cancer journey.

Registration: Call 603.650.7751 or cancersupport@hitchcock.org.

The Solinsky Center

Meet others facing the same challenges and hear from professionals in the field about a variety of topics.

When: Dates and times vary

Transportation

Road to Recovery - FREE

The American Cancer Society's Road To Recovery program provides free rides for cancer patients to and from treatments. For more information, call American Cancer Society, 800.227.2345.

Yoga

Thriving with Yoga for Those with Cancer - FREE

Presented by YogaCaps, Inc.

A weekly, gentle Yoga class for patients and their caregivers who have had or have cancer. All fitness levels welcomed; no previous Yoga experience required.

When: Ongoing, Wednesdays, 6:00–7:00 pm

Where: Online

Registration: Call YogaCaps, 603.674.3770 or for information visit info@yogacaps.org

Yoga for Women's Health

Designed to meet the specific needs of women, with a focus on postures for bone and muscle strength, alignment, abdominal and pelvic floor tone, flexibility, and balance. Relaxation and breathing techniques are incorporated throughout the session.

When: Ongoing, Mondays, every 6–8 weeks; 5:30–6:45 pm

Where: Southern New Hampshire Physical Therapy and Rehabilitation, 460 Amherst Street, Nashua, NH

Fee: \$128.00 (6-week session)

Registration: Call 603.577.2255

Recommended Reading

The New Generation Breast Cancer Book

How to Navigate Your Diagnosis and Treatment Options—and Remain Optimistic—in an Age of Information Overload

by Elisa Port, MD (September 2015)

Your Breast Cancer Treatment Handbook

by Judy Kneece, RN, OCN (8th Edition, 2015)

Uplift: Secrets from the Sisterhood of Breast Cancer Survivors

by Barbara Delinsky (Tenth Anniversary Edition, 2011)

For Spouses

Breast Cancer Husband

How to Help Your Wife (and yourself) through Diagnosis, Treatment and Beyond

by Marc Silver

Husband's Guide to Breast Cancer

A Complete & Concise Plan for Every Stage
by Todd Outcalt

For Kids



Our Mom Has Cancer

**by Abigail and Adrienne Ackerman
(Published by the American Cancer Society)**



**Michael's Mommy Has Breast Cancer
by Lisa Torrey**

Kids Cope

kidscope.org

Help for children whose parents have cancer. The website includes a free downloadable version of "Kemo Shark," a comic book designed to help children understand the purpose and side effects of chemotherapy. Also available on the website is a video discussion of the effects of breast cancer on children and the family from the perspective of four breast cancer survivors and their children.



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