

## **ABCD Resource List**

ABCD: After Breast Cancer Diagnosis  
5775 North Glen Park Road Suite 201  
Glendale, WI 53209  
414-977-1780

This is ABCD's version of the "yellow pages" for those who have been diagnosed with breast cancer. From personal experiences, our mentors and volunteers have identified a wide variety of resources in the community. They wish to share this information with others who are seeking services from ABCD. We welcome feedback from our participants. (This form is updated quarterly. For more up to date information or for information in a region not included here, please contact ABCD directly.)

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\*The community businesses and services listed here are for your information. ABCD, its staff and mentors may from time to time identify to participants in its program businesses and others who provide services to those diagnosed with breast cancer. Any such identification by anyone affiliated with ABCD is not a recommendation for, or endorsement of, the provider, but is only for the purpose of identifying resources available in the community which may be of assistance to those diagnosed with breast cancer. It is understood that those choosing to use any such identified services do so at their own risk, based on their own evaluation of the services provided and specifically release and hold harmless ABCD and anyone affiliated with ABCD from any liability arising out of the use identified by ABCD.

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| <b>Hats, Wigs, Hairstylists and Make-Up Artists</b> |   |   |                                  |  |
|---|---|---|----------------------------------|--|
| Makeup Artists                                      | Derma Cosmetics Tattoo Salon<br>Cindi Wentlandt   | 1547 E. Racine Ave.<br>Waukesha   | (414) 899-3744                   | <a href="http://www.mydermacosmetics.com">www.mydermacosmetics.com</a>                       |
| Permanent Cosmetics                                 | Permanent Cosmetics<br>Lynn Duncan, OTR   | <i>3 Locations:</i><br>375 Williamstowne<br>Bracken House, Suite C2<br>Delafield    | All Locations:<br>(262) 470-0077 | <a href="http://www.lynnuncanpermanentcosmetics.com">www.lynnuncanpermanentcosmetics.com</a> |
|   |   | 200 W. Silver Spring Dr.<br>Bayshore Town Center Suite 299<br>Glendale              |                                  |  |
|   |   | 201 N. Mayfair Rd. Suite 530<br>Wheaton Franciscan Medical Center<br>Wauwatosa      |                                  |  |
| Wigs/Hairstylist                                    | Small Stones Wellness Center<br>Lisa Brzezinski<br>Cosmetology Manager/Wig Consultant                 | Clinical Cancer Center<br>Froedtert Hospital<br>9200 W. Wisconsin Ave.<br>Milwaukee | (414) 805-0998                   | Email: <a href="mailto:lbrzezini@fmh.edu">lbrzezini@fmh.edu</a>                              |
|   | Robert Laurence Hair Studios, Inc.<br>Kevin McElroy<br><i>(20 years experience w/cancer patients)</i> | 4060 N. Oakland Ave.<br>Shorewood   | (414) 961-7000                   | <a href="http://www.robertlaurence.com">www.robertlaurence.com</a>                           |
| <b>Prostheses and Clothing</b>                      |   |   |                                  |  |
| Prostheses/Clothing                                 | Fitzgerald Pharmacy, Inc.<br>Contact: Sara Westling   | 424 E. Silver Spring Dr.<br>Whitefish Bay, WI                                       | (414) 332-8380                   |  |
|   | Knueppel Healthcare Services, Inc.  | <i>3 Locations:</i>   |                                  | <a href="http://www.knueppels.com">www.knueppels.com</a>                                     |
|   |   | 1444 S. 113th St.<br>West Allis   | (414) 258-2800                   |  |
|   |   | 1143 Warwick Way<br>Racine  | (262) 321-0110                   |  |
|   |   | 10510 N. Port Washington Rd.<br>Mequon  | (262) 240-1700                   |  |

| <b>Complementary Therapies</b>                  |  |  |                                  |  |
|---|--|--|----------------------------------|--|
| Acupuncture/Herbs                               | Jensen Health and Energy Center<br>Helen Miller                                      | 500 Elm Grove Rd., Suite 325<br>Elm Grove                                    | (262) 782-1616                   | <a href="http://www.health-energy.com">www.health-energy.com</a><br><a href="http://www.health-energy.com/Helen.html">www.health-energy.com/Helen.html</a> |
| Chiropractic care, Yoga, Acupuncture, Massage   | Solcare<br>Angela Hall, DC, owner  | 305 W. Silver Spring Dr.<br>Glendale   | (414) 963-1411<br>(414) 963-1388 | <a href="http://www.solcarewisconsin.com">www.solcarewisconsin.com</a>   |
| Health & Wellness Coach<br>Spiritual Counseling | Jean Hausmann, M.A., C.M.T   | 2913 N. Lake Dr.<br>Milwaukee  | (414) 217-4418                   | Email: <a href="mailto:jean@jeanhausmann.com">jean@jeanhausmann.com</a>  |
| Holopathic Medicine                             | The Clearing: Center for Well Being<br>Susan Palmieri, PhD<br>Integrative Medicine   | 9141 W. Lisbon Ave.<br>Milwaukee   | (414) 526-5699                   | <a href="http://www.holopath.com">www.holopath.com</a>   |
| Life Coaching                                   | Betty Volbrecht<br>Certified Lifeline Practitioner<br>Certified Wisdom of Life Coach | <i>3 Locations:</i>  | All Locations:<br>(262) 227-9752 | <a href="http://www.beamingspirit.com">www.beamingspirit.com</a>   |
|   |  | Thrive<br>2331 N. Silvernail Rd.<br>Pewaukee                                 |                                  |  |
|   |  | White Sage Spa<br>8653 N. Port Washington Rd.<br>Fox Point                   |                                  |  |
|   |  | Rolling Spirit<br>6169 B Industrial Court<br>Greendale                       |                                  |  |
| Massage   | Elizabeth Hoffman, Hands On, Inc.<br><i>By appointment only.</i>                     | 2363 S. 102nd St. Suite 304<br>West Allis                                    | (414) 543-9936                   | <a href="http://www.handsonmassageinc.com">www.handsonmassageinc.com</a>   |
| Massage Therapy                                 | Elmbrook Hospital - Pavlic Center<br>Integrated and Holistic Health Services         | 19333 W. North Ave.<br>Brookfield  | (262) 785-2254                   |  |
|   | St. Joseph's Hospital - Massage Department   | 5000 W. Chambers St.<br>Milwaukee  | (414) 447-2273                   |  |
|   | Touchstar Massage Therapy<br>Paula Brookmire   | 11050 W. Bluemound Rd.<br>Wauwatosa  | (414) 527-0040                   |  |
| Nutrition and<br>Wellness Consulting            | Complete Health Services<br>Jason Siczkowycz, Marc Siczkowycz                        | 333 Bishops Way, Suite 144<br>Brookfield                                     | (262) 860-1600                   | Email:<br><a href="mailto:info@completehealthnow.com">info@completehealthnow.com</a>   |
| Nutritionist                                    | Outpost Natural Foods<br>Pam Mehnert, Manager  | <i>Administrative Office:</i><br>205 W. Highland Ave. Suite 501<br>Milwaukee | (414) 431-3377                   | <a href="http://www.outpostnaturalfoods.coop">www.outpostnaturalfoods.coop</a>   |

| <b>Complementary Therapies, Cont.</b>   |  |  |                |  |
|---|--|--|----------------|--|
| Psycho-Spiritual Integration, Advanced Energy Healing, Holotropic Breath Work | Wisdom of the Heart<br>Joyce Lynn, MSW, LCSW   | 2717 N. Grandview Blvd.<br>Suite 201<br>Waukesha | (262) 521-0709 | <a href="http://www.wisdomoftheheart.com">www.wisdomoftheheart.com</a> |
| Physical and Occupational Therapy plus Complementary Healing Techniques       | Orlanu Therapies<br>Michele Rozansky, owner  | 6789 N. Green Bay Rd.<br>Glendale                | (262) 241-7887 | <a href="http://www.orlanutherapies.com">www.orlanutherapies.com</a>   |
| Yoga  | Yoga Asylum<br>Pam Bliss, Owner  | 3815 N. Brookfield Rd. Suite 101<br>Brookfield   | (262) 781-8102 | <a href="http://www.yogasylum.com">www.yogasylum.com</a>               |
| <b>Physical and Occupational Therapy</b>                                      |  |  |                |  |
| Occupational Therapy<br><i>Lymphedema Clinic</i>                              | Aurora Rehabilitation Services<br>Cancer Rehab & Lymphedema Services<br>Certified Lymphedema Therapists:<br>Laurie Wollin OT – Clinic Manager<br>Lisa Paull, OT<br>Sheri Puglielli, OT | 2801 W. Kinnickinnic River Pkwy.<br>Suite 160    | (414) 649-7946 |  |
| Occupational Therapy  | Froedtert Hand Center<br>Diane Keller, Gina Zader  | 9200 W. Wisconsin Ave.<br>Milwaukee              | (414) 805-5500 |  |
| Physical and Occupational Therapy<br><i>Lymphedema Clinic</i>                 | Columbia/St. Mary's Milwaukee Campus<br>Rehab Services<br>Eileen Riordan, OT<br>Molly Megan, PT  | 2323 N. Lake Dr.<br>Milwaukee                    | (414) 291-1066 |  |
|   | Columbia/St. Mary's Ozaukee Campus<br>Rehab Services<br>Nancy Wiener PT  | 13111 N. Port Washington Rd.<br>Mequon           | (262) 243-7300 |  |
| Physical Therapy<br><i>Lymphedema Specialist</i>                              | Aurora Rehabilitation Center<br>Leslie Waltke, PT  | 945 N. 12th St.<br>Milwaukee                     | (414) 219-7193 |  |
| Physical Therapy  | Columbia West Clinic<br><i>(Columbia St. Mary's Rehabilitation Outpatient Service Location)</i>  | 10950 W. Capitol Dr.<br>Wauwatosa                | (414) 464-4460 |  |

| <b>Physical and Occupational Therapy, Cont.</b>   |  |   |                                  |  |
|---|--|---|----------------------------------|--|
| Physical Therapy  | Freedom Physical Therapy   | <i>3 Locations:</i>                           |                                  |  |
|   |  | 6908 N. Santa Monica Blvd.<br>Fox Point       | (414) 352-2082                   |  |
|   |  | 1235 Dakota Drive, Suite K<br>Grafton         | (262) 376-2085                   |  |
|   |  | 19045 W. Capital Dr., Suite 101<br>Brookfield | (262) 790-9800                   |  |
| Physical Therapy<br><i>Lymphedema Specialist</i>  | Health Reach Rehabilitation<br>Lymphedema Center<br>Kim Ebinger PT     | 17280 W North Ave.<br>Brookfield              | (262) 780-0707                   |  |
| Physical Therapy<br><i>Lymphedema Specialists -<br/>Outpatient Rehabilitation Performance<br/>Centers</i> | WFH-St. Joseph Performance Center<br>Sharon Quinn OT                   | 5000 W. Chambers St.<br>Milwaukee             | (414) 447-2315                   |  |
|   | WFHC-Elmbrook Medical Arts Center<br>Performance Center<br>Kathy Walsh | 17000 W. North Ave. Suite 2W<br>Brookfield    | (262) 780-4300<br>(262) 780-4308 | Main Phone Number<br>Kathy Walsh (Voice Mail)            |
|   | WFH-Wauwatosa<br>Physical Medicine Dept.                               | 201 N. Mayfair Rd.<br>Wauwatosa               | (414) 259-7275                   |  |
|   | St. Francis Hospital<br>Med. Arts Pavilion Performance Center          | 2025 W. Oklahoma Ave.<br>Suite 104            | (414) 647-7678                   |  |
| Lymphedema Supplies<br><i>Wrap rollers in variety of colors</i>   | KND Equestrian   | P.O. Box 636, Gainesville, TX                 | (940) 665-7776<br>(8:00-4:30 CT) |  |
| Lymphedema Supplies   | Knueppel Healthcare Services, Inc.                                     | <i>3 Locations:</i>                           |                                  | <a href="http://www.knueppels.com">www.knueppels.com</a> |
|   |  | 1444 S. 113th St.<br>West Allis               | (414) 258-2800                   |  |
|   |  | 1143 Warwick Way<br>Racine                    | (262) 321-0110                   |  |
|   |  | 10510 N. Port Washington Rd.<br>Mequon        | (262) 240-1700                   |  |

**Psychotherapy**

|               |  |   |                                  |  |
|---------------|--|---|----------------------------------|--|
| Psychotherapy | Paul Glass PhD<br>Stress Management &<br>Mental Health Clinic - Waukesha                           | 2717 N. Grandview Blvd. Suite 303<br>Waukesha   | (262) 544-6486                   | <a href="http://www.stressmanagementclinic.com/glasspaul.htm">www.stressmanagementclinic.com/glasspaul.htm</a>   |
|               | Charlene A. Carter, PhD  | Maplewood Executive Center<br>250 N. Sunnyslope Rd. #290<br>Brookfield  | (262) 754-9460                   |  |
|               | David E. Straseski, MSSW, LCSW,OSW-C<br>Aurora Advanced Health Care<br>Lead Oncology Social Worker | 1055 N. Mayfair Road<br>Wauwatosa   | (414) 476-8450                   |  |
|               | Lauri Gebhard, PhD<br>Mind-Body Program for Women's Health<br>Conditions                           | <i>4 Locations:</i><br>10855 W. Potter Rd. Suite 21<br>Wauwatosa<br>3840 N. Oakland Ave.<br>Shorewood<br>2801 S. Moreland Rd.<br>New Berlin<br>8320 W. Bluemound Rd. Suite 125<br>Wauwatosa | All Locations:<br>(414) 807-8934 | <a href="http://www.mind-bodyprogram.com">www.mind-bodyprogram.com</a>   |
|               | Rebecca Anderson PhD<br>Medical College of Wisconsin   | 9200 W. Wisconsin Ave.<br>Milwaukee   | (414) 955-6932                   | <a href="http://www.froedtert.com/PatientInformation/PhysicianSearch/PhysicianSearchProfile.htm?id=1936">www.froedtert.com/PatientInformation/PhysicianSearch/PhysicianSearchProfile.htm?id=1936</a> |
|               | Walter Todd Davison, MD<br>Psychiatrist  | 11501 N. Port Washington Rd.<br>Mequon  | (414) 228-8698                   |  |

| <b>Support Groups and Services - Please call the numbers listed. Most groups are open to ALL breast cancer patients.</b> |  |   |   |   |
|--|--|---|---|---|
| Support Groups:<br><i>Columbia St. Mary's</i>  | Columbia St. Mary's Hospital Ozaukee Sister Warriors<br>Meets once a month   | 13111 N. Port Washington Rd.<br>Mequon      | Demetra La Galbo,<br>RN (262)<br>243-7478 | <a href="http://www.columbia-stmarys.org/Ozaukee_Breast_Health">http://www.columbia-stmarys.org/Ozaukee_Breast_Health</a>                         |
| Support Groups:<br><i>Aurora</i>   | Women's Pavilion at West Allis Memorial<br>All About Living - A Cancer Support Group for Women<br>2nd Tuesday of each month                      | 8901 W. Lincoln Ave.<br>West Allis          | (414) 329-5657                            | <a href="http://www.aurorahealthcare.org/events/_hidden/search.asp?ID=5436">http://www.aurorahealthcare.org/events/_hidden/search.asp?ID=5436</a> |
|  | Aurora Lakeland Medical Center<br>First Tuesday of every month   | W3985 County Road NN<br>Elkhorn             | (262) 741-2677                            | <a href="http://www.aurorahealthcare.org/events/_hidden/search.asp?ID=576">http://www.aurorahealthcare.org/events/_hidden/search.asp?ID=576</a>   |
|  | Aurora Wellness Center, Burlington<br>First Tuesday of each month  | 300 McCanna Parkway Suite 106<br>Burlington | (262) 767-6374                            |   |
|  | Aurora St. Luke's Medical Center<br>Cancer Counseling Center<br>Breast Cancer: Living Beyond<br>Last Tuesday of each month.                      | 2900 W. Oklahoma Ave.<br>Milwaukee          | (414) 649-7605                            | <a href="http://www.aurorahealthcare.org/events/_hidden/search.asp?ID=3249">http://www.aurorahealthcare.org/events/_hidden/search.asp?ID=3249</a> |
| Support Groups:<br><i>Wheaton Franciscan</i>   | WFH-Wauwatosa<br>After Breast Cancer (ABC) for Seniors<br>2nd and 4th Thursday of every month  | 201 N. Mayfair Rd.<br>Wauwatosa             | (414) 447-2303                            |   |
|  | WFH-Elmbrook Memorial<br>Coping With Cancer<br>Every Wednesday, 1-2:30   | 19333 W North Ave.<br>Brookfield            | (262) 780-4246                            |   |
|  | WFH-All Saints Cancer Center<br>Keep In Touch (Breast Cancer)<br>Third Saturday of the month   | 3809 Spring St.<br>Racine, WI 53405         | (262) 687-5065                            |   |
|  | WFH-St. Francis Hospital Cancer Care Center  | 3237 S. 16th St.<br>Milwaukee               | (414) 647-5503                            |   |
| Support Services   | Breast Cancer Recovery<br>Infinite Boundaries Retreats - <i>Designed by breast cancer survivors for breast cancer survivors.</i>                 | 2800 Royal Ave. Suite 306<br>Madison        | (608) 661-4178<br>(888) 821-1140          | <a href="http://www.bcrecovery.org">www.bcrecovery.org</a>  |
|  | Gilda's Club Southeastern Wisconsin<br><i>Social and emotional support. Free networking and support groups, education and social activities.</i> | Call for program locations.                 | (414) 962-8201                            | <a href="http://www.gildasclubsewi.org">www.gildasclubsewi.org</a>  |
|  | Stillwaters Cancer Support Services<br><i>Support groups, workshops, retreats. Short-term counseling at no charge</i>                            | 434 Madison St.<br>Waukesha                 | (262) 548-9148                            | <a href="http://www.stillwaterscenter.org">www.stillwaterscenter.org</a>  |

**WEBSITES:**

**GENERAL BREAST CANCER INFORMATION and RESOURCES**

|                                    |  |   |
|------------------------------------|--|---|
| American Cancer Society            | <i>Saving lives by helping people stay well, get well, find cures, &amp; fight back.</i>   | <a href="http://www.cancer.org">www.cancer.org</a>  |
| American Medical Association       | <i>From finding a doctor to exploring health care careers; from health and medicine resources to helping us advocate for patients' rights. What you need to know—all in one place.</i>   | <a href="http://www.ama-assn.org">www.ama-assn.org</a>  |
| Cancer Care                        | <i>A national nonprofit, 501(c)(3) organization that provides free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. Programs—including counseling and support groups, education, financial assistance and practical help—are provided by professional oncology social workers and are completely free of charge.</i>   | <a href="http://www.cancercare.org">www.cancercare.org</a>  |
| Cancer Support Community           | <i>Dedicated to providing support, education and hope to people affected by cancer. As the largest employer of psychosocial oncology mental health professionals in the United States, the organization offers a network of personalized services and education for all people affected by cancer.</i>   | <a href="http://www.thewellnesscommunity.org">www.thewellnesscommunity.org</a>  |
| Caring4Cancer                      | <i>Combines a virtual encyclopedia of cancer information with a collection of powerful tools that help patients take an active role in managing their disease.</i>   | <a href="http://www.caring4cancer.com/go/breast">http://www.caring4cancer.com/go/breast</a>                             |
| CureToday                          | <i>Indispensable guide for every stage of the cancer experience. Through the magazine, educational forums, a resource guide for the newly diagnosed, a national nursing award, books, and a variety of online tools, CURE Media Group combines science and humanity to make cancer understandable.</i>   | <a href="http://www.curetoday.com">www.curetoday.com</a>  |
| Dr. Susan Love Research Foundation | <i>Section of the Susan Love website created for women and men interested in breast cancer prevention, detection, treatment, and long-term survivorship.</i>   | <a href="http://www.dslrf.org/breastcancer/">http://www.dslrf.org/breastcancer/</a>                                     |
| Living Beyond Breast Cancer        | <i>As a national education and support organization, LBBC's goal is to improve your quality of life and help you take an active role in your ongoing recovery or management of the disease, regardless of educational background, social support or financial means.</i>   | <a href="http://www.lbbc.org">www.lbbc.org</a>  |
| MedlinePlus                        | <i>The National Institutes of Health's Web site for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, for free<br/>Learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.</i> | <a href="http://www.nlm.nih.gov/medlineplus/breastcancer.html">http://www.nlm.nih.gov/medlineplus/breastcancer.html</a> |



| <b>GENERAL BREAST CANCER INFORMATION and RESOURCES, Cont.</b> |  |                          |   |
|---|--|--------------------------|---|
| National Cancer Institute                                     | <i>Coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer; rehabilitation from cancer; and the continuing care of cancer patients and the families of cancer patients.</i>      |                          | <a href="http://www.cancer.gov/cancertopics/types/breast">http://www.cancer.gov/cancertopics/types/breast</a>   |
| National Comprehensive Cancer Network                         | <i>The NCCN Guidelines for Patients™, based on the NCCN Clinical Practice Guidelines in Oncology, are meant to help you when you talk with your doctor about treatment options that are best for you. These guidelines do not replace the expertise and clinical judgment of your doctor.</i>  |                          | <a href="http://www.nccn.com/patient-guidelines.html">http://www.nccn.com/patient-guidelines.html</a>   |
| Patient Resources: Cancer Guides                              | <i>Treatment and facilities guides for patients and their families.</i>  |                          | <a href="http://www.patientresource.net/Breast_Cancer.aspx">http://www.patientresource.net/Breast_Cancer.aspx</a>   |
| Susan G. Komen for the Cure (national)                        | <i>Provides the latest information on everything from understanding your diagnosis to treatment options to improving your quality of life after treatment.</i>   |                          | <a href="http://www.komen.org">www.komen.org</a>  |
| <b>DIAGNOSIS SPECIFIC</b>                                     |  |                          |   |
| Her2 Positive Breast Cancer                                   | <i>Her2 Support<br/>Information and support for breast cancer survivors who are HER2 positive.</i>   |                          | <a href="http://www.her2support.org">www.her2support.org</a>  |
| High-Risk / Genetic   | <i>FORCE: Facing Our Risk of Cancer Empowered<br/>National nonprofit organization devoted to hereditary breast and ovarian cancer.</i>   | (866) 288-RISK (7475)    | <a href="http://www.facingourrisk.org">www.facingourrisk.org</a>  |
|   |  | Milwaukee Affiliate:     | <a href="http://www.facingourrisk.org/FORCE_community/local_groups/wisconsin_milwaukee.php">http://www.facingourrisk.org/FORCE_community/local_groups/wisconsin_milwaukee.php</a>   |
| Inflammatory  | <i>Inflammatory Breast Cancer Research Foundation<br/>Committed to Finding the Causes, Encouraging Research &amp; Awareness<br/>IBC Support<br/>Inflammatory breast cancer help and support.</i>   |                          | <a href="http://www.ibcresearch.org">www.ibcresearch.org</a>  |
|   |  |                          | <a href="http://www.ibcsupport.org">www.ibcsupport.org</a>  |
| National Lymphedema Network                                   | <i>Provides education and guidance to lymphedema patients, health care professionals and the general public by disseminating information on the prevention and management of lymphedema.</i>   |                          | <a href="http://www.lymphnet.org">www.lymphnet.org</a>  |
| Metastatic  | <i>AdvancedBC.org<br/>Information &amp; support for patients, family members &amp; friends.</i>  |                          | <a href="http://www.advancedbc.org">www.advancedbc.org</a>  |
|   | <i>Metastatic Breast Cancer Network<br/>A national, independent, patient-led, non-profit, advocacy group dedicated to the unique</i>   | (888) 500-0370           | <a href="http://www.mbcnetwork.org">http://www.mbcnetwork.org</a>   |
|   | <i>National Cancer Institute<br/>Metastatic Cancer: Questions and Answers</i>  |                          | <a href="http://www.cancer.gov/cancertopics/factsheet/Sites-Types/metastatic">http://www.cancer.gov/cancertopics/factsheet/Sites-Types/metastatic</a>   |
| Triple Negative   | <i>Living Beyond Breast Cancer<br/>Guide to Understanding Triple-Negative Breast Cancer</i>  |                          | <a href="http://www.lbbc.org/Understanding-Breast-Cancer/Guides-to-Understanding-Breast-Cancer/Guide-to-Understanding-Triple-Negative-Breast-Cancer">http://www.lbbc.org/Understanding-Breast-Cancer/Guides-to-Understanding-Breast-Cancer/Guide-to-Understanding-Triple-Negative-Breast-Cancer</a> |
|   | <i>Triple Negative Breast Cancer Foundation<br/>Mission is to raise awareness of triple negative breast cancer and to support scientists and researchers in their efforts to determine the definitive causes of triple negative breast cancer, so that effective detection, diagnosis, prevention and treatment can be pursued and achieved.</i> | Helpline: (877) 880-TNBC | <a href="http://www.tnbcfoundation.org">www.tnbcfoundation.org</a>  |

| <b>CULTURAL or POPULATION SPECIFIC</b> |   |  |  |   |
|--|---|--|--|---|
| African-American                       | Sisters Network® Inc.<br><i>A national breast cancer survivorship organization committed to increasing local and national attention to the devastating impact breast cancer has in the African American community.</i>  |  | (713) 781-0255<br>(866) 781-1808                                     | <a href="http://www.sistersnetworkinc.org">www.sistersnetworkinc.org</a>  |
|  | Sisters Network-<br><i>Milwaukee Chapter</i>  |  | (414) 745.7831   | <a href="http://www.sisters4cure.org">www.sisters4cure.org</a>  |
|  | Women and Men Supporting Each Other:<br>African-American Breast Cancer Support Group<br><i>A support group for black women and men diagnosed with breast cancer and their supporters. Group meets the 3rd Saturday each month at 11:00am (September through June)</i> | Aurora Sinai Medical Center:<br>Milwaukee Heart Institute<br>960 N. 12th Street<br>Milwaukee, WI 53233 | Oza Holmes, RN (414) 354-4594<br>Bonnie Anderson, LPN (414) 745-4684 |   |
| American-Indian                        | Dream the Cure / WTPink Shawl Initiative<br><i>A nonprofit organization established to raise breast cancer awareness and educate the</i>  |  | (414) 841.5180   | <a href="http://www.dreamthecure.org">www.dreamthecure.org</a>  |
| Hispanic/Latina                        | Su Salud<br><i>Provides Hispanic women with access to culturally-specific patient navigation services, mammograms, and clinical breast exams.</i>   |  | (414) 647-5000   | <a href="http://www.mywheaton.org/location/s/st_francis/SFFoundation_SuSalud.asp">http://www.mywheaton.org/location/s/st_francis/SFFoundation_SuSalud.asp</a> |
| Jewish Women                           | Sharsharet<br><i>A national non-profit organization dedicated to serving the unique concerns of Jewish women with breast cancer.</i>  | 1086 Teaneck Road, Suite 3A<br>Teaneck, NJ 07666   | (866) 474-2774<br>(201) 833-2341                                     | <a href="http://www.sharsheret.org">www.sharsheret.org</a>  |
| LGBT                                   | Milwaukee LGBT Community Center - LGBT Breast Health Program<br><i>Works within the LGBT community to promote breast health awareness and education, focusing on breast cancer screening.</i>   |  |  | <a href="http://mkelgbt.org/index.asp?p=19">http://mkelgbt.org/index.asp?p=19</a>   |
|  | Mary-Helen Mautner Project for Lesbians with Cancer<br><i>National organization serving women who partner with women, and their loved ones, when they are affected by cancer, bereavement, or other life crises.</i>  |  |  | <a href="http://www.mautnerproject.org">www.mautnerproject.org</a>  |
| Young Women                            | Young Survival Coalition (YSC)<br><i>Offers resources, connections and outreach so young women feel supported, empowered and hopeful.</i>   |  | 61 Broadway, Suite 2235<br>New York, NY 10006                        | (646) 257-3000<br>(877)YSC-1011   |
|  |   |  | Milwaukee Affiliate<br>email:  | <a href="http://www.youngsurvival.org">www.youngsurvival.org</a><br><a href="mailto:ysemilwaukee@youngsurvival.org">ysemilwaukee@youngsurvival.org</a>        |

**ANXIETY and DEPRESSION**

|                           |   |   |
|---------------------------|---|---|
| American Cancer Society   | Anxiety, Fear and Depression<br><i>Information in this guide will help families, friends, and caregivers know what feelings and behaviors they may expect from a loved one who has been diagnosed with cancer. It will also help you understand what is not normal and when outside help may be needed.</i> | <a href="http://www.cancer.org/Treatment/TreatmentsandSideEffects/EmotionalSideEffects/AnxietyFearandDepression/index">http://www.cancer.org/Treatment/TreatmentsandSideEffects/EmotionalSideEffects/AnxietyFearandDepression/index</a> |
| Mayo Clinic               | Cancer survivors: Managing your emotions after cancer treatment<br><i>Get to know the emotions that are common in cancer survivors and how to manage your feelings. Find out what's normal and what indicates you should seek help.</i>   | <a href="http://www.mayoclinic.com/health/cancer-survivor/CA00071">http://www.mayoclinic.com/health/cancer-survivor/CA00071</a>   |
| National Cancer Institute | <i>Patient summary adapted from a summary written for health professionals by cancer experts.</i>   | <a href="http://www.cancer.gov/cancertopics/pdq/supportivecare/depression/Patient/page2">http://www.cancer.gov/cancertopics/pdq/supportivecare/depression/Patient/page2</a>   |

**FAMILY / CAREGIVERS**

|   |  |   |
|---|--|---|
| American Cancer Society                         | <i>Learn about what to expect if you become a caregiver for a person with cancer, as well as find suggestions and tips for making sure that you take care of yourself as well.</i> | <a href="http://www.cancer.org/Treatment/Caregivers/index">http://www.cancer.org/Treatment/Caregivers/index</a>   |
| CaringBridge                                    | <i>Free, personal and private websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier.</i>               | <a href="http://www.caringbridge.org">www.caringbridge.org</a>  |
| CureToday                                       | <i>Caregiving Resources</i>  | <a href="http://www.curetoday.com/index.cfm/fuseaction/article.show/id/2/article_id/1073">http://www.curetoday.com/index.cfm/fuseaction/article.show/id/2/article_id/1073</a> |
| Men Against Breast Cancer                       | <i>Nonprofit organization designed to provide targeted support services that educate and empower men to be effective caregivers when cancer strikes.</i>                           | <a href="http://www.menagainstbreastcancer.org">www.menagainstbreastcancer.org</a>  |
| Mothers Supporting Daughters with Breast Cancer | <i>Free support services designed to help mothers who have daughters battling breast cancer.</i>   | <a href="http://www.mothersdaughters.org">www.mothersdaughters.org</a>  |

**LEGAL ISSUES**

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| BadgerLaw.net<br><i>Quick Links to internet resources on public interest law legal issues in Wisconsin</i>   |   |   | <a href="http://www.badgerlaw.net">www.badgerlaw.net</a>                     |
| Center for Patient Partnerships<br><i>Affiliated with the UW-Madison Schools of Law, Medicine &amp; Public Health, Nursing, and Pharmacy. Trains graduate and professional students in patient advocacy. Services are provided by students at no cost because we are committed to providing advocacy services to anyone with a serious or life-threatening illness, regardless of income or residence.</i> | The Center for Patient Partnerships<br>UW-Madison Law School<br>975 Bascom Mall, Suite 4311<br>Madison, WI 53706-1399 | General:<br>(608) 265-6267<br>Advocacy Line: (608) 890-0321 | <a href="http://www.patientpartnerships.org">www.patientpartnerships.org</a> |
| Disability Rights WI - Milwaukee Office<br><i>Helps people across Wisconsin gain access to services and opportunity through its advocacy and legal expertise.</i>  | 6737 W. Washington St.<br>Suite 3230<br>West Allis, WI 53214  | (414) 773-4646<br>TTY: 888-758-6049<br>(800) 708-3034       | <a href="http://www.disabilityrightswi.org">www.disabilityrightswi.org</a>   |
| Medicare<br><i>Health insurance for people age 65 or older, under age 65 with certain disabilities and people of any age with End-Stage Renal Disease.</i>   |   | (800) MEDICARE<br>(800) 633-4227<br>TY/TDD (877) 486-2048   | <a href="http://www.medicare.gov">www.medicare.gov</a>                       |

| <b>Legal Issues, Cont.</b>   |  |  |  |
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| WI Medicaid<br><i>Wisconsin's ForwardHealth Medicaid plans for Elderly, Blind or Disabled provide health care for those who are: Age 65 or older, blind or disabled, With family income at or below the monthly program limit, and who are United States citizens or legal immigrants.</i> |  | (800) 362-3002   | <a href="http://www.dhs.wisconsin.gov/medicaid">www.dhs.wisconsin.gov/medicaid</a>   |
| WI Dept of Health Services<br>WI Health Care POA / Living Will<br><i>Free Advance Directive Forms</i>  |  |  | <a href="http://www.dhs.wisconsin.gov/forms/advdirectives/ADFormsPOA.htm">www.dhs.wisconsin.gov/forms/advdirectives/ADFormsPOA.htm</a> |
| State of WI Office<br>Commissioner of Insurance<br><i>OCI was created to lead the way in informing and protecting the public and responding to its insurance needs.</i>  | 125 South Webster St.<br>Madison, Wisconsin 53703  | (800) 236-8517<br>(608) 266-3585                       | <a href="http://www.oci.wi.gov">www.oci.wi.gov</a>   |
| <b>ADVOCACY</b>  |  |  |  |
| Breast Cancer Action   | <i>BCA carries the voices of people affected by breast cancer to inspire and compel the changes necessary to end the breast cancer epidemic.</i>   |  | <a href="http://www.bcaction.org">www.bcaction.org</a>   |
| Dr. Susan Love Research Foundation   | <i>Works to eradicate breast cancer and improve the quality of women's health through innovative research, education, and advocacy.</i>  |  | <a href="http://www.dslrf.org">www.dslrf.org</a>   |
| Jane Cremer Foundation   | <i>Educates and empowers women to be proactive in the prevention, diagnosis and treatment of cancer. Programs are free and include health education fairs which introduce area resources.</i>  | 1127 N. Sunnyslope Drive #204<br>Racine, WI 53406-6339 | (262) 884-4827<br><br><a href="http://www.janecremerfoundation.org">www.janecremerfoundation.org</a>                                   |
| National Breast Cancer Coalition   | <i>Working to change the conversation and end business as usual in our nation's approach to breast cancer.</i>   |  | <a href="http://www.natlbcc.org">www.natlbcc.org</a>   |
| Wisconsin Breast Cancer Coalition  | <i>An alliance of individuals and organizations committed to halting the alarming incidence of breast cancer in Wisconsin. Our mission is to bring Wisconsin voices together to stand up and speak out about breast cancer through education, collaboration and legislation.</i> |  | <a href="http://www.standupandspeakout.org">www.standupandspeakout.org</a>   |

| <b>BOOKS</b>  |  |   |
|---|--|---|
| A Safe Place: A Journal for Women with Breast Cancer    | Jennifer Pike                              | Focusing on the therapeutic value of journal writing, this book takes a fundamentally positive look at breast cancer and the personal growth that can come out of such a battle.                      |
| A Spiritual Journey Through Breast Cancer               | Judi Asti                                  | A combination of information and journaling opportunity.  |
| Breast Cancer: The Complete Guide                       | Yashar Hirshaut, MD and Peter Pressman, MD | Strength for today, hope for tomorrow.  |
| Breast Cancer? Let Me Check My Schedule!                | Peggy McCarthy and Jo An Loren             | A resource with updated medical information and practical advice on breast cancer.  |
| Breast Cancer Husband                                   | Marc Silver                                | Ten women share their experiences with breast cancer.   |
| Dr. Susan Love's Breast Book                            | Susan M. Love, MD with Karen Lindsey       | How to Help Your Wife (and Yourself) Through Diagnosis, Treatment , and Beyond  |
| Fine Black Lines  | Lois Tschetter Hjelmstad                   | A resource that discusses breast health as well as breast cancer, treatment options and controversies.  |
| Hope is Contagious: The Breast Cancer Survival Handbook | Margit Esser Porter                        | Reflections on facing cancer, fear and loneliness.  |
| Journey: A Breast Cancer Survival Guide                 | Allie Fair Sawyer and Norma Suzette Jones  | A collection of quotes from women on how to cope with breast cancer.  |
| Living in the Post-Mastectomy Body                      | Rebecca Zuckweiler                         | Personal experiences and practical tips for managing physical and emotional aspects of treatment.   |
| My Breast   | Joyce Wadler                               | Learning to love and live in your body again.   |
| My Mother's Breast                                      | Laurie Tarkan                              | Well-written narrative of a breast cancer experience from a former writer for <i>People Magazine</i> .  |
| Our Family Has Cancer, Too!                             | Christine Clifford                         | Daughters face their mother's cancer.   |
| Our Mom Has Cancer                                      | Abigail and Adrienne Ackermann             | When their mother is diagnosed with cancer, sixth grader Tim and his younger brother visit her in the hospital, learn about radiation and chemotherapy, and help with the chores at home.             |
| Thanks for the Mammogram                                | Laura Jensen Walker                        | Two sisters, ages 11 and 9, write a book about their perceptions of their mother's experiences with breast cancer.  |
| The Breast Cancer Survival Manual                       | John Link, M.D.                            | Fighting Cancer with Faith, Hope and a Healthy Dose of Laughter   |
| The Cancer Dictionary                                   | Roberta Altman and Michael J. Sarg, MD     | Step by step guide for women with newly diagnosed breast cancer.  |
| The Feisty Woman's Breast Cancer Book                   | Elaine Ratner                              | A resource with good definitions and illustrations.   |
| The Jester Has Lost His Jingle                          | David Saltzman                             | Shows children how laughter can be a means to cope with a challenging situation.  |
| The Not-So-Scary Breast Cancer Book                     | Carolyn Ingram and Leslie Ingram Gebhart   | Breaking down taboos associated with breast cancer and the treatments.  |
| The Paper Chain   | Claire Blake                               | These sisters found many ways to get through their experiences with breast cancer, including how to handle other people's reactions, keep the rest of your life going and find the best ways to cope. |

| <b>Books, Cont.</b>                   |                         |  |
|---------------------------------------|-------------------------|--|
| Uplift                                | Barbara Delinsky        | When Mom gets cancer all the family's routines are disrupted, but with surgery, chemotherapy, radiation and rest, she eventually gets well enough to do the things with her young sons that she did before she got sick. |
| Your Breast Cancer Treatment Handbook | Judy C. Kneece, RN, OCN | Secrets from the sisterhood of breast cancer survivors.  |