

myCANCER101

Personalize your planner!

Add cancer-specific and wellness inserts inside this tab.

Three ways to find the insert(s) you need:

1. Ask your healthcare provider if they have copies
2. Download at CANCER101.org/inserts
3. Call CANCER101 at 1(646)638-2202 and we will gladly mail one or more inserts

Cancer-specific inserts: The following inserts are a series of brochures created by the National Cancer Institute called “What You Need to Know About [your cancer type]” and are formatted to fit inside this tab. Those listed with an (Sp) are also offered in Spanish. They offer the following:

1. General information about your cancer
2. Descriptions of treatment methods, side effects, supportive care, and checkups
3. Questions to ask your doctor about your cancer and its treatment

- Bladder
- Brain
- Breast (Sp)
- Cervical (Sp)
- Colon and Rectum (Sp)
- Esophageal
- Hodgkin Lymphoma
- Kidney (Renal)
- Laryngeal
- Leukemia (Sp)
- Liver
- Lung (Sp)
- Melanoma
- Multiple Myeloma
- Non-Hodgkin Lymphoma (Sp)
- Oral
- Ovarian
- Pancreatic
- Prostate (Sp)
- Skin (Non-melanoma)
- Stomach
- Thyroid
- Uterine

continued ...

Specialized inserts:

- Metastatic Breast Cancer sponsored by Genentech
- Triple Negative Breast Cancer sponsored by Sanofi-Aventis
- More specialized inserts to come

Be a CANCER101 Lifesaver and help save lives.

Not all cancers can be detected early or have good screening options but the cancers listed below do.

If you have or had any of the cancers listed below, the best person to teach others about your cancer, prevention and early detection is you!

Learn more about symptoms (not just those you personally experienced), screening options and hereditary possibilities and share this information with your family, friends, colleagues, book club members, church group and more.

Download one or all of the following inserts today!

- Breast
- Cervical
- Colon and Rectal
- Lung
- Melanoma
- Ovarian

Wellness inserts available July 1, 2010

- Caregiver—How to be a great caregiver for your loved one and for yourself
- Complementary therapies
- End-of-life care
- Fitness
- Make-up
- Nutrition
- Sexuality
- Survivorship
- Working and cancer
- Young adults