

Cancer Resources in North Carolina

David K. Jones; Kenisha Bethea, MPH, CHES

Cancer affects people in a number of ways in addition to the physical and mental demands of treatment. Specifically, cancer survivors—defined by the National Cancer Institute as anyone who has ever been diagnosed with cancer, as well as their family members, friends and caregivers¹—experience distress, anxiety, financial insecurity and cosmetic changes, as well as changes in mobility, communication, and cognition.^{2,3} This can lead to increased demand for occupational, emotional, legal, and financial support⁴ and in some cases these demands are more acute in underserved populations such as racial and ethnic minorities.⁵ Although there are many organizations providing these resources, finding accurate and understandable information can be a daunting and difficult undertaking.^{6,7} Two of the needs most important to those impacted by cancer are information and psychosocial support⁸—needs that often go unmet.⁹

The following is a list of resources available to anyone in North Carolina who is affected, directly or indirectly, by cancer. Although not comprehensive, this list serves as a starting point for providers, patients, and their loved ones to find the help they need, as well as for researchers to find accurate and useful data. Some of these organizations are specifically devoted to North Carolina, while others are national organizations with North Carolina chapters. Most of the organizations on this list will be helpful to those affected by all types of cancer, however there is a section devoted to the 4 most common forms of cancer in North Carolina (lung, colorectal, breast, and prostate).¹⁰ Information specific to other forms can be found through the North Carolina Comprehensive Cancer Program Web site at www.nccancer.com.

National General Cancer Resources

American Cancer Society (ACS)

In addition to providing many cancer prevention, detection, and treatment resources, the ACS administers a variety of programs for cancer patients and their loved ones. Programs include *Dietician on Call*, in which anyone can receive free nutrition counseling over the phone from a registered dietitian; *Man-to-Man* in which men can find information and support specific to prostate cancer; *Look Good, Feel Better*, in which women can learn beauty techniques while undergoing treatment; and *Reach for Recovery*, in which breast cancer patients and their loved ones receive support from breast cancer survivors through face-to-face interaction or by phone.

1.800.ACS.2345

www.cancer.org

National Cancer Institute (NCI)

The NCI Web site includes detailed information on various types of cancer, including links to literature published in academic journals. The site also includes information on how to prevent, detect, and cope with cancer, as well as the ability to search for clinical trials by region and/or cancer type. There are also numerous databases and statistical tools for researchers.

1.800.4.CANCER

www.cancer.gov

United Way

Although not devoted specifically to cancer, the United Way Web site has links to more than 20 000 non-profits throughout North Carolina, including faith-based organizations. Many of these organizations are useful to those affected by cancer, including those which provide financial counseling and assistance, legal advice, and transportation.

2-1-1 (from most parts of the state)

www.nc211.org (Click “search NC 2-1-1” to access their database allowing you to search for services by county, city, or zip code)

Livestrong – Lance Armstrong Foundation

The Livestrong Web site contains links to many resources for patients and providers, including how to find personal support, network with other survivors, find clinical trials, and locate educational materials. Livestrong also runs SurvivorCare, a toll-free number at which anyone can speak to a case manager.

1.866.467.7205

www.livestrong.org

North Carolina General Cancer Resources

NC Comprehensive Cancer Program

The Comprehensive Cancer Program is a unit of the North Carolina Division of Public Health that is focused on cancer prevention and control. Their Web site provides many resources for providers, patients, and their loved ones, including educational materials and links on how to find treatment, financial assistance, and clinical trials in North Carolina. They administer the NC Cancer Assistance Unit which provides financial assistance for the treatment of low-income, uninsured patients with cancer. Participation in the program is based on income.

919.707.5300

www.nccancer.com

www.nccancerassist.com

NC Health Info

This is a searchable Web portal with information on health-related services in each of the state's 100 counties. Although the site is not specific to cancer, there is a large section on cancer resources in North Carolina, as well as sections on issues relevant to those impacted by cancer. These include insurance, nutrition, medication, stress management, and treatment services.

www.nchealthinfo.org

Duke Comprehensive Cancer Center

Durham, NC

919.684.3377

www.cancer.duke.edu

UNC Lineberger Cancer Center

Chapel Hill, NC

919.966.3036

www.cancer.med.unc.edu

Wake Forest University Baptist Medical Center Comprehensive Cancer Center

Winston-Salem, NC

336.716.7971

www1.wfubmc.edu/cancer

Other Resources for Researchers

Centers for Disease Control and Prevention (CDC)

The CDC publishes educational materials and data on many specific types of cancer, as well as on cancer in general. The CDC Web site provides links to a large number of scientific articles published in the last decade.

1.800.CDC.INFO

www.cdc.gov/cancer

Central Cancer Registry

Run by the North Carolina State Center for Health Statistics, the registry has data on all cancer cases diagnosed in North Carolina. Their Web site includes links to numerous publications using these data.

www.schs.state.nc.us/SCHS/CCR

State Cancer Profiles

This is a research tool developed by the NCI and CDC which enables users to generate data tables and interactive maps by state or type of cancer, as well as to identify peer counties throughout the state or country with similar demographics.

statecancerprofiles.cancer.gov

Resources for Specific Types of Cancer

American Lung Association of North Carolina (ALA)

The ALA provides resources on screening, early detection, treatment, public awareness, and advocacy related to lung cancer. The Web site also includes information on support groups throughout the state, air quality forecasts, and smoking cessation support.

1.800.892.5650

www.lungnc.org

National Colorectal Cancer Roundtable (NCCRT)

The NCCRT is a national coalition of public, private, and voluntary organizations providing educational and advocacy resources. The Web site also includes links to recent articles published in academic journals.

www.nccrt.org

Breast Cancer Resource Directory of North Carolina

Run by the North Carolina Institute for Public Health, this site contains many links to breast cancer resources, including general educational materials, as well as information on how cancer affects women of different ages and cultural backgrounds. Although specifically dedicated to breast cancer, much of the information is relevant for people impacted by all forms of cancer and includes topics such as insurance, legal, employment, and financial advice.

1.800.514.4860

bcresourcedirectory.org

Susan G. Komen for the Cure

This is a national organization focused on advocacy, raising money for research, and providing networking opportunities for those impacted by cancer. They support screening, treatment, and education programs throughout North Carolina and have affiliate offices in Charlotte, Durham, Hickory, and Winston-Salem.

1.800.GO.KOMEN
www.komen.org

Prostate Cancer Coalition of North Carolina (PCCNC)

PCCNC provides resources on screening, early detection, treatment, public awareness, and advocacy related to prostate cancer. Their Web site also includes contact information for support groups throughout the state, as well as how to find financial assistance and clinical trials.

919.321.0365
www.pccnc.org

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B. Phillip Gregory, PhD from the American Cancer Society, and Kinjel Desai, MPH, Betsy Levitas, MPH, CHES, and Becky Hart Minor, MA from the National Cancer Institute contributed to this article.

David K. Jones is a Jim Bernstein health policy scholar at the North Carolina Institute of Medicine.

Kenisha Bethea, MPH, CHES, is the assistant director of the North Carolina Comprehensive Cancer Program.

Eat Smart, Move More Health Tip



Enjoy More Fruits and Veggies

For tips on how to eat your fruits and veggies every day where you live, learn, earn, play and pray, visit



www.EatSmartMoveMoreNC.com