

## **Caring for Today's Cancer Survivors: Resources for Nutrition Professionals**

### **American Cancer Society**

- Nutrition and Physical Activity Guidelines for Cancer Survivors: <http://onlinelibrary.wiley.com/doi/10.3322/caac.21146/pdf>

- ***Cancer Treatment & Survivorship Facts & Figures, 2012-2013:***

[www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-033876.pdf](http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-033876.pdf)

### **American College of Sports Medicine**

- “American College of Sports Medicine Roundtable on Exercise Guidelines for Cancer Survivors”: [http://journals.lww.com/acsm-msse/Fulltext/2010/07000/American\\_College\\_of\\_Sports\\_Medicine\\_Roundtable\\_on.23.aspx](http://journals.lww.com/acsm-msse/Fulltext/2010/07000/American_College_of_Sports_Medicine_Roundtable_on.23.aspx)

- ProFinder website to find a certified cancer exercise trainer: [http://members.acsm.org/source/custom/Online\\_locator/OnlineLocator.cfm](http://members.acsm.org/source/custom/Online_locator/OnlineLocator.cfm)

### **American Institute for Cancer Research**

- ***Food, Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective:*** [www.aicr.org/research/research\\_science\\_expert\\_report.html](http://www.aicr.org/research/research_science_expert_report.html)

- Continuous Update Project: [www.aicr.org/research/continuous-update-project.html](http://www.aicr.org/research/continuous-update-project.html)

- Brochure series, including Nutrition and the Cancer Survivor, The New American Plate and Simple Steps for Physical Activity (also available in Spanish): [www.aicr.org/publications/brochures](http://www.aicr.org/publications/brochures)

### **Cancer.net (American Society of Clinical Oncology)**

- About Survivorship (for patients): [www.cancer.net/survivorship](http://www.cancer.net/survivorship)

- Managing Side Effects (for patients): [www.cancer.net/all-about-cancer/treating-cancer/managing-side-effects](http://www.cancer.net/all-about-cancer/treating-cancer/managing-side-effects)

### **Dana-Farber Cancer Institute**

- Ask The Nutritionist: Recipes for Fighting Cancer, free smartphone app that provides recipes and Q&As, and creates grocery shopping lists for healthful meals: [www.dana-farber.org/nutrition-app.aspx](http://www.dana-farber.org/nutrition-app.aspx)

### **LIVESTRONG Foundation**

- LIVESTRONG at the YMCA, a 12-week, small-group program designed for adult cancer survivors and led by instructors trained to work with cancer survivors:  
[www.livestrong.org/What-We-Do/Our-Actions/Programs-Partnerships/LIVESTRONG-at-the-YMCA](http://www.livestrong.org/What-We-Do/Our-Actions/Programs-Partnerships/LIVESTRONG-at-the-YMCA)
- Your Survivorship Care Plan (for patients, also available in Spanish):  
[www.livestrong.org/we-can-help/healthy-living-after-treatment/your-survivorship-care-plan/](http://www.livestrong.org/we-can-help/healthy-living-after-treatment/your-survivorship-care-plan/)

### **Memorial Sloan-Kettering Cancer Center**

- “About Herbs, Botanicals & Other Products”: [www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products](http://www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products)

### **National Cancer Institute**

- ***Facing Forward: Life After Cancer Treatment*** series provides practical ways of dealing with survivorship concerns: [www.cancer.gov/cancertopics/life-after-treatment](http://www.cancer.gov/cancertopics/life-after-treatment)

### **National Center for Complementary and Alternative Medicine**

- Part of the National Institutes of Health, offers a section for health care providers:  
<http://nccam.nih.gov/health/providers>

### **National Comprehensive Cancer Network**

- A nonprofit alliance of cancer centers offering clinical practice guidelines to assess and address survivorship problems, including cancer-related fatigue (free after registration):  
[www.nccn.org/professionals/physician\\_gls/pdf/survivorship.pdf](http://www.nccn.org/professionals/physician_gls/pdf/survivorship.pdf)
- The network’s consumer website, <http://nccn.com>, includes a Life After Cancer section with information on nutrition and physical activity that can be put into a printable format.

### **National Lymphedema Network**

- Information on the prevention and management of lymphedema for patients and health care professionals: [www.lymphnet.org](http://www.lymphnet.org)

### **Natural Medicines Comprehensive Database**

- Comprehensive reviews of a wide variety of nutrient and botanical supplements; available by subscription, but a free benefit of membership in several dietetic practice groups: <http://naturaldatabase.therapeuticresearch.com>

### **Office of Dietary Supplements**

- Part of the National Institutes of Health, offers fact sheets on a variety of supplements:  
<http://ods.od.nih.gov/factsheets/list-all>

### **OncoLink (Abramson Cancer Center of the University of Pennsylvania)**

- Patient & Family Education Center, with downloadable handouts on fatigue and a variety of cancer survivor nutrition-related challenges:  
[www.oncolink.org/resources/article.cfm?aid=1925&id=877&c=432&CFID=132003497&CFTOKEN=92404117](http://www.oncolink.org/resources/article.cfm?aid=1925&id=877&c=432&CFID=132003497&CFTOKEN=92404117)

- Exercise & Cancer, with several handouts on physical activity for cancer survivors:  
<http://oncolink.org/coping/coping.cfm?c=8>

### **Oncology Nutrition Dietetic Practice Group**

- “Eat Right to Fight Cancer” provides information for patients and health professionals on dealing with side effects and addressing hot nutrition topics:

[www.oncologynutrition.org/erfc](http://www.oncologynutrition.org/erfc)

- “Find an Oncology Dietitian” helps with locating an oncology nutrition specialist in a specific location: [www.oncologynutrition.org/search](http://www.oncologynutrition.org/search)

- ***Oncology Nutrition for Clinical Practice*** by the Oncology Nutrition Dietetic Practice Group: [www.oncologynutrition.org/store](http://www.oncologynutrition.org/store)

- Oncology Evidence-Based Practice Toolkit, available for purchase, provides summary of medical nutrition therapy recommendations, patient education materials, and survivorship plans: [www.oncologynutrition.org/store](http://www.oncologynutrition.org/store)