

## Patient Navigation Resources Table of Contents

- Section 1: Financial Resources
- Section 2: Insurance Resources
- Section 3: Transportation
- Section 4: Support Group
- Section 5: Treatment Options
- Section 6: Lists of Clinical Trials
- Section 7: Education on Clinical Trials
- Section 8: Matching Services for Clinical Trials
- Section 9: Complementary Medicine
- Section 10: Nursing Care
- Section 11: Daily Living
- Section 12: Housing
- Section 13: Meal/Food
- Section 14: Learn More About Cancer
- Section 15: Statistics
- Section 16: Prescriptions
- Section 17: Free Health Clinics
- Section 18: Patient Navigation Advocacy & Cancer Information

## Financial Resources

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| <p><b>211 of San Diego</b></p> <p>2-1-1 or 858-300-1212</p>  | <p>211 provide information and referrals on local resources.</p>   |
| <p><b>Ageing and Independent Services (AIS)</b></p> <p>9335 Hazard Way Ste. 100<br/>San Diego, Ca. 92123<br/>800-510-2020<br/>858-495-5276</p>   | <p>A Program of the County of San Diego which provides services to older adults (age 55 and older), <b>people with disabilities</b> and their family members, to help keep clients safely in their homes, promote healthy and vital living. Case Management Services. Information/referral for seniors.</p>  |
| <p><b>Bone Marrow Foundation (Cancer Care)</b></p> <p>337 East 88<sup>th</sup> St. Ste. 1B<br/>New York, NY 10128<br/>800-813-4673</p>   | <p>The Bone Marrow Foundation' Patient Aid Program covers the cost of donor searches, compatibility testing, bone marrow procurement, medication, transportation, housing expenses and many other ancillary costs associated with a transplant. Please call or check out their website for more information.</p>   |
| <p><b>Bone Marrow Foundation of San Diego (BMF)</b></p> <p>310 S. Twin Oaks Valley Rd. Ste. 107-140<br/>San Marcos, Ca. 92078<br/>877-BMF-4733 (877-263-4733) (# appears to be wrong)<br/>P.O Box 882415<br/>San Diego, Ca. 92168-2415 (Kathy Emerson)</p> | <p>The Bone Marrow Foundation provides financial assistance to patients in San Diego that require funding for confirmatory HLA testing for family members or unrelated donors.</p>   |
| <p><b>C.U.I. Home Energy Assistance Program</b></p> <p>3959 Ruffin Rd. Ste. G<br/>San Diego, Ca. 92123<br/>800-371-1380</p>  | <p>C.U.I. provides assistance with your SDG&amp;E bill. Please call for eligibility requirements. An appointment is necessary.</p>   |
| <p><b>California Health Collaborative</b></p> <p>1625 E. Shaw Ave. Ste. 155<br/>Fresno, Ca. 93710<br/><a href="mailto:chcmail@healthcollaborative.org">chcmail@healthcollaborative.org</a><br/>559-221-6315</p>  | <p>The California Health Collaborative implements an array of health promotion and disease prevention projects, and cancer treatment programs. It is committed to addressing the health needs of Californians who have limited access to resources affecting their well- being. Those who face barriers related to culture and language, geography, and financial resources are of particular focus. For more information, please call or visit their website.</p> |

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| <p><b>Cancer angels of San Diego</b></p> <p>P.O. Box 230286<br/> Encinitas, Ca. 92023-0286<br/> 760-942-6346<br/> <a href="mailto:eve@cancerangelsandiego.com">eve@cancerangelsandiego.com</a></p>   | <p>Cancer angels of San Diego provides financial assistance to Stage IV cancer patients (all types of cancer) living in San Diego County. Payments are made directly to the provider of the services needed by the client.</p>   |
| <p><b>Cancer Fund of America</b></p> <p>2223 N. 56<sup>th</sup> St            2901 Breezewood Lane<br/> Mesa, AZ. 85215            Knoxville, TN. 37921<br/> 973-361-7366                1-800- 578-5284<br/> <a href="http://www.cfoa.org">www.cfoa.org</a></p> | <p>Cancer Fund of America can help cancer patients, hospices, and other healthcare providers by way of sending products free of charge directly to them. Please explore the website to find out what products are available.</p>   |
| <p><b>Cancer.com</b></p>   | <p>Provides links to various financial resources and legal support.</p>  |
| <p><b>CancerCare</b></p> <p>275 Seventh Ave.<br/> New York, NY. 10001<br/> 800-813 HOPE (4673)<br/> <a href="mailto:info@cancercare.org">info@cancercare.org</a></p>   | <p>CancerCare helps in a variety of ways, from providing information and resources to limited financial grants plus other financial resources and special programs for San Diego.</p>  |
| <p><b>The Caregivers Marketplace</b></p> <p>W229N2510 Duplainville Rd<br/> Waukesha, WI. 53186<br/> 1-800-888-0889</p>   | <p>The Caregivers Marketplace is the nation’s first cash back program for anyone who gives gets or needs care. You may receive cash back on eligible products that are not typically covered by insurance or Medicare no matter where you buy them. The program is free. Please contact them for more information.</p> |
| <p><b>Center for Medicare and Medicaid Services</b></p> <p>7500 Security Blvd.<br/> Baltimore, MD 21244<br/> 877-267-2323</p>  | <p>The Centers for Medicare and Medicaid Services (CMS) is a Federal agency within the US Department of Health and Human Services. Programs for which CMS is responsible include Medicare, Medicaid, State Children’s Health Insurance Program (SCHIP), HIPPA, and LCIA</p>  |
| <p><b>Chronic Disease Fund</b></p> <p>6900 N. Dallas Parkway Ste. 200<br/> Plano, TX. 75024<br/> 877-968-7233<br/> <a href="http://www.cdfund.org">www.cdfund.org</a></p>  | <p>Financial assistance for patients with cancers (&amp; other medical problems) who have insurance who are unable to cover co-pays and other out-of-pocket expenses.</p>  |

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| <p><b>Department of Community Services and Development</b></p> <p>P.O. Box 1947<br/> Sacramento, Ca. 95812<br/> 866-675-6623<br/> <a href="mailto:webinfo@csd.ca.gov">webinfo@csd.ca.gov</a></p>          | <p>Community Services &amp; Development (CSD) is a state department of the California Health and Human Services Agency. CSD administers federal programs to assist low-income families to achieve and maintain self-sufficiency, and meet their home energy needs. HEAT Program-apply at your county of residence. For more information, please call or visit their website.</p>    |
| <p><b>Department of Health care Services</b></p> <p>916-445-4171</p>  | <p>Their Mission is to protect and promote the health of Californians through the financing and delivery of individual health care services. The DHCS finances and administers a number of individual health care service delivery programs, including the California Medical Assistance Program (Medical). Please contact them for more information.</p>                           |
| <p><b>Eldercare Directory</b></p> <p><a href="http://www.eldercaredirectory.org">www.eldercaredirectory.org</a></p>   | <p>A comprehensive eldercare resource ranging from senior housing to finding help with legal and financial matters.</p>   |
| <p><b>Health &amp; Human Services Agency, Public Assistance</b></p> <p>866-262-9881 or 858-514-6885</p>   | <p>San Diego information Unit: In County Toll-Free 866-262-8881; Out of County Not Toll-Free 858-514-6885, provides information on application for financial assistance that includes Medi-Cal and CMS.</p>   |
| <p><b>Health Resources and Services Administration's Bureau of Primary Health Care</b></p>  | <p>The HRSA Bureau of Primary Health Care offers Health Centers that provide health care to low-income and other vulnerable populations. Health Centers care for people regardless of their ability to pay. They provide primary and preventive health care, as well as services such as transportation and translation. To locate a Health Center, please visit their website.</p> |
| <p><b>HealthWell Foundation</b></p> <p>P.O. Box 4133<br/> Gaithersburg, Md. 20885-4133<br/> 800-675-8416 ext. 6<br/> <a href="mailto:info@healthwellfoundation.org">info@healthwellfoundation.org</a></p> | <p>The HealthWell Foundation provides financial assistance to eligible patients to cover certain out-of-pocket health care costs, including chemotherapy drug copayments and deductibles. Please visit the website for list of eligible illnesses.</p>  |

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| <p><b>Hill –Burtin Free Hospital Care</b></p> <p>5600 Fisher Lane<br/>Room 10-105<br/>Rockville, MD 20857<br/>800-638-0742</p>   | <p>Through the US Department of Health and Human Resources, Office of Special Programs, the Hill-Burton program obligates facilities to provide free or reduced cost medical services to those who meet certain eligibility criteria and are uninsured and underinsured.</p>   |
| <p><b>In Home Supportive Services</b></p> <p>780 Bay Blvd. Ste 200<br/>Chula Vista, Ca. 91910<br/>866-351-7722<br/>800-510-2020<br/><a href="mailto:info@sdihspsa.com">info@sdihspsa.com</a></p> | <p>In-Home Supportive Services (IHSS) program is covered through Medi-Cal and provides in-home services such as, transportation, housekeeping, and more to low-income residents, dependent adult, and seniors. Please call for eligibility requirements and further information.</p>   |
| <p><b>Internal Revenue Services (IRS)</b></p> <p>800-876-1715</p>  | <p>Medical costs that are not covered by insurance policies sometimes can be deducted from annual income before taxes. Examples of tax deductible expenses might include mileage for trip to and from medical appointments, out-of-pocket costs for treatment and prescription drugs or equipment. For more information call the IRS.</p>  |
| <p><b>Leukemia and Lymphoma Society (LLS)</b></p> <p>1311 Mamaroneck Ave. Ste 310<br/>White Plains, NY. 10605<br/>800-215-1098</p>   | <p>LLS offers information and financial aid to patients who have leukemia, non-Hodgkin's lymphoma, Hodgkin's Lymphoma, or multiple myeloma. Callers may request a booklet describing LLS's Patient Aid Program or the telephone number for their local LLS office. Some publications are available in Spanish.</p>   |
| <p><b>Lifeline and Linkup</b></p> <p>445 12<sup>th</sup> Street SW<br/>Washington, DC 20554<br/>888-225-5322</p>   | <p>This program provides information and resources regarding federal and state Lifeline and Link-up programs. Lifeline and Link-up are programs that help ensure everyone has access to telephone service. These programs provide discounts to income-eligible individuals for both the initial installation costs of telephone service and for monthly telephone bills. Please contact them for more information.</p> |
| <p><b>Lymphoma Research Foundation</b></p> <p>8800 Venice Blvd. Ste. 207<br/>Los Angeles, Ca. 90034<br/>800-500-0076</p>   | <p>Patients can be reimbursed up to \$200.00 for quality life expenses, including travel and transportation (usually gas receipts), temporary lodging, childcare, homecare, cosmetic aides (wigs, hats), medical devices and hygiene products (bandages, lotions). It is highly recommended that patients begin saving receipts for covered expenses as soon as possible.</p>  |

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| <p><b>MAAC Project</b></p> <p>2345 East 8<sup>th</sup> St. Ste 105<br/>National City, Ca. 91950</p> <p>1355 Third Ave.<br/>Chula Vista, Ca. 91911<br/>619-426-3595</p>  | <p>MAAC provides social-human services assistance. Please call for information on the application process and which zip code areas are included.</p>   |
| <p><b>Medicare Prescription Drug Benefit</b></p> <p>800-434-0222 (California only)</p>  | <p>Effective November 15<sup>th</sup>, 2005, Medicare recipients can sign up for this new program. Deadline is May 15, 2006 to avoid a penalty. Unless you qualify for extra help, you will need to pay a monthly premium, an annual deductible and co payments that will vary according to the plan you choose and where you live. Please call or visit the web site for details.</p> |
| <p><b>Moonlight Cancer Foundation</b></p> <p>P.O. Box 231454<br/>Encinitas, Ca. 92023<br/><a href="http://www.moonlightcancerfoundation.org">www.moonlightcancerfoundation.org</a></p>                          | <p>Moonlight Cancer Foundation provides financial assistance to San Diego area cancer patients. They are dedicated to easing the burden of financial challenges for those living with cancer. Please call for more information.</p>  |
| <p><b>National Association for the Terminally III (NATI)</b></p> <p>P.O. Box 368<br/>Shelbyville, KY 40066-0368<br/>888-847-0390<br/><a href="http://www.Caring4cancer.com">www.Caring4cancer.com</a></p>       | <p>NATI provides financial assistance to the children and families of those suffering from cancer whose life expectancy is 2 years or less. Needs are evaluated on a case-by-case basis. Assistance may include rent or mortgage, groceries, car payment, etc.</p>   |
| <p><b>National Cancer Institute (NCI)</b></p> <p>6116 Executive Blvd. Ste 3036A<br/>Bethesda, MD. 20892<br/>800-422-6237</p>  | <p>List of financial resources with links to nonprofit organizations and government-sponsored programs.</p>  |
| <p><b>National Foundation for Transplants (NFT)</b></p> <p>5350 Poplar Ave. Ste 430<br/>Memphis, TN 38119<br/>800-489-3863 or 901-684-1697<br/><a href="http://www.Transplants.org">www.Transplants.org</a></p> | <p>National Foundation for Transplants offers assistance in paying for organ and marrow transplant costs not covered by insurance. The organization provides fund raising assistance and advocacy on behalf of the patient.</p>  |

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| <p><b>Nice Guys</b></p> <p>PO Box 881456<br/>San Diego, Ca. 92168<br/>858-509-9443<br/><a href="http://www.sdniceguys.com">www.sdniceguys.com</a></p>   | <p>Nice Guys is a non-profit charitable organization that has gone to help families get back on their feet and be self-sufficient. The Nice Guys serve the community and take social responsibility.</p>  |
| <p><b>Patient Access Network Foundation</b></p> <p>PO Box 221858<br/>Charlotte, NC 28222-1858<br/>886-316-7263<br/><a href="mailto:contact@patientaccessnetwork.org">contact@patientaccessnetwork.org</a></p> | <p>Patient Access Network Foundation supports the needs of patients who cannot access the treatments they need due to out-of-pocket health care costs associated with insurance coverage deductibles, copayments, and coinsurance. To be eligible for assistance, patients must be US residents and meet certain financial, medical and insurance criteria as set by the Foundation's Board of Directors. Cancers funded are listed on the website.</p> |
| <p><b>Patient Advocate Foundation (PAF)</b></p> <p>800-532-5274 or 866-512-3861<br/><a href="mailto:pap@patientadvocate.org">pap@patientadvocate.org</a></p>  | <p>The Patient Advocate Foundation (PAF) is a national nonprofit organization that provides education, legal counseling, and referrals to cancer patients and survivors concerning managed care insurance, financial issues, job discrimination, and debt crisis matters.</p>   |
| <p><b>Physician's Rx Care</b></p> <p>San Diego County Medical Society<br/>868-565-8888<br/><a href="http://www.physiciansrxcare.com">www.physiciansrxcare.com</a></p>   | <p>The Physician's Rx Care, a discount pharmacy card program, and the San Diego County Medical Society Foundation have partnered to help you serve your uninsured/underinsured patients and those without prescription benefits who require medications. No fees to participate. Please contact the Medical Society office for more information.</p>  |
| <p><b>Project Access</b></p> <p>5575 Ruffin Rd. Ste. 250<br/>San Diego, Ca. 92123<br/>858-565-8888<br/><a href="http://www.sdms.org">www.sdms.org</a></p>   | <p>San Diego County Medical Services (CMS) is a program that funds medical care for uninsured indigent adult county residents. While not a health insurance program, CMS funds services through a network of community health centers, private physicians and hospitals. For more information, please call or visit their website.</p>  |
| <p><b>San Diego County Medical Services (CMS)</b></p> <p>8840 Complex Dr. # 300<br/>San Diego, Ca. 92123<br/>858-492-4444</p>   | <p>Provides medical assistance to eligible adults for urgent or serious health problems.</p>  |

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| <p><b>SDG&amp;E Medical Baseline Allowance</b></p> <p>800-411-SDGE (7343)<br/> <a href="http://www.ucan.org">www.ucan.org</a></p>   | <p>To help people with special health needs, SDG&amp;E offers medical baseline allowances that provide additional regulated utility charges at the baseline rate, which can help keep energy costs down.</p>   |
| <p><b>Social Security Administration (SSA)</b></p> <p>6401 Security Blvd. Rm. 4-C-5<br/> Annex<br/> Baltimore, MD 21235<br/> 800-772-1213</p>   | <p>Nearly everything you want to know about retirement and disability benefits from the Social Security Administration.</p>  |
| <p><b>Social Security San Diego Office</b></p>  | <p>Locate your local branch office from their website.</p>   |
| <p><b>Stem Cell Donor Center, San Diego Blood Bank</b></p> <p>3636 Gateway Center Ave. Ste. 100<br/> San Diego, Ca. 92102<br/> 440 Upas St<br/> San Diego, Ca. 92103<br/> 800-4MY-SDBB ext. 8268 (800-469-7322)<br/> <a href="mailto:bonemarrow@sandiegobloodbank.org">bonemarrow@sandiegobloodbank.org</a></p> | <p>Currently, the NMDP and the Bone Marrow Foundation of San Diego are providing the funds to cover the cost of testing for both non-minority and minority ethnicities. Once a donor is found to match a patient, the cost of the donation procedure is paid by the NMDP. You will not be charged for any expenses resulting from further testing to identify you are the best available donor or for the collection of your blood stem cells.</p> |
| <p><b>Supplemental Security Income</b></p> <p>800-772-1213</p>  | <p>SSI supplements Social Security payments for individuals who have certain income and resource levels. Information on eligibility, coverage, and how to file a claim is available from the Social Security administration.</p>   |
| <p><b>Veterans Benefits</b></p> <p>810 Vermont Ave. NW<br/> Washington, DC 20420<br/> 877-222-8387</p>  | <p>Eligible veterans and their dependents may receive cancer treatment at a Veterans Administration Medical Center. Treatment for service-connected conditions is provided, and treatment for other conditions may be available based on the veteran's financial need. Some publications are available in Spanish. Spanish-speaking staff is available in some offices.</p>  |



## Insurance Resources

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| <p><b>A Helping Hand</b></p> <p>3914 Murphy Canyon Rd.<br/>San Diego, Ca. 92123<br/>858-279-6721 or 619-253-5551<br/><a href="mailto:ysplahh@aol.com">ysplahh@aol.com</a></p> | <p>A Helping Hand, a division of Purdy Helpful, LLC, offers Medi-Cal consulting and a mobile public notary. Yvonne Purdy-Luxtom provides free CMS and Medi-Cal screenings at reasonable rates. 8 years experience working at Medi-Cal, and 6 plus years in Medi-Cal consulting in the private sector. Yvonne specializes in providing options that meet Medi-Cal requirements and may allow you to preserve your assets.</p> |
| <p><b>American Cancer Society (ACS)</b></p> <p>2655 Camino del Rio M. Ste 100<br/>San Diego, Ca. 92108<br/>800-ACS-2345 (800-277-2345)<br/>619-299-4200</p>                   | <p>What are your rights as a patient? What should you expect from your employer? How do you handle insurance issues? Get help dealing with financial and legal matters related to your cancer experience.</p>  |
| <p><b>California Department of Insurance Services</b></p> <p>800-927-4357</p>   | <p>Provides information and referrals for health insurance and benefits-related issues. Also helps with complaints.</p>  |
| <p><b>California Department of Managed Health Care</b></p> <p>980 Ninth St. Ste. 500<br/>Sacramento, Ca. 95814<br/>877-688-9891</p>   | <p>Provides information and assistance with health maintenance organizations (HMO) legislation, community or personal intervention for patients who belong to HMO's. Call M-F. 8AM-5PM.</p>  |
| <p><b>California HMO Consumer Hotline</b></p> <p>800-400-0815</p>   | <p>This hotline provides coverage information to California residents and handles complaints related to HMO's.</p>   |
| <p><b>California Major Risk Medical Insurance Program</b></p> <p>P.O. Box 2769<br/>Sacramento, Ca. 95812-2769<br/>916-324-4695</p>  | <p>The Major Risk Medical Insurance Program (MRMIP) provides health insurance for Californians who are unable to obtain coverage in the individual health insurance market.</p>  |
| <p><b>CancerCare</b></p> <p>275 Seventh Ave.<br/>New York, NY. 10001<br/>800-813 HOPE (4673)<br/><a href="mailto:info@cancercares.org">info@cancercares.org</a></p>           | <p>CancerCare helps in a variety of ways, from providing information and resources to limited financial grants plus other financial resources and special programs for San Diego.</p>  |

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| <p><b>Center for Medicare and Medicaid Services</b></p> <p>7500 Security Blvd.<br/>Baltimore, MD 21244<br/>877-267-2323</p>   | <p>The Centers for Medicare and Medicaid Services (CMS) is a Federal agency within the US Department of Health and Human Services. Programs for which CMS is responsible include Medicare, Medicaid, State Children’s Health Insurance Program (SCHIP), HIPPA, and LCIA</p>   |
| <p><b>Community Christian Service Agency</b></p> <p>4167 Rappahannock Ave.<br/>San Diego, Ca. 92117<br/>858-274-2273</p> <p><b>Joyce Snyder Center</b><br/>1675 Garnet Ave.<br/>San Diego, Ca. 92109<br/>858-272-9163</p>                             | <p>Our service centers provide emergency and transitional support on a walk-in basis to people in need of assistance. Provide help with food, clothing, basic health assessments, temporary housing, bus tokens, gas vouchers, prescription medicines, resource counseling and referrals or other emergency needs as evaluated by the agency.</p>     |
| <p><b>Consumer Center for Health Education and Advocacy</b></p> <p>1764 San Diego Ave.<br/>San Diego, Ca. 92111<br/>877-734-3258</p>  | <p>Provides information and referrals for Medi-Cal, insurance and benefits-related issues, as well as providing legal assistance for Medi-Cal issues.</p>   |
| <p><b>Employment Development Department , State of California</b></p> <p>800 Capital Mall, MIC 83<br/>Sacramento, Ca. 95814<br/>800-327-9092</p>  | <p>Direct link to job placement and referrals, unemployment insurance, disability insurance, employment and training, labor market information, payroll taxes, and more.</p>  |
| <p><b>Health Insurance Counseling and Advocacy Program (HICAP)</b></p> <p>5151 Murphy Canyon Rd. Ste 100<br/>San Diego, Ca. 92123<br/>858-565-1392 ext. 203<br/><a href="mailto:dweil@seniorlaw-sd.org">dweil@seniorlaw-sd.org</a><br/>David Weil</p> | <p>HICAP, the Health Insurance Counseling and Advocacy Program, provides information and assistance with Medicare, managed care (HMOs), long-term care insurance and other related health insurance issues. Trained volunteer counselors offer objective information to help seniors and other Medicare beneficiaries make health care decisions.</p> |
| <p><b>Healthcare Insurance Solutions</b></p> <p>335 Shandy Lane<br/>Ramona, Ca. 92065<br/>760-315-1000<br/><a href="mailto:nroy@cox.net">nroy@cox.net</a></p>   | <p>Licensed California Insurance agent specializing in commercial health plans, State of Federal public program eligibility, and community health resources. The objective is to obtain health care access utilizing a comprehensive option plan based on the client’s personal needs and income. Please contact Nancy Roy for more information.</p>  |

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| <p><b>HealthWell Foundation</b></p> <p>P.O. Box 4133<br/>Gaithersburg, Md. 20885-4133<br/>800-675-8416 ext. 6<br/>info@healthwellfoundation.org</p>         | <p>The HealthWell Foundation provides financial assistance to eligible patients to cover certain out-of-pocket health care costs, including chemotherapy drug copayments and deductibles. Please visit the website for list of eligible illnesses.</p>   |
| <p><b>Healthy San Diego</b></p> <p>San Diego, Ca.<br/>619-515-6584</p>  | <p>Provides education for persons on Medi-Cal who must enroll in a managed care health plan.</p>   |
| <p><b>Instituto Mexicano Del Seguro Social (IMSS)</b></p> <p>01-800-623-2323</p>  | <p>For Mexican of birth or the origin that lives in the United States and wishes to protect their health and their families in Mexico. Enroll with us and receive the service of the IMSS in Mexico. Call for more information.</p>  |
| <p><b>Consulado General de Mexico</b></p> <p>2401 West 6<sup>th</sup> St.<br/>Los Angeles, Ca. 90057<br/>800-981-2486 or 213-351-6800 Ext. 2518</p>         | <p>See above.</p>  |
| <p><b>Insurance for Survivors.com</b></p> <p>david@insurancefor survivors.com<br/><b>Sent message to update information. He did not return message.</b></p> | <p>Insurance for Survivors helps people with a history of cancer obtain affordable, quality life insurance. Drawing from a pool of 200 life insurance companies, they match your needs with companies that understand your illness.</p>  |
| <p><b>Life Insurance Settlement Association</b></p> <p>1011 E. Colonial Dr. Ste 500<br/>Orlando, Fl 32803<br/>407-894-3797</p>                              | <p>Provides information on Life Insurance. For more information, please call or visit their website.</p>   |
| <p><b>Medi-Cal</b></p> <p>San Diego, Ca.<br/>619-688-6131 or 888-724-7302</p>   | <p>Medi-Cal is California’s Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income and resources. Medi-Cal is supported by federal and state taxes. You can apply for Medi-Cal benefits, regardless of sex, race, religion, color, national origin, sexual orientation, marital status, age, disability, or veteran status.</p> |

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| <p><b>Medicaid</b></p> <p>7500 Security Blvd.<br/>Baltimore, MD 21244<br/>877-267-2323</p>  | <p>A Jointly funded, Federal_State health insurance program for people who need financial assistance for medical expenses, is coordinated by the Centers for Medicare &amp; Medicaid Services (CMS). Information about coverage is available from local state welfare offices, state health departments, state social services agencies, or the state Medicaid office. Information about specific state contacts is also available on the Website. Spanish speaking staff is available in some offices.</p> |
| <p><b>Medicare</b></p> <p>7500 Security Blvd.<br/>Baltimore, MD. 21244-1850<br/>800-638-6833 or 800-999-1118</p>  | <p>Presented in English and Spanish, the website offers cancer patient's detailed information needed to enroll in Medicare. Social Security Administration. 800-722-1213</p>  |
| <p><b>Medicare Prescription Drug Benefit</b></p> <p>800-434-0222 (California Only)</p>  | <p>Effective November 15, 2005, Medicare recipients can sign up for this new program. Deadline is May 15, 2006 to avoid penalty. Unless you qualify for extra help, you will need to pay a monthly premium, an annual deductible and copayments that will vary according to the plan you choose and where you live. Please call or visit the website for details.</p>   |
| <p><b>National Cancer Institute (NCI)</b></p> <p>6116 Executive Blvd. Ste 3036A<br/>Bethesda, MD. 20892<br/>800-422-6237</p>  | <p>List of financial resources with links to nonprofit organizations and government-sponsored programs.</p>   |
| <p><b>National Foundation for Credit Counseling (NFCC)</b></p> <p>2000 M St. Ste 505<br/>Washington, DC 20036<br/>202-677-4300<br/><a href="http://www.nfcc.org">www.nfcc.org</a></p> | <p>The National Foundation for Credit Counseling (NFCC), Inc., through its member agencies, sets the national standard for quality credit counseling, debt reduction services and education for financial wellness. NFCC is the nation's largest and longest serving national nonprofit credit counseling.</p>  |
| <p><b>National Insurance Consumer Helpline</b></p> <p>1001 Pennsylvania Ave. NW<br/>Washington, DC 20004</p>  | <p>A hotline established to answer consumer questions and provide problem-solving support as well as printed materials. The hotline is staffed by trained personnel and licensed agents. Open 0800-2000. (8AM-8PM) Eastern Time, Monday through Friday.</p>   |

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| <p><b>Patient Advocate Foundation (PAF)</b></p> <p>421 Butler Farm Rd.<br/>Hampton, Va. 23666<br/>800-532-5274</p>   | <p>The Patient Assistance Program assists with Co-Pay relief to patients diagnosed with: Autoimmune Disorders, Breast Cancer, Colon Cancer, Diabetes, Head and Neck, Kidney Cancer, Lung Cancer, Lymphoma, Malignant Brain Tumors, Pancreatic Cancer, Prostate Cancer, Sarcoma, Macular Degeneration, Secondary issues as a result of cancer treatment. Please call for more information.</p> |
| <p><b>Project Access</b></p> <p>5575 Ruffin Rd.<br/>San Diego, Ca. 92123<br/>858-565-8888</p>  | <p>Project Access serves residents who have a medical need and no healthcare coverage by linking callers with physicians and medical services. Discounted rates are charged in exchange for payment at the time of service. Please call for further information.</p>  |
| <p><b>San Diego County Medical Services (CMS)</b></p> <p>8840 Complex Dr. # 300<br/>San Diego, Ca. 92123<br/>858-492-4444</p>  | <p>Provides medical assistance to eligible adults for urgent or serious health problems.</p>  |
| <p><b>Scripps Clinic</b></p> <p><b>1-800-SCRIPPS-</b></p>  | <p>This web page lists detailed information about different available insurance resources such as Major risk Medical Insurance Program in California, federal programs, help lines and more.</p>  |
| <p><b>U.S. Department of Labor, Employee Benefits, Security Administration (EBSA)</b></p> <p>US Department of Labor<br/>200 Constitution Ave. NW<br/>Washington, DC 20210<br/>866-487-2365</p>                           | <p>Provides information on COBRA, Medicaid, Medigap, and family and Medical Leave Act. For more information, please call or visit their website.</p>  |
| <p><b>UCSF Cancer Resource Center</b></p> <p>1600 Divisadero St. B101<br/>San Francisco, Ca. 94115<br/>415-885-3693<br/><a href="mailto:CancerResourceCenter@ucsfmedctr.org">CancerResourceCenter@ucsfmedctr.org</a></p> | <p>UCSF Comprehensive Cancer Center provides benefits counseling covering most all insurance concerns. Available through the Cancer Resource Center, call for more information.</p>   |

## Transportation Resources

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| <p><b>211 of San Diego</b></p> <p>2-1-1 or 858-300-1212</p>   | <p>211 provide information and referrals on local resources.</p>  |
| <p><b>All Care: Lake San Marcos</b></p> <p>1145 San Marino Dr. Ste 314<br/>Lake San Marcos, Ca. 92069<br/>760-471-7033<br/>619-297-9601</p>   | <p>Transportation available for residents of North County. Just call 2 days in advance to ensure transportation or for further details. Fee is \$75 for 4 hours. (rates negotiable)</p>                       |
| <p><b>Ability Center</b></p> <p>4797 Ruffner St.<br/>San Diego, Ca. 92111<br/>858-541-0552 or 866-405-6806</p>  | <p>The company offers mini and full size accessible vans that are ready to drive away. They also offer a full line of manual or powered wheelchairs, scooters, lifts, carriers and accessories.</p>           |
| <p><b>Air Care Alliance</b></p> <p>1515 East 71<sup>st</sup> St. Ste 312<br/>Tulsa, OK. 74136<br/>888-260-9707<br/><a href="mailto:mail@aircareall.org">mail@aircareall.org</a></p> | <p>This site links you to nationwide listings of organizations that provide transport for patients and sometimes family members needing to get to treatment.</p>  |
| <p><b>American Cancer Society (ACS)</b></p> <p>2655 Camino del Rio N. Ste 100<br/>San Diego, Ca. 92108<br/>800-ACS-2345 (800-277-2345)<br/>619-299-4200</p>                         | <p>What are your rights as a patient? What should you expect from your employer? How do you handle insurance issues? Get help dealing with financial and legal matters related to your cancer experience.</p> |
| <p><b>Angel Flight West</b></p> <p>3161 Donald Douglas Loop South<br/>Santa Monica, Ca. 90405<br/>310-390-2958 or 888-426-2643</p>  | <p>Offers free air transportation to medical treatment of patient's unable to find their own transportation. Patient must be medically stable. For additional information, call M-F 8:30 AM-4:30 PM.</p>      |

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| <p><b>Angels at Work</b></p> <p>31805 Temecula Parkway # 166<br/> Temecula, Ca. 92592<br/> 951-755-3202<br/> <a href="mailto:info@angelsatwork.org">info@angelsatwork.org</a></p> | <p>Angels at Work is a non-profit organization that provides basic services to individuals battling cancer in the Temecula Valley. Through generous support and donations made by the community, Angels at Work is able to provide much needed services at no charge to patients suffering from mental and physical pain of cancer. Services offered include: transportation to medical treatments, house cleaning, yard maintenance, granting small wishes and more.</p> |
| <p><b>Borrego Springs Senior Center</b></p> <p>434 Aqua Lane<br/> Ramona, Ca. 92065<br/> 760-789-0440</p>   | <p>Local transportation available in Borrego Springs area only. Donations only. Please call for more information M-F 10 AM-3 PM.</p>  |
| <p><b>Care-A-Van</b></p> <p>800-326-2450</p>  | <p>Offers non emergency ground medical transportation. \$69.50 Round Trip or \$2.25 per mile. Call for details. M-F 5:30 AM- 5:30 PM. Wheelchair accessibility.</p>   |
| <p><b>Carlsbad Senior Center</b></p> <p>799 Pine Ave.<br/> Carlsbad, Ca. 92008<br/> 760-602-4655</p>  | <p>Transportation to appointments for Carlsbad residents only. Wheelchair lift available. Goes north as far as Tri-City Medical Center and as far south as Scripps, Encinitas. NO fee, but 50 cents donation is suggested. Limited availability; please call with advance notice. Only 2 appointments per week available M, T, TH, and F between the hours of 2:00 and 3:00PM.</p>  |
| <p><b>Centro Hispanic Senior Center</b></p> <p>4186 42<sup>nd</sup> St.<br/> San Diego, Ca. 92105<br/> 619-283-2111</p>   | <p>Offers transportation within 10miles of the center. Donations accepted. Will take to doctor and lawyer appointments. Call one week in advance M-F between 8-11 AM.</p>   |
| <p><b>Coordinated Transportation Service Agency (CTSA)</b></p> <p>401 B St. Ste 800<br/> San Diego, Ca. 92101<br/> 619-699-1900</p> <p>Nan Valerio (Project Manager)</p>          | <p>ADA Paratransit is curb-to-curb bus service for individuals who are unable to use regular public bus, trolley, or Coaster due to physical or cognitive impairment. ADA certification is required before making a reservation. Please call 877-232-7433 or 760-966-6525 for more information.</p>   |

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| <p><b>Corporate Angel Network (CAN)</b></p> <p>Westchester County Airport<br/>1 Loop Rd.<br/>White Plains, NY 10604<br/>866-328-1313</p>                            | <p>CAN funds free air transportation on corporate jets for cancer patients who need medical treatment. Patients must be ambulatory. Call 2-3 weeks in advance, with appointment location and time. M-F 8:30-5 PM eastern time.</p>   |
| <p><b>DART</b></p> <p>639 13<sup>th</sup> St.<br/>San Diego, Ca. 92101<br/>877-841-3278</p>   | <p>Offers curb-to-curb services to the Rancho Bernardo, Scripps Ranch areas. \$1.50 for Seniors and \$3.00 regular fare. Services also available in Paradise Hills, Mid City and Mira Mesa. Call M-F from 4 AM to 8 PM for pick up times or other details.</p>   |
| <p><b>E &amp; E Transportation</b></p> <p>395 North Coast Highway 101<br/>Encinitas, Ca. 92008<br/>760-942-9677<br/>(Cannot find on web. I called and left msg)</p> | <p>Provides free transportation for Regional Center and special events. Wheelchair lift equipped. Operates M-F 6-5PM. Available for people with disabilities in East County and North County.</p>  |
| <p><b>Escondido Out and About</b></p> <p>1151 South Redwood St.<br/>Escondido, Ca. 92025<br/>760-480-1030</p>   | <p>Free shuttle services for Escondido residents. Medical appointments on Monday and Thursday; shopping on Tuesday and Friday. Call at least 72 hours in advance to ensure transportation and specify if wheelchair lift is required.</p>  |
| <p><b>Faith in Action</b></p> <p>4069 30<sup>th</sup> St.<br/>San Diego, Ca. 92104<br/>619-284-9281 (This # goes to eldercare)</p>                                  | <p>Local Faith in Action programs bring together volunteers from many faith to work together to care for their neighbors who have long-term health needs. Volunteers help those in need by providing non-medical assistance with tasks such as picking up a few groceries to running errands and providing a ride to the doctor. For more information, please call or visit their website.</p> |
| <p><b>Friends in Service to Humanity (FISH)</b></p> <p>5940 Kelton Ave.<br/>La Mesa, Ca. 91942<br/>619-390-0399</p>   | <p>Free Ground transportation. Must call 3-4 days before needing ride to assure transportation is available. Only service East County Residents. Call M-Sun. 7 AM-7 PM to schedule a ride or for more information.</p>   |
| <p><b>Gloria E. McClellan Senior Center</b></p> <p>1400 Vale Terrace Dr.<br/>Vista, Ca. 92084<br/>760-639-6164</p>  | <p>Gloria E. McClellan Senior Center offers transportation to seniors in the Vista area. Please call for more information M-F 8-4 PM.</p>  |



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| <p><b>Joan's Journey Senior Transportation Program</b></p> <p>3355 Morago Place<br/>San Diego, Ca. 92117<br/>858-273-7273 or 619-889-0103</p> | <p>Transportation provides for shopping, doctor's appointments, and errands. Services central San Diego and beach areas; no South Bay or East County. Rates are \$17.00 for the first half hour and \$5.00 per 15 minutes thereafter. Call 2-7 days in advance M-F 8-5 PM. To ensure transportation.</p> |
| <p><b>Laidlaw Transit</b></p> <p>212343 Oak Knoll Rd.<br/>Poway, Ca. 92064<br/>858-748-8152 or 800-921-9664</p>                               | <p>Available for Seniors and persons with disabilities. Serves Poway, Rancho Bernardo, and Penasquitos. Wheelchair lift equipped. Call 2-7 days in advance M-Sun 8-5 PM. Fees range from \$3.50-\$4.50.</p>  |
| <p><b>Lifeline Rural</b></p> <p>800-266-6883</p>  | <p>Transportation costs vary per ride from \$1.00-\$3.00; lines are wheelchair lift equipped. Please contact San Diego County Transit System for more details M-F 8-5:30 PM. Or link to their Online Trip Planner from their homepage.</p>   |
| <p><b>Lutheran Social Services</b></p> <p>270 F St. Ste. 21<br/>Chula Vista, Ca. 91910<br/>619-476-7055</p>                                   | <p>Provides free transportation twice a month to seniors who meet income requirements and live in Chula Vista. Call 5 days in advance M-F 9-3 PM for transportation. Cost is free to individuals who meet income requirements or \$3.00 each way.</p>  |
| <p><b>Mercy Hospital</b></p> <p>4077 Fifth Ave<br/>San Diego, Ca. 92103<br/>619-407-4680 or 619-294-8111</p>                                  | <p>No Charge to patients with a 7 mile radius of the hospital. Please make appointment 24 hours in advance. Doctor or Nurse must have the appointment. Lift equipped. 8 AM- 5 PM M-F and 10 AM- 2 PM Sat.</p>  |
| <p><b>Metropolitan Transit System Access</b></p> <p>800 Sesler Ave.<br/>El Cajon, Ca. 92113<br/>888-517-9627</p>                              | <p>Ground transportation. Must be ADA (American Disability Act) Certified in order to ride for \$4.50 round trip. Call 2 days in advance M-Sun 8-5 PM to confirm ride or for details about services.</p>   |
| <p><b>National Patient Air Transport Helpline</b></p> <p>800-296-1217</p>   | <p>The National Patient Travel helpline provides information about all forms of charitable, long distance medical air transportation and provides referrals to all appropriate sources of help available in the national charitable medical air transportation network.</p>                              |

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| <p><b>National Patient Travel Center</b></p> <p>4620 Haygood Rd. Ste 103<br/>Virginia Beach, Va. 23455<br/>800-296-1217</p> | <p>PatientTravel.org is the website for the National Travel Center, providing services to those seeking a way to travel long-distances for specialized medical evaluations, diagnosis and treatment. Call or e-mail <a href="mailto:mercymedical.erols.com">mercymedical.erols.com</a>.</p>            |
| <p><b>No Vacancy</b></p> <p>1325 Grand Ave. Ste 103<br/>San Marcos, Ca. 92078<br/>760-471-5346</p>                          | <p>Provides curb-to-curb service to all of San Diego. Cost varies depending upon distance. Medi-Cal accepted. Wheelchair equipped. Please call 2 days in advance M-F 8-5 PM to arrange for transportation.</p>   |
| <p><b>North County Lifeline Community Services</b></p> <p>200 Michigan Ave.<br/>Vista, Ca. 92084<br/>760-726-1111</p>       | <p>Offers curb-to-curb transportation to individuals with certified disabilities through the ADA (American Disabilities Act). Cost is \$3.50 each way. Services North County only. Call M-Sun 8-5 PM for service area and other details.</p>   |
| <p><b>North County Transit District</b></p> <p>810 Mission Ave.<br/>Oceanside, Ca. 92054<br/>760-966-6500</p>               | <p>Online bus route information is available and more.</p>   |
| <p><b>Paradise Valley Hospital</b></p> <p>2400 4<sup>th</sup> St.<br/>National City, Ca. 91950<br/>619-470-4321</p>         | <p>Transportation provided to Paradise Valley Hospital and surrounding medical clinics within a 12 mile radius of hospital. Call 1 week in advance for a ride or 2 weeks in advance for wheelchair access. Call M-F 7:30-3:30 PM for more information or to reserve rides.</p>                         |
| <p><b>Peninsula Shephard Senior Center</b></p> <p>1475 Catalina Blvd.<br/>San Diego, Ca. 92107<br/>858-565-1392</p>         | <p>Provides transportation to individuals who reside in the zip codes of 92106 (Point Loma) and 92107 (Ocean Beach). Donations only. No wheelchair access. Mainly grocery shopping and local appointments. Pick up and drop off from home. Call a few days ahead of time to ensure transportation.</p> |
| <p><b>Poway Transit</b></p> <p>12313 Oak Knoll Rd.<br/>Poway, Ca. 92064<br/>858-748-8152 or 877-232-7433</p>                | <p>Fixed route transportation for Poway area. Fee is \$1.75.</p>   |

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| <p><b>Rancho San Diego Shuttle (91977)</b></p> <p>619-233-3004</p>  | <p>Serves the areas of Spring Street Trolley Station of South Barcelona Dr., and Austin Dr., Jamacha, Doubletree and Rancho San Diego Village. Call M-F 9-5 PM 2-3 days in advance. Donations accepted.</p>   |
| <p><b>Redwood Elder Link</b></p> <p>1151 S. Redwood<br/>Escondido, Ca. 92025<br/>760-480-1030</p>   | <p>Provides transportation services to senior citizens and disabled individuals living in Escondido for doctor appointments and shopping. Call M-F 904 PM for more information.</p>   |
| <p><b>Rides and Smiles</b></p> <p>Temple Adat Shalom<br/>15905 Pomerado Rd.<br/>Poway, Ca. 92064<br/>858-674-1123</p>   | <p>Provides transportation to seniors 60 years and older in Poway, Rancho Bernardo, Rancho Penasquitos, and Diamond Gateway. Must be ambulatory. Appointments need to be made 1 week in advance. Cost is a donation based on income. Please call for enrollment.</p>  |
| <p><b>Scripps Clinic Rancho Bernardo</b></p> <p>15004 Innovation Dr.<br/>San Diego, Ca. 92128<br/>858-487-1800 ext. 1708</p>  | <p>Offers transportation from Rancho Bernardo Clinic to Green Hospital in La Jolla M, W, F at 9 AM and 11:30 AM to La Jolla and at 1 PM and 5 PM from La Jolla. No wheelchairs. Available to Scripps patients only. There is a \$10.00 round trip fee. Call 1 business day in advance to schedule a ride.</p> |
| <p><b>Senior on the Go Transportation Services</b></p> <p>4933 Calle Sobrado<br/>Oceanside, Ca. 92056<br/>760-758-1323<br/><a href="mailto:seniorsonthego@cox.net">seniorsonthego@cox.net</a></p> | <p>Offers non-emergency medical transportation. Pick up charge varies according to travel distance for pick up and then \$1.25 per mile from home to destination. Door-to-door service. No lift for wheelchair accessibility. Service all of North County. Call for details M-F or e-mail.</p>                |
| <p><b>Sharp Chula Vista Medical Center</b></p> <p>751 Medical Center Ct.<br/>Chula Vista, Cal 91911<br/>619-644-4228 or 619-502-5800</p>  | <p>Free door-to-door transportation for individuals going to and from treatment at Sharp Hospital. Call 2 weeks in advance M-F 8-4 PM to assure transportation.</p>   |
| <p><b>Sharp Grossmont Hospital</b></p> <p>5555 Grossmont Center Dr.<br/>La Mesa, Ca. 91942<br/>619-644-4288 or 619- 740-6000</p>  | <p>Free transportation to Sharp Hospitals. Serves surrounding area of hospital site. Call 2 weeks in advance M-F 7-4 PM to assure transportation.</p>   |

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| <p><b>Southwest Rural</b></p> <p>619-478-5875</p>   | <p>Bus service for residents of Jacumba, Campo, Pine Valley, Tecate, Crest, Bolder Oaks, Viejas, going to La Mesa and El Cajon, Santee and all places between. Call M-F 7-6 PM for bus schedule and routes. \$2.00 if within 25 miles, \$3.00 if over 25 miles.</p> |
| <p><b>Stride</b></p> <p>619-699-7336<br/> <a href="mailto:ahe@sandag.org">ahe@sandag.org</a></p>  | <p>Stride helps you find specialized transportation throughout the county.</p>  |
| <p><b>Tri-City Medical Center</b></p> <p>4002 Vista Way<br/> Oceanside, Ca. 92056<br/> 760-940-7433 or 760-724-8411</p>                           | <p>No charge to patients within a 7 mile radius of the medical center. Please make appointment 24 hours in advance. 7:30 AM- 3:30 PM. Lift equipped.</p>  |
| <p><b>Veterans Affairs San Diego Health Care</b></p> <p>3350 La Jolla Village Dr.<br/> San Diego, Ca. 92161<br/> 800-331-8387 or 858-552-8585</p> | <p>Offers transportation to outpatients in Mission Valley to and from appointments at the V.A. Hospital. Services most of San Diego. Call 24/7 two weeks in advance to arrange transportation and leave information on recording to assure transportation.</p>      |
| <p><b>Vista Mileage Reimbursement Program</b></p> <p>1400 Vale Terrace Dr.<br/> Vista, Ca. 92084<br/> 760-639-6161</p>                            | <p>There are eligibility requirements for this transportation program offering mileage reimbursement. Call for further details.</p>   |
| <p><b>Vista Out and About Program</b></p> <p>1400 Vale Terrace Dr.<br/> Vista, Ca. 92084<br/> 760-639-6161</p>                                    | <p>Transportation only available for Vista seniors 60+ M-TH 10AM -12 PM. Door-to-door mini-bus group service for a maximum of 10 passengers. A \$1.00 donation is suggested. Call 48 hours ahead.</p>   |

## Support Groups

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| <p><b>Clairemont Wellness Center</b></p> <p>3794 Clairemont Dr.<br/>San Diego, Ca. 92117<br/>858-274-9355</p>                        | <p>Clairemont Wellness Center provides acupuncture blended with the art and science of traditional Chinese Medicine.</p>  |
| <p><b>David Blackburn Wings of Care Program</b></p> <p>477 N. El Camino Real Ste. D200<br/>Encinitas, Ca. 92024<br/>760-452-3340</p> | <p>Wings of Care introduce On-Site Acupuncture Services. Kimberley Taylor L. AC is their acupuncturist. Please contact them for more information.</p>   |
| <p><b>Healthy Community Acupuncture</b></p> <p>277 E. Lexington Ste. B<br/>El Cajon, Ca. 92020<br/>619-447-2700</p>                  | <p>Healthy Community Acupuncture is a Community Supported Acupuncture Clinic in East San Diego that charges \$15-\$35 per treatment- you decide what you can afford to pay. Please call for more information.</p> |
| <p><b>San Diego Cancer Center</b></p> <p>Vista: 760-598-1700<br/>Encinitas: 760-634-6661</p>   | <p>Acupuncture sessions can be scheduled at the Vista or Encinitas offices. Please call for more information.</p>   |
| <p><b>Vital Point</b></p> <p>3202 Third Ave.<br/>San Diego, Ca. 92103<br/>619-220-7456</p>   | <p>Vital Point offers traditional acupuncture, Chinese Herbs Shiatsu Massage, and Nutrition advice.</p>   |

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| <p><b>CancerCare</b></p> <p>275 Seventh Ave.<br/> New York, NY 10001<br/> 800-813-4673<br/> <a href="mailto:info@cancercare.org">info@cancercare.org</a></p> | <p>Caregivers- Telephone support group: bring together people from around the county on a weekly one-hour phone call to share experiences, concerns and triumphs. Telephone support group is free and moderated by a professional oncology social worker from CancerCare's Staff. Call 800-813-HOPE (7673) to register.</p>   |
| <p><b>Leukemia &amp; Lymphoma Society</b></p> <p>9150 Chesapeake St. Ste. 100<br/> San Diego, Ca. 92123<br/> 858-277-1800</p>                                | <p>This family Support Group is designed for both patients and their family members to offer emotional support and education throughout your cancer journey. Under professional guidance, patients and family members can discuss their anxieties and concerns with others who share a similar experience. Group meets the last Tues of each month from 6:30-8:30 PM. Please call Patient Services to pre-register.</p> |
| <p><b>Moore's UCSD Cancer Center</b></p> <p>3855 Health Sciences Dr. Rm 2007<br/> La Jolla, Ca. 92093-0658<br/> 858-657-6041</p>                             | <p>Chronic Lymphocytic Leukemia (CLL) Education &amp; Support. A monthly educational seminar and support group for patients with chronic lymphocytic leukemia. This group meets the 1<sup>st</sup> Wednesday of every month 4:00-5:30 PM. It is located in Corner Commons at Moore's UCSD Cancer Center. Facilitator: Sheila Allameh, B.A. Please contact them for more information.</p>                                |

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| <p><b>Matches</b></p> <p>231 E. 3<sup>rd</sup> St. Ste. G107<br/> Los Angeles, Ca. 90013<br/> 888-236-4673<br/> <a href="mailto:A3M@LTSC.org">A3M@LTSC.org</a></p>  | <p>Information and referral about bone marrow and stem cell donations.</p>   |
| <p><b>BMT InfoNet</b></p> <p>2310 Skokie Valley Rd.<br/> Highland Park, IL. 60035<br/> 888-597-7674<br/> <a href="mailto:help@bmtinfonet.org">help@bmtinfonet.org</a></p>   | <p>This site offers donor matching information, a blood and marrow transplant newsletter, resource directory and a transplant center database.</p>   |
| <p><b>Moore's UCSD Cancer Center</b></p> <p>3855 Health Sciences Dr. Rm 2007<br/> La Jolla, Ca. 92093-0658<br/> 858-657-6041</p>  | <p>The support group is for patient who have had allogenic stem cell transplant from a family member or an unrelated donor. This support group meets on the last Monday of every month from 11:00 AM- 12:30 PM in Room 2007. Facilitators: Pamela Gardner LCSW and Jodi Garrett RN. Please call to register.</p> |
| <p><b>Scripps Cancer Center</b></p> <p>Scripps Green Cancer at Scripps Clinic<br/> 10666 N. Torrey Pines Rd.<br/> La Jolla, Ca. 92037<br/> 858-554-9376<br/> <a href="mailto:friedman.tom@scrippshealth.org">friedman.tom@scrippshealth.org</a></p> | <p>Stem Cell Transplant workshop/support group for patients and family members. Meets approximately every 3 months in the Green Cancer Pavillion. Facilitated by Tom Friedman, LCSW and Ann Marie Borman, RN. Please call for more information</p>   |
| <p><b>UCSD Thornton Hospital</b></p> <p>9350 Campus Point Dr.<br/> La Jolla, Ca. 92037<br/> 858-657-6041 or 858-657-7000</p>  | <p>Offering support to individuals and those affected by issues related to bone marrow and stem cell transplants. A support group for patients who are pre and post bone marrow transplant. Family and adult supportive friends are also invited to participate. Please call for schedule.</p>                   |

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| <p><b>American Cancer Society (ACS)</b></p> <p>2655 Camino Del Rio N., Ste 100<br/>San Diego, Ca. 92108<br/>619-299-4200</p>  | <p>I CAN COPE is an educational series and individual class sessions are held throughout San Diego County for cancer patients and their families. Please call for locations and times.</p>   |
| <p><b>CancerCare</b></p> <p>275 Seventh Ave.<br/>New York, NY 10001<br/>800-813-4673<br/><a href="mailto:info@cancercare.org">info@cancercare.org</a></p>   | <p>Family or Caregiver: Telephone support group: bring together people from around the county on a weekly one-hour phone call to share experiences, concerns and triumphs. Telephone support group is free and moderated by a professional oncology social worker from CancerCare's Staff. Call 800-813-HOPE (7673) to register.</p> |
| <p><b>CancerCare</b></p> <p>275 Seventh Ave.<br/>New York, NY 10001<br/>800-813-4673<br/><a href="mailto:info@cancercare.org">info@cancercare.org</a></p>   | <p>Caregivers- Telephone support group: bring together people from around the county on a weekly one-hour phone call to share experiences, concerns and triumphs. Telephone support group is free and moderated by a professional oncology social worker from CancerCare's Staff. Call 800-813-HOPE (7673) to register.</p>          |
| <p><b>David Blackburn Wings of Care Program</b></p> <p>477 N. El Camino Real, Ste D200<br/>Encinitas, Ca. 92024<br/>760-452-3340<br/><a href="mailto:rlamaster@pacificoncology.com">rlamaster@pacificoncology.com</a></p> | <p>A Breath of Fresh Air: Caregiver Support Group. A free support group for caregivers, family and friends. It meets every other Monday from 10AM-11:15 AM. Please call Ruth Lamaster for more information.</p>  |
| <p><b>Hospice of the North Coast</b></p> <p>2525 Pio Pico Dr.<br/>Carlsbad, Ca. 92008<br/>760-431-4100</p>  | <p>This caregivers group is available to anyone caring for the seriously ill. Fellow caregivers share coping tips, resources, and find mutual support. The group meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 9:30-11:00 AM. Please call for further information.</p>                                      |
| <p><b>Hospice of the North Coast</b></p> <p>2525 Pio Pico Dr.<br/>Carlsbad, Ca. 92008<br/>760-431-4100</p>  | <p>Licensed counselors, interns and trainees provide individual counseling. Occasionally small fees are asked to cover expenses related to art supplies, memory books, and related items. Please call for appointment.</p>   |



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| <p><b>Jewish Family Service- Center For Counseling</b></p> <p>8804 Balboa Ave.<br/>San Diego, Ca. 92008<br/>858-637-3000</p>                         | <p>Caregivers support group meets 2<sup>nd</sup> and 4<sup>th</sup> Tuesday from 12:15-1:45 PM. There is a \$20.00 screening fee. Please call Rachel Manes to register.</p>   |
| <p><b>Kaiser Permanente</b></p> <p>Vista Medical Offices<br/>780 Shadowridge Dr. Ste. 2<br/>Vista, Ca. 92083<br/>760-599-2350</p>                    | <p>This program provides information and ongoing support to help caring for ill loved ones, where they will find information about coping skills, community resources, caregiver techniques, and more. This class is open to the general public. Support group meets every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month from 3-4 PM at Vista Medical Offices. Please call to register.</p>   |
| <p><b>Kaiser Permanente</b></p> <p>619-528-6664 or 619-682-6101</p>  | <p>Ambulatory Care Nurse coordinator-Available for Kaiser patients only. Please call with any questions regarding coordination of care and oncology services.</p>   |
| <p><b>Kaiser Permanente</b></p> <p>Kaiser Permanente Medical Center<br/>4647 Zion Ave.<br/>San Diego, Ca. 92120<br/>619-641-4456 or 619 5437</p>     | <p>This program provides information and ongoing support to help caring for ill loved ones. Information about coping skills, community resources, caregiver techniques, is also provided. This class is open to the general public. Support group meets every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month from 5:30-6:30 PM, at the San Diego Medical Center. To register, please call.</p> |
| <p><b>Kaiser Permanente</b></p> <p>Kaiser Permanente Medical Center<br/>4647 Zion Ave.<br/>San Diego, Ca. 92120<br/>619-641-4456 or 619-528-5437</p> | <p>This program provides information and ongoing support to help caring for ill loved ones. Information about coping skills, community resources, caregiver techniques, is also provided. This class is open to the general public. Support group meets every 3<sup>rd</sup> and last Tuesday of each month from 1-2 PM, at the San Diego Medical Center. Please call to register.</p>                    |
| <p><b>Kaiser Permanente</b></p> <p>Bonita Medical Offices<br/>3955 Bonita Rd.<br/>Bonita, Ca. 91902<br/>619-641-4456 or 619-528-5000</p>             | <p>This program provides information and ongoing support to help caring for ill loved ones. Information about coping skills, community resources, caregiver techniques, is also provided. This class is open to the general public. Support group meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month from 3-4 PM, at the Bonita Medical Offices. Please call to register.</p>                 |

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| <p><b>Kaiser Permanente</b></p> <p>El Cajon Medical Offices<br/> 1630 East Main St.<br/> San Diego, Ca. 92021<br/> 619-590-0616</p>  | <p>This program provides information and ongoing support to help caring for ill loved ones. Information about coping skills, community resources, caregiver techniques, is also provided. This class is open to the general public. Support group meets every 2<sup>nd</sup> and last Friday of each month from 1-2 PM, at the Bostonia Medical Office. Please call to register.</p> |
| <p><b>Kids Konnected</b></p> <p>Scripps Mende Well Being Center<br/> 5305 La Jolla Village Dr. Ste. L-5<br/> San Diego, Ca. 92122<br/> 1-800-SCRIPPS<br/> <a href="mailto:info@kidskonnected.org">info@kidskonnected.org</a><br/> Call Cary Terra, MA 619-540-3630</p> | <p>Non-Profit org. providing friendship, understanding, education, and support to kids who have a parent with cancer.<br/> 2<sup>nd</sup> Thurs of each month from 7:00-8:00 PM</p> <p>UTC (above Peking Palace Restaurant)</p>  |

## Treatment Options

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| <p><b>American Cancer Society (ACS)</b></p> <p>2655 Camino Del Rio N Ste. 100<br/>San Diego, Ca. 92108<br/>800-227-2345</p>  | <p>Learn about available treatment options, find treatment centers, participate in clinical trials of new treatments, and use the Treatment Decision Tools to help determine the best treatment option for you.</p>   |
| <p><b>American Lung Association</b></p> <p>2740 4<sup>th</sup> Ave.<br/>San Diego, Ca.<br/>800-548-8252 or 619-297-3901<br/><a href="mailto:webmaster@lungusa.org">webmaster@lungusa.org</a></p> | <p>American Lung Association link has a decision support tool called NexProfiler that can personalize a treatment report tailored to your diagnosis. The report will give you pros and cons of each treatment, and side effects.</p>  |
| <p><b>Be-Cancer-Smart</b></p> <p>PO Box 965<br/>Spanish Fork, UT. 84660<br/><a href="mailto:info@northskyinc.com">info@northskyinc.com</a></p>   | <p>This site is to be used as a resource to find qualified sites that deal with cancer, which gives a full and comprehensive information about each type of cancer, symptoms, how they are diagnosed, research, clinical trials, treatment, organizations, etc.</p>   |
| <p><b>BMT InfoNet</b></p> <p>2310 Skokie Valley Rd. Ste. 104<br/>Highland Park, IL. 60035<br/>847-433-3313 or 888-597-7674</p>   | <p>BMT has a list of drugs that patients of bone marrow, stem cell and cord blood transplants receive during treatment. It explains why they are used and some of the possible side effects.</p>  |
| <p><b>Cancer Monthly</b></p> <p>14460 New Falls of Neuse Rd. Ste. 149-243<br/>Raleigh, NC. 27614<br/>919-570-8589<br/><a href="mailto:infor@cancermonthly.com">infor@cancermonthly.com</a></p>   | <p>Cancer Monthly provides cancer patients with the results of hundreds of therapies for advanced and metastatic cancers so that patients can compare treatments. Every month, Cancer Monthly summarizes the last clinical results of cancer therapies presented by oncologists, researchers, and other cancer professionals working in hospitals and research institutions around the world.</p> |
| <p><b>Cancer Treatment Centers of America</b></p> <p>888-841-9506</p>  | <p>Offers a private conversation with an Oncology Information Specialist and they can inform you about treatment by cancer type and available options for your treatment. You can e-mail, call or chat online.</p>  |

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| <p><b>CancerConsultants</b></p> <p><a href="mailto:support@cancerconsultants.com">support@cancerconsultants.com</a></p>  | <p>CancerConsultants Oncology resources center provides introduction to cancer treatments for the newly diagnosed with cancer.</p>  |
| <p><b>Cancerfacts.com</b></p> <p>1725 Westlake Ave. North, Ste. 300<br/>Seattle, Wash. 98109<br/><a href="mailto:answers@support.nexcura.com">answers@support.nexcura.com</a></p>                      | <p>This web site will help people with cancer make informed treatment decisions. Link delivers accurate and personalized information through the NexProfiler tools for cancer.<br/><b>(Site being worked on. Unable to verify info.)</b></p>  |
| <p><b>Chemotherapy.com</b></p>   | <p>You could find chemotherapy related questions and more on the link.</p>  |
| <p><b>Chronic Disease Management</b></p> <p>10880 John W. Elliott Dr. Ste. 500<br/>Frisco, TX. 75034<br/>877-968-7233<br/><a href="mailto:info@diseaseTrak.com">info@diseaseTrak.com</a></p>           | <p>Chronic Disease Management Group (CDMG) has developed an online, patient-centric portal called Disease Trak that helps sufferers take control and responsibility of treatment. Disease Trak is a therapy management tool that enables us to simply and effectiveness of our therapy and quality of life.</p> |
| <p><b>Leukemia &amp; Lymphoma Society</b></p> <p>1311 Mamaroneck Ave.<br/>White Plains, NY 10605<br/>800-955-4572</p>  | <p>The Leukemia &amp; Lymphoma Society provides blood cancer patients with chemotherapy, radiation therapy, stem cell, marrow transplantation, and immunotherapy treatment approaches.</p>  |
| <p><b>Medline Plus</b></p> <p>8600 Rockville Pike<br/>Bethesda, MD. 20894</p>  | <p>An online tutorial to inform and answer questions regarding a variety of treatments.</p>   |
| <p><b>National Cancer Institute</b></p> <p>6116 Executive Blvd. MSC 8322<br/>Bethesda, MD. 20892<br/>800-422-6237<br/><a href="mailto:cancergovstaff@mail.nih.gov">cancergovstaff@mail.nih.gov</a></p> | <p>This link will give you information about finding types of treatment, drug information, how to find treatment and more.</p>  |
| <p><b>National Institute of Neurological Disorders and Stroke</b></p> <p>PO Box 5801<br/>Bethesda, MD. 20824<br/>800-352-9424 or 301-496-5751</p>  | <p>National Institute of Neurological Disorders and stroke (NINDS) web site has Disorder index, Funding and Research, News and Events, Clinical Trials, Trainings and more.</p>   |

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| <p><b>OncoLink</b></p> <p>3400 Civic Center Blvd.<br/> Philadelphia, PA. 19104<br/> 800-474-9892 or 215-349-8895<br/> <a href="mailto:ContactUs@EmergingMed.com">ContactUs@EmergingMed.com</a></p> | <p>Cancer NexProfiler™ Tools helps patients compare treatment options and determine whether treatment-related side effects are acceptable to them.</p>                                 |
| <p><b>Oncologychannel</b></p> <p>18 Elizabeth St. Ste 300<br/> W. Conshohocken, PA. 19428<br/> 610-834-1810</p>  | <p>Oncologychannel offers a widespread of tumor and cancer information, and cancer treatments.</p>   |
| <p><b>Pacific Oncology and Hematology</b></p> <p>9850 Genessee Ave. Ste. 830<br/> La Jolla, CA. 92037<br/> 858-553-1410</p>  | <p>Learn about 29 types of cancer, staging and treatment. There are 4 offices in San Diego. Please click on the link for the list of locations.</p>                                    |
| <p><b>The Second Opinion</b></p> <p>1200 Gough Street<br/> San Francisco, CA. 94109<br/> <a href="mailto:mail@thesecondopinion.org">mail@thesecondopinion.org</a></p>                              | <p>This program provides multidisciplinary second opinions to adults in California who have been diagnosed with new or recurring cancer. Please contact them for more information.</p> |
| <p><b>UCSF Comprehensive Cancer Center</b></p> <p>Box 0875 UCSF<br/> San Francisco, CA. 94143-0128<br/> 800-888-8664</p>   | <p>Select a cancer type and learn about treatment options for that cancer.</p>   |

## Lists of Clinical Trials

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| <p><b>Cancer.com</b></p>  | <p>Provides links to clinical trials being conducted across the country.</p>   |
| <p><b>Cancer411.com</b></p> <p>1316 W. Alameda Ave.<br/>Burbank, CA. 91506<br/>877-cancr411 (226-7411) or 818-482-1504</p>  | <p>On this website you can find a list of clinical trials available based on cancer type and city.</p>   |
| <p><b>CancerConsultants</b></p> <p>866-315-9389<br/><a href="mailto:support@cancerconsultants.com">support@cancerconsultants.com</a></p>                                  | <p>This link has a clinical trials search engine by cancer type.</p>   |
| <p><b>CenterWatch</b></p> <p>10 Winthrop Square, 5<sup>th</sup> Fl.<br/>Boston, MA. 02110<br/>617-948-5100 or 866-219-3440</p>  | <p>CenterWatch lists hundreds of clinical trials and offers notification service and other resources.</p>  |
| <p><b>City of Hope</b></p> <p>1500 E. Duarte Rd.<br/>Duarte, CA. 91010<br/>626-256-HOPE (4673)</p>  | <p>Clinical Trials On-Line describes research programs and ongoing research studies (clinical trials) at City of Hope National Medical Center.</p>   |
| <p><b>ClinicalTrials.ResourceAid</b></p>  | <p>A clearinghouse of links to clinical trials being held for cancer and other diseases.</p>   |
| <p><b>Coalition of National Cancer Cooperative Groups (CNCCG)</b></p> <p>1818 Market St. Ste. 1100<br/>Philadelphia, PA. 19103-3611<br/>877-520-4457 or 215- 789-3601</p> | <p>Patients and caregivers can learn the basics of clinical trials or use CNCCGs interactive Guide to Cancer Clinical Trials to find one that may be right for you.</p>  |
| <p><b>Cutaneous Lymphoma Foundation</b></p> <p>PO Box 374<br/>Birmingham, MI. 48012<br/>248-644-9014</p>  | <p>The Cutaneous Lymphoma Foundation is an independent, non-profit patient advocacy organization dedicated to supporting every person with cutaneous lymphoma by promoting awareness and education, advancing patient care, and facilitating research.</p> |

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| <p><b>Fred Hutchinson Cancer Research Center</b></p> <p>1100 Fairview Ave N. PO Box 19024<br/>Seattle, WA. 98109<br/>206-667-5000 or 800-804-8824<br/><a href="mailto:hutchdoc@fhcrc.org">hutchdoc@fhcrc.org</a></p> | <p>Find Clinical Trials that are being conducted at the Fred Hutchinson Cancer Research Center, the University of Washington and Children's Hospital and Regional Medical Center.</p>  |
| <p><b>Huntsman Cancer Institute</b></p> <p>200 Circle of Hope<br/>Salt Lake City, UT 84112<br/>877-585-0303 or 801-585-0303</p>  | <p>Huntsman Cancer Institute University of Utah- has a list of current clinical trials.</p>  |
| <p><b>Institute of Healthcare Assessment</b></p> <p>6699 Alvarado Rd. Ste. 2309<br/>San Diego, CA. 92120<br/>619-582-5564</p>  | <p>The Institute of Healthcare Assessment is a multispecialty research center for phase II through IV outpatient clinical trials. Permanent full-time research staff and fully equipped research facilities to meet the specific requirements of the most demanding clinical research evaluations.</p> |
| <p><b>Kaiser Permanente</b></p> <p>Kaiser Permanente Medical Center<br/>4647 Zion Ave.<br/>San Diego, CA. 92120<br/>800-398-3996 or 619-528-6651</p>   | <p>Kaiser Division of Research (DOR), conducts many Clinical Trials. You must be a Kaiser member to participate. Please call for more information.</p>   |
| <p><b>Mayo Clinic</b></p> <p>200 1<sup>st</sup> St. S.W.<br/>Rochester, MN. 55905<br/>507-538-7623 or 800-664-4542</p>   | <p>A list of clinical trials conducted by the Mayo Clinic in Arizona, Florida, and Minnesota.</p>  |
| <p><b>Memorial Sloan-Kettering Cancer Center</b></p> <p>1275 York Ave.<br/>New York, NY. 10065<br/>888-675-7722 or 212-639-2000</p>  | <p>Search a list of trials, for adults and children, being conducted at Memorial Sloan-Kettering Cancer Center.</p>  |
| <p><b>Moore's UCSD Cancer Center</b></p> <p>3855 Health Sciences Dr.<br/>La Jolla, CA. 92093-0658<br/>858-657-7000</p>   | <p>UCSD conducts many clinical trials. Please call if you are interested in participating or need more information.</p>  |

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| <p><b>North County Oncology Medical Clinic</b></p> <p>3925 Waring Rd. Ste C<br/>Oceanside, CA. 92056<br/>760-758-5770</p>  | <p>At North County Oncology Medical Clinic, Inc., current services include immune therapy, biologic therapy, supportive care, and clinical research trials. Chemotherapy and blood transfusions are now given in the office infusion center.</p>  |
| <p><b>National Cancer Institute</b></p> <p>6116 Executive Blvd. MSC 8322<br/>Bethesda, MD. 20892<br/>800-422-6237<br/><a href="mailto:cancergovstaff@mail.nih.gov">cancergovstaff@mail.nih.gov</a></p> | <p>NCI lists national active clinical trials, provides a thorough guide to understanding trials, and information about research trials if you want to be considered. Also link has summaries of peer reviewed cancer treatment, clinical trials, literature, news, and links to websites.</p>   |
| <p><b>National Comprehensive Cancer Network (NCCN)</b></p> <p>275 Commerce Dr. Ste. 300<br/>Fort Washington, PA. 19034<br/>888-909-6226 or 215-690-0300</p>  | <p>NCCN is committed to improving and advancing promising cancer therapies through clinical trials. Cancer treatment clinical trials are research studies to find better ways to treat cancer. Clinical trials often compare the mostly accepted cancer treatment) standard treatment) with a new treatment that doctors hope will be better.</p> |
| <p><b>National Institute of Health (NIH)</b></p> <p>9000 Rockville Pike<br/>Bethesda, MD. 20892<br/>301-496-4000<br/><a href="mailto:niinfo@od.nih.gov">niinfo@od.nih.gov</a></p>                      | <p>Search NIH by disease and location of clinical trials: also includes general information and services offered at NIH.</p>  |
| <p>Oncology Associates of San Diego</p> <p>3075 Health Center # 102<br/>San Diego, CA 92123<br/>858-637-7888</p>   | <p>Conducts research with Sharp/Sidney Kimmel; no online list of trials. Call the Clinical Research Coordinator for more information or to register.</p>  |
| <p><b>Pacific Oncology and Hematology</b></p> <p>477 N. El Camino Real Ste. D200<br/>Encinitas, CA. 92024<br/>760-452-3340</p>   | <p>Serving patients with hematology and oncology care, along with a clinical trials program. There are 4 offices in San Diego. Please click on the link for a list of locations.</p>  |



## Education on Clinical Trials

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| <p><b>Amadeo</b></p>  | <p>Free access to medical studies from hundreds of journals.</p>   |
| <p><b>Amgen</b></p> <p>One Amgen Center Dr.<br/>Thousand Oaks, CA. 91320-1799<br/>805-447-1000</p>  | <p>Find answers to common questions about clinical trials.</p>   |
| <p><b>Association of Cancer Online Resources (ACOR)</b></p> <p>173 Duane St. Ste, 3A<br/>New York, NY. 10013-3334</p>   | <p>Clinical trials web site addresses the following:<br/>What are Clinical Trials? What are investigational drugs? What are therapeutic levels of evidence and more.</p>   |
| <p><b>Association of Community Cancer Centers (ACCC)</b></p> <p>11600 Nebel St. Ste. 201<br/>Rockville, MD. 20852<br/>301-984-9496</p>  | <p>The Association of Community Cancer Centers-Clinical Trials Resource Center Partners with Thomson CenterWatch, for information on clinical research for healthcare professionals, patients and their advocates. Please log on to learn more about clinical research and new medical therapies for treating Oncology.</p>  |
| <p><b>Coalition of National Cancer Cooperative Groups (CNCCG)</b></p> <p>1818 Market St. Ste. 1100<br/>Philadelphia, PA. 19103-3611<br/>877-520-4457 or 215- 789-3601</p>                       | <p>On this link you will learn about Clinical Trials: What you need to know.</p>   |
| <p><b>Healthfinder</b></p> <p>PO Box 1133<br/>Washington, DC. 20013-1133<br/><a href="mailto:healthfinder@nhic.org">healthfinder@nhic.org</a></p>   | <p>IN this link you will find health information from A to Z, prevention and wellness, diseases &amp; conditions, and alternative medicine, plus medical dictionaries, an encyclopedia, journals, and more.</p>  |
| <p><b>HopeLab</b></p> <p>1991 Broadway St. Ste. 136<br/>Redwood City, CA 94063-1957<br/>650-569-5907<br/><a href="mailto:Customerservice@re-mission.net">Customerservice@re-mission.net</a></p> | <p>HopeLab is a nonprofit organization that combines research with innovative solutions to improve the health and quality of life of young people with chronic illness. They are committed to the scientific study of their interventions through research and outcome studies to ensure that these products and /or approaches are effective. For more information, please call or visit their website.</p> |

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| <p><b>Horizon Trial WYETH Oncology</b></p> <p>11 Cambridge Center<br/>Cambridge, MA 02142</p>                                       | <p>On this web page, you could find education on clinical trials such as: Background, Clinical Trial Phases, Safety, Pre-enrollment information, Drugs and Placebo, and your Doctor and the Clinical Trial.</p>                               |
| <p><b>Mayo Clinic</b></p> <p>200 1<sup>st</sup> St. S.W.<br/>Rochester, MN. 55905<br/>507-538-7623 or 800-664-4542</p>              | <p>The Mayo Clinic provides useful and up-to-date information and tools regarding clinical trials.</p>  |
| <p><b>Memorial Sloan-Kettering Cancer Center</b></p> <p>1275 York Ave.<br/>New York, NY. 10065<br/>888-675-7722 or 212-639-2000</p> | <p>U=Information about what clinical trials are and the purpose of conducting them.</p>   |
| <p><b>Pacific Oncology and Hematology</b></p> <p>477 N. El Camino Real Ste. D200<br/>Encinitas, CA. 92024<br/>760-452-3340</p>      | <p>Learn about 29 types of cancer, staging, treatment and clinical trials. There are 4 offices in San Diego. Please click on the link for a list of locations.</p>  |
| <p><b>People Living With Cancer</b></p> <p>1900 Duke St. Ste. 200<br/>Alexandria, VA. 22319<br/>703-797-1914</p>                    | <p>People Living with Cancer is the patient information web site of the American Society of Clinical Oncology (ASCO). It provides oncologist-approved information on more than 50 types of cancer, their treatments, and clinical trials.</p> |

## Matching Services for Clinical Trials

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| <p><b>American Cancer Society (ACS)</b></p> <p>2655 Camino Del Rio N. Ste. 100<br/>San Diego, CA. 92108<br/>800-227-2345</p>  | <p>This free Clinical Trial Matching and Referral Service is made available to American Cancer Society visitors through collaboration with EmergingMed.</p>   |
| <p><b>City of Hope National Medical Center</b></p> <p>1500 E. Duarte Rd.<br/>Duarte, CA. 91010<br/>626-256-HOPE (4673)</p>  | <p>City of Hope is a biomedical research, treatment, and educational institution dedicated to the prevention and cure of cancer and other life-threatening diseases.</p>  |
| <p><b>Coalition of National Cancer Cooperative Groups (CNCCG)</b></p> <p>1818 Market St. Ste. 1100<br/>Philadelphia, PA. 19103-3611<br/>877-520-4457 or 215- 789-3601</p>       | <p>TrialCheck is a search tool developed by the Coalition of Cancer Cooperative Groups to assist you in locating cancer clinical trials. This search tool uses nine simple questions. After you answer these questions, you will receive a list of cancer clinical trials in which you may be eligible to enroll.</p> |
| <p><b>OncoLink</b></p> <p>3400 Civic Center Blvd.<br/>Philadelphia, PA. 19104<br/>800-474-9892<br/><a href="mailto:ContactUs@emergingMed.com">ContactUs@emergingMed.com</a></p> | <p>Fill out an online questionnaire to determine if your profile can be matched in a national clinical trial.</p>   |
| <p><b>Veritas Medicine</b></p> <p>11 Cambridge Center<br/>Cambridge, MA. 02142<br/>617-234-1500</p>   | <p>Veritas Medicine provides free resources to clinical trials and information on treatment options.</p>  |

## Complementary Medicine

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| <p><b>Alternative Medicine Foundation</b></p> <p>PO Box 60016<br/>         Potomac, MD. 20859<br/>         301-340-1960<br/> <a href="mailto:info@amfoundation.org">info@amfoundation.org</a></p>           | <p>Resource guide for alternative and complementary medicine.</p>   |
| <p><b>American Academy of Medical Acupuncture (AAMA)</b></p> <p>1970 E. Grand Ave. Ste. 330<br/>         El Segundo, CA. 90245<br/>         310-364-1093</p>  | <p>Provides information to callers and referrals to appropriate community resources.</p>  |
| <p><b>American Academy of Pain Management</b></p> <p>13947 Mono Way #A<br/>         Sonora, CA. 95370<br/>         209-533-9744<br/> <a href="mailto:aapm@aapainmanage.org">aapm@aapainmanage.org</a></p>   | <p>Offers a search for Physicians who belong to the American Academy of Pain Management, clinical articles on pain and up-to-date treatment techniques, and more links.</p>   |
| <p><b>American Cancer Society (ACS)</b></p> <p>2655 Camino Del Rio N Ste. 100<br/>         San Diego, Ca. 92108<br/>         800-227-2345</p>   | <p>ACS offers research on complementary cancer treatments including: the patient's attitude and spirit; acupuncture, reflexology; herbs; vitamins nutrition; and much more.</p>   |
| <p><b>American Chronic Pain Association (ACPA)</b></p> <p>PO Box 850<br/>         Rocklin, CA. 95677<br/>         800-533-3231</p>  | <p>The American Chronic Pain Association offers peer support and education to help people combat, live and cope with chronic pain.</p>  |
| <p><b>Bioimmune</b></p> <p>8300 N Hayden Rd. Ste. A203<br/>         Scottsdale, AZ. 85258<br/>         480-778-1618</p>   | <p>This link provides the following complementary medicine,, newsletters, toxicity test, directory of clinics from all over the world, health video library, cancer research, prevention center and much more.</p>  |
| <p><b>Center for Mind-Body Medicine</b></p> <p>5225 Connecticut Ave. NW Ste. 415<br/>         Washington, DC. 20015<br/>         202-966-7338<br/> <a href="mailto:center@cmbm.org">center@cmbm.org</a></p> | <p>The Center for Mind-Body Medicine is working to create a more effective, comprehensive and compassionate model of healthcare and education. This model is based on self-awareness and relies on self-care as its core, combining modern science and the world's healing traditions</p> |

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| <p><b>David Blackburn Wings of Care Program</b></p> <p>477 N. El Camino Real Ste. D200<br/>Encinitas, CA. 92024<br/>710-452-3340</p>   | <p>They offer Traditional Chinese Medicine treatments. This is an ancient medical system used to prevent, diagnose and treat disease. Based on the belief that disease is caused when the body's vital energy is blocked. This restores a person's health by restoring their spiritual, emotional, mental and physical balance. Please contact them for more information.</p> |
| <p><b>Gerson Institute</b></p> <p>1572 2<sup>nd</sup> Ave. PO Box 161358<br/>San Diego, CA. 92101 San Diego, CA. 92176<br/>619-685-5353</p>  | <p>The Gerson Institute offers a range of programs focused on holistic treatment of chronic and degenerative diseases through Gerson Therapy.</p>   |
| <p><b>National Cancer Institute (NCI)</b></p> <p>6116 Executive Blvd. MSC 8322<br/>Bethesda, MD. 20892<br/>800-422-6237<br/><a href="mailto:cancergovstaff@mail.nih.gov">cancergovstaff@mail.nih.gov</a></p> | <p>The National Cancer Institute provides a wide selection of specific topics of healing philosophies, approaches and therapies used as alternative medicine in cancer treatment to complement conventional treatments.</p>   |
| <p><b>National Center for Complementary and Alternative Medicine (NCCAM)</b></p> <p>9000 Rockville Pike<br/>Bethesda, MD. 20892<br/>888-644-6226</p>   | <p>National Center for Complementary and Alternative Medicine supplies information about clinical trials, where to find them, and much more.</p>  |
| <p><b>Office of Dietary Supplements (ODS)</b></p> <p>6001 Executive Blvd.<br/>Room 3B01, MSC 7517<br/>Bethesda, MD. 20892-7517<br/>301-435-2920</p>  | <p>The office of Dietary Supplements (ODS) supports dietary supplements research and publishes and distributes the results to the public and other federal agencies.</p>  |

## Nursing Care

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| <p><b>Accredited Nursing Care</b></p> <p>591 Camino de la Reina, Ste 533<br/>San Diego, Ca. 92108<br/>800-974-1234 or 619-265-1234</p>   | <p>Offices throughout Southern California offer accredited nursing care, attendants and personal care, pediatric care, and medical equipment. In San Diego, "licensed , medical need" care is not available.</p>                                       |
| <p><b>Accredited Nursing Care</b></p> <p>555 S. Rancho Santa Fe Rd. Ste 201<br/>San Marcos, Ca. 92069<br/>800-974-1234</p>   | <p>Offices throughout Southern California offer accredited nursing care, attendants and personal care, pediatric care, and medical equipment. In San Diego, "licensed , medical need" care is not available.</p>                                       |
| <p><b>Alvarado Hospital Medical Center</b></p> <p>6655 Alvarado Rd.<br/>San Diego, Ca. 92120<br/>619-287-3270</p>  | <p>Alvarado/SDRI offers a wide range of care including inpatient acute rehabilitation transitional care and outpatient services. Each program is tailored to patient needs to achieve agreed-upon goals.</p>   |
| <p><b>AMS Manpower Solutions</b></p> <p>9590 Chesapeake Dr. Ste 121<br/>San Diego, Ca. 92123<br/>858-277-1992<br/><a href="mailto:info@amsmanpowersolution.com">info@amsmanpowersolution.com</a></p> | <p>AMS Manpower Solutions connects nurses and allied health professionals with select job assignments. AMS offers assistance for families caring for loved ones and for Seniors who need extra help with daily routines. Complementary assessment.</p> |
| <p><b>Chase Care Center</b></p> <p>1201 S. Orange Ave.<br/>El Cajon, Ca.<br/>619-441-1988</p>  | <p>Chase Care Center is a skilled nursing facility offering rehabilitation, restorative nursing, physical speech, respiratory, and occupational therapy, and other services.</p>   |
| <p><b>Heritage Senior Care</b></p> <p>2885 Hope Ave.<br/>Carlsbad, Ca. 92008<br/>760-720-7740 or 877-437-0506</p>  | <p>For those recovering from a hospital or nursing home stay or unable to attend to home and personal care, Heritage provides companions Aides, Homemaking Nursing Aides, and Certified Nursing Aides or Home Health Aides.</p>                        |
| <p><b>Interim Healthcare</b></p> <p>425 West 5<sup>th</sup> Ave. Ste. 101<br/>Escondido, Ca. 92025<br/>760-941-3090</p>  | <p>Interim Healthcare is a home care and medical staffing company. Please contact them for more information.</p>   |

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| <b>Reliable Home Help Nurses Registry</b><br><br>1970 E Vista Way<br>Vista, Ca. 92084<br>760-941-3090 | A North County nursing registry which offers a range of in-home medical and non-medical services.  |
| <b>Tri City Medical Center</b><br><br>4002 Vista Way<br>Oceanside, Ca. 92056<br>760-724-8111          | Available 24/7, Tri-City home care professionals provide many in-home patient services. They are bonded, licensed, certified, and accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). |

## Daily Living

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| <p><b>Aall Care</b></p> <p>7801 Mission Center St. Ste. 106<br/>San Diego, Ca. 92108<br/>619-297-9601 or 760-471-7033</p>   | <p>Aall Care offers assistance in finding a qualified caregiver for in-home services.</p>  |
| <p><b>Aall Care</b></p> <p>1145 San Marino Dr. Ste 314<br/>Lake San Marcos, Ca. 91069<br/>619-297-9601 or 760-471-7033</p>  | <p>Aall Care offers assistance in finding a qualified caregiver for in-home services.</p>  |
| <p><b>AccentCare</b></p> <p>7851 Mission Center St. Ste. 200<br/>San Diego, Ca. 92108<br/>800-834-3059</p>  | <p>AccentCare Provides in-home care services that allows seniors to live at home independently. For more information, please call or visit their website.</p>  |
| <p><b>Aging and Independence Services</b></p> <p>9335 Hazard Way Ste. 100<br/>San Diego, Ca. 92123<br/>800-5100-2020</p>  | <p>AIS provides services to older adults, people with disabilities and their family members, to help keep clients safety in their homes, promote healthy and vital living, and publicize positive contributions made by older adults and persons with disabilities.</p>  |
| <p><b>AM/PM Homecare, LLC</b></p> <p>2425 Fenton St.<br/>Chula Vista, Ca. 91914<br/>619-292-2183<br/><a href="mailto:info@ampmhomecare.us">info@ampmhomecare.us</a></p> | <p>Offers both short and long term care by qualified home care professionals that allows your loved ones to remain in the comfort and security of their own home. Please call for more information. (A limited Liability Corporation).</p>   |
| <p><b>AmeriCare ADHD Center</b></p> <p>340 Rancheros Dr. #196<br/>San Marcos, Ca. 92069<br/>760-682-2424</p>  | <p>AmeriCare ADHC Center is licensed by the Department of Health and Department of Aging. Medi-Cal, private pay and TLC insurances are accepted. Services provided: transportation, health screenings, psychological services, nutritional counseling, delicious meals, physical/massage therapies, field trips, live music &amp; entertainment, social services, activities, fun games and exercises. Staff speaks English, Spanish, Tagalog, Japanese, Farso, and Russian.</p> |



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| <p><b>At Your Home Family Care</b></p> <p>6541 Lusk Blvd. Ste. C-266<br/> San Diego, Ca. 92121<br/> 888-326-2273<br/> <a href="mailto:familycare@ayhs.cmdsl.com">familycare@ayhs.cmdsl.com</a></p> | <p>At Your Home Family Care offers home care aides, especially for senior citizens, the disabled, and youth.</p>   |
| <p><b>California CareFinders, Inc.</b></p> <p>PO Box 3333<br/> Granada Hills, Ca. 91394<br/> 800-821-4177</p>  | <p>Provides information to callers and offers referrals to home health agencies, adult day care, and other senior resources when appropriate.</p>  |
| <p><b>California Home Care, Inc.</b></p> <p>3078 El Cajon Blvd.<br/> San Diego, Ca. 92104<br/> 619-521-5858</p>  | <p>Provides hourly or live-in caregivers, companionship, and homemaker services.</p>   |
| <p><b>Casa Palmera Care Center</b></p> <p>14750 El Camino Real<br/> Del Mar, Ca. 92014<br/> 858-481-4411</p>   | <p>Caring for those with significant medical conditions, Casa Palmera provides a home-like atmosphere with specialized nursing services, rehabilitation, and various physical and occupational therapies.</p>                              |
| <p><b>Cleaning for a Reason</b></p> <p>PO Box 146<br/> Lewisville, TX. 75067<br/> 877-337-3348<br/> <a href="http://www.cleaningforareason.org">www.cleaningforareason.org</a></p>                 | <p>This program offers free professional cleaning services to improve lives of women undergoing treatment for cancer. Please contact them for more information.</p>  |
| <p><b>ComForcare Senior Services</b></p> <p>830 E. Vista Way, Ste. 108<br/> Vista, Ca. 92084<br/> 760-724-7273<br/> <a href="mailto:ncsandiego@comforcare.com">ncsandiego@comforcare.com</a></p>   | <p>ComForcare provides non-medical in-home care services for seniors ranging from companionship to daily living activities. The focus is on improving the quality of life and level of independence. Please call for more information.</p> |
| <p><b>Gentiva Health Services</b></p> <p>888-GENTIVA</p>   | <p>Gentiva Health Services has provided a single source for a variety of home health services with a vast network of licensed and certified home health care agencies.</p>   |

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| <p><b>Home Instead Senior Care</b></p> <p>7400 El Cajon Blvd. Ste. 304<br/>619-460-6222</p>   | <p>Home Instead Senior care provides home care for seniors in the San Diego East area. Services include companionship, meal preparation, light housekeeping, medication reminders, shopping, errands, Alzheimer's care and more. Please contact them for more information.</p> |
| <p><b>In-Home Supportive Services</b></p> <p>780 Bay Blvd. Ste. 200<br/>Chula Vista, Ca. 91910<br/>866-351-7722</p>   | <p>Covered through Medi-Cal, this program provides in-home services such as, transportation, housekeeping, and more to low-income residents. Please call for eligibility requirements and further information.</p>   |
| <p><b>Lenora's Home Care Services</b></p> <p>7227 Broadway, Ste. 401<br/>Lemon Grove, Ca. 91945<br/>619-461-3946<br/><a href="mailto:lenorashomecare@sbcglobal.net">lenorashomecare@sbcglobal.net</a></p> | <p>Provides non-medical home care services. They offer a complimentary assessment, hourly &amp; live-in services, personal care-bathing &amp; grooming, etc... Please call for more information.</p>   |
| <p><b>LivHome</b></p> <p>2650 Camino Del Rio North Ste. 203<br/>San Diego, Ca. 92108<br/>619-544-1622<br/><a href="mailto:info@livhome.com">info@livhome.com</a></p>                                      | <p>This program provides At-Home services for seniors. Please contact them for more information.</p>   |
| <p><b>Lutheran Social Services</b></p> <p>270 F St. Ste 21<br/>Chula Vista, Ca.<br/>619-476-7055</p>  | <p>Provides help with light yard work and minor home repairs. Please call for more information.</p>  |
| <p><b>National Association for Home Care (NAHC)</b></p> <p>228 7<sup>th</sup> St. SE<br/>Washington, DC 20003<br/>888-HOMECARE or 202-547-7424</p>  | <p>The National Association for Home Care and Hospice represents the interests of the home care and hospice community.</p>   |
| <p><b>Salus Homecare</b></p> <p>888-725-8742<br/><a href="mailto:info@salushomecare.com">info@salushomecare.com</a></p>   | <p>Salus provides homecare for the aging with the goal of keeping individuals in the home as long as possible. Services include light housekeeping, shopping, preparation of meals, transportation and more.</p>   |
| <p><b>San Diego Homecare</b></p> <p>3232 Governor Dr. Ste. O<br/>San Diego, Ca. 92122<br/><a href="mailto:sdhomecare@yahoo.com">sdhomecare@yahoo.com</a></p>  | <p>All in-home caregivers are employees of San Diego Homecare, bonded, insured, and background checked. Services include personal care, meal preparation, light housekeeping, and more.</p>  |

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| <p><b>Southern Caregiver Resource Center</b></p> <p>3675 Ruffin Rd. Ste. 230<br/> San Diego, Ca. 92123<br/> 800-827-1008<br/> <a href="http://www.caregivercenter.org">www.caregivercenter.org</a></p> | <p>Assistance to in-home caregivers and families who are providing care to brain impaired adults.</p>   |
| <p><b>Southwest Healthcare</b></p> <p>16959 Bernardo Center Dr. #204<br/> San Diego, Ca. 92128<br/> 858-451-9551</p>   | <p>Southwest Healthcare in Rancho Bernardo offers assistance in finding a qualified caregiver for in-home services.</p>   |
| <p><b>State of California</b></p> <p>Sacramento, Ca. 95814<br/> 800-510-2020</p>   | <p>Provides referrals to home health service providers and or hospice referrals. Your information &amp; answer program can provide you with information about in-home care, day care programs, care management services, meal programs, home modifications, adaptive technology, transportation, services home health services, respite care, caregiver support programs, legal services, health insurance counseling, and other resources in your community.</p> |
| <p><b>Visiting Angels Living Assistance Services</b></p> <p>Santee, Ca. 92071<br/> 800-365-4189</p>  | <p>Visiting Angels provides homecare services in the Santee and San Marcos area for the elderly. Please call for more information.</p>  |

## Housing

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| <p><b>211 of San Diego</b></p> <p>2-1-1- or 858-300-1211</p>  | <p>211 contains a clearinghouse of local housing resources.</p>   |
| <p><b>Bannister Family House</b></p> <p>406 Dickinson, St.<br/>San Diego, Ca. 92103<br/>619-543-7977</p>  | <p>Extended housing available to families of adult patients at one of the UCSD hospitals. Family members must live at least 60 miles away from the UCSD Hospitals to qualify. Call for further details and fees.</p>  |
| <p><b>California Department of Fair Employment and Housing</b></p> <p>611 W. 6<sup>th</sup> St. Ste. 1500<br/>Los Angeles, Ca. 90017<br/>213-439-6700</p> | <p>The mission of the Department of Fair Employment and Housing is to protect Californians from employment, housing and public accommodation discrimination, and hate violence. Please contact them for more information.</p>   |
| <p><b>Community Christian Service Agency</b></p> <p>4167 Rappahannock Ave.<br/>San Diego, Ca. 92117<br/>858-274-2273 or 858-272-0163</p>                  | <p>Our service centers provide emergency and transitional support on a walk-in basis to people in need of assistance. Provide help with food, clothing, basic health assessments, medicines, resource counseling and referrals or other emergency needs as evaluated by the agency.</p> |
| <p><b>Eldercare Directory (\$10.00)</b></p> <p>PO Box 122512<br/>San Diego, Ca. 92112</p>   | <p>A Comprehensive eldercare resource ranging from senior housing to finding help with legal and financial matters.</p>   |
| <p><b>Fisher House</b></p> <p>34800 Bob Wilson Dr. Bldg. 46<br/>San Diego, Ca. 92134<br/>619-532-9055</p>   | <p>Housing available for families of patients connected to the military. Family must live at least 40 miles away. There is a 3-night minimum stay at \$10/day. Call for further details.</p>  |
| <p><b>HospitalSoup</b></p> <p>HospitalSoup.com</p>  | <p>Location on hotels/motels near hospital and more.</p>  |

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| <p><b>National Association of Hospital Hospitality Houses, Inc.</b></p> <p>PO Box 18087<br/>         Asheville, NC 28814<br/>         800-542-9730 or 828-253-1188<br/>         nahhh.org</p> | <p>National Association of Hospital Hospitality Houses offers free or low-cost housing for families or patients with medical emergencies who are receiving treatment away from home.</p> |
| <p><b>South Bay Community Services</b></p> <p>1124 Bay Blvd. Ste. D<br/>         Chula Vista, Ca. 91911<br/>         619-420-3620</p>   | <p>Low-income housing available. Please call for more information.</p>   |
| <p><b>St. Vincent de Paul</b></p> <p>3350 E St.<br/>         San Diego, Ca. 92102-3332<br/>         619-446-2100</p>  | <p>St. Vincent de Paul provides food, housing health care and education for the homeless. For more information, please call or visit their website.</p>                                  |

## Meals/Food

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| <p><b>Aging and Independence Services</b></p> <p>9335 Hazard Way Ste. 100<br/>San Diego, Ca. 92123<br/>800-510-2020 or 858-495-5276</p> | <p>AIS provides services to older adults, people with disabilities and their family members, to help keep clients safely in their homes, promote healthy and vital living, and publicize positive contributions made by older adults and persons with disabilities. They have food assistance programs. Please call them for more information.</p>   |
| <p><b>Borrego Springs Senior Center</b></p> <p>580 Circle J Dr.<br/>Borrego Springs, Ca. 92004<br/>760-767-3116</p>                     | <p>Borrego Springs Senior Center has a food assistance program. Please contact them for more information.</p>  |
| <p><b>Catholic Charities</b></p> <p>349 Cedar St.<br/>San Diego, Ca. 92101<br/>619-231-2828 ext. 102</p>                                | <p>Catholic Charities provides immediate need assistance services including food, clothing, shelter referral, and transportation assistance. Information and referral for individuals and families. The Food Resource Center is a free membership program where members shop for food. For more information, please call or visit their website.</p> |
| <p><b>Crisis House</b></p> <p>1034 North Magnolia Ave.<br/>El Cajon, Ca. 92020<br/>619-444-1194</p>                                     | <p>Food distribution on following days<br/>Monday/Tuesday/Friday. Call for availability. Will need to show picture ID, SS card, child (rends) SS Card, or Medi-Cal, or Birth Certificate. Benefits available twice a year.</p>   |
| <p><b>Fallbrook Community Project</b></p> <p>1042 S. Mission Rd.<br/>Fallbrook, Ca. 92028<br/>760-728-7608</p>                          | <p>The community Project provides essential nutritional food and necessary supplies for those in our community who have related needs. Their hours of operation are 9:30am to 12:30pm., Monday through Friday. Please contact them for more information.</p>   |
| <p><b>Food Stamp Program</b></p> <p>866-262-9881</p>  | <p>The federal Food Stamps Program helps single people and families with little or no income to buy food. To learn if you are eligible, please call or visit the web site for a screening tool.</p>  |

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| <p><b>Gloria E. McClellan Senior Center</b></p> <p>1400 Vale Terrace Dr.<br/>Vista, Ca. 92084<br/>760-639-6160</p>   | <p>Gloria E. McClellan Senior Center offers a home-delivered meal service to Vista residents who are over 60 years of age with an illness or disability and/or homebound. The Center also offers a senior nutrition program. Their hours are M-F 8-4pm. Please call Leisa for more information.</p>  |
| <p><b>Golden State Foods</b></p> <p>1289 N. Johnson Ave., Ste. 101<br/>El Cajon, Ca. 92020</p> <p><a href="http://www.goldensharefoods.com">www.goldensharefoods.com</a></p> | <p>Food ordered from menu at a very discounted rate. Must be ordered at set date monthly and picked up at a location that is convenient for person ordering food. No income requirements.</p>  |
| <p><b>Holy Trinity Catholic Church</b></p> <p>405 Ballard St.<br/>El Cajon, Ca. 92019<br/>619-444-9426</p>   | <p>Food distribution on following days: Mon. /Wed. /Fri., from 10:00-11:00am and Tues. /Thurs., 3:30-4:30pm. Need referral from another agency. Will need to show ID and proof of residence.</p>   |
| <p><b>Jewish Family Service</b></p> <p>4825 College Ave.<br/>San Diego, Ca. 92115<br/>619-229-2390</p>   | <p>Hot kosher meals can be delivered on weekdays to homebound seniors and younger homebound disabled. Frozen meals are also available. Fees are on a sliding scale.</p>  |
| <p><b>La Mesa Welfare &amp; Thrift Center</b></p> <p>8340 Lemon Ave.<br/>La Mesa, Ca. 91941-5220<br/>619-466-6678</p>  | <p>Food Distribution on following days: Monday-Thursday, 10:00-12:00pm and 1:00-2:30pm. Closed Friday, Saturday, and Sunday. La Mesa residents only. Must show proof of residency.</p>   |
| <p><b>Lakeside Christian Help Center</b></p> <p>9931 Channel Rd.<br/>Lakeside, Ca. 92040<br/>619-561-3488</p>  | <p>Food distribution from Monday-Friday 10:00-12:00pm. Lakeside residents only and must show proof of residency.</p>   |
| <p><b>Mama's Kitchen</b></p> <p>3960 Home Ave.<br/>San Diego, Ca. 92105<br/>619-233-6262</p>   | <p>Mama's Kitchen-Critical illness nutrition program reaches out to those in the community who are under the age of 60, who are critically ill, have medical disabilities, or chronic illnesses and who do not have the mental and/or physical capacity to prepare their own meals. Three nutritional meals a day, for every day of the year are prepared and delivered to the client's homes. Eligibility requirements apply.</p> |

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| <p><b>Meals on Wheels</b></p> <p>2254 San Diego Ave. Ste. 200<br/>San Diego, Ca. 92110<br/>619-260-6110</p>                                      | <p>Provides two home delivered meals a day to homebound seniors. Meals are delivered Mon.-Sat. Sunday meal is delivered on Sat. Please call for applicable fees for the senior (over age 60) program or for those under 60.</p>   |
| <p><b>Salvation Army</b></p> <p>1011 East Main St.<br/>El Cajon, Ca. 92020<br/>619-440-4683 ext. 103</p>   | <p>Food distribution on following days: Mon. /Tues. 10:00-4:00pm, and Wed./Fri/ 8:30-4:00pm. And Thursday 10:00-12:00pm. Will need to show proof of residency (utility bill, etc.). Picture ID and proof of reason assistance is needed-medical bill, eviction notice, lost job, etc.</p> |
| <p><b>San Diego Food Bank</b></p> <p>9850 Distribution Ave.<br/>San Diego, Ca. 92121<br/>858-527-1419</p>  | <p>The Food Bank serves those in need by distributing food to individuals, families and a network of other non-profit organizations. Please call for further information.</p>   |
| <p><b>Santa Sophia Catholic Church</b></p> <p>9800 San Juan<br/>Spring Valley, Ca. 91977</p>   | <p>San Diego Food Bank: Mon.-Fri. 4:00-5:00pm. Spring Valley residents only.</p>  |
| <p><b>Santee Food Bank</b></p> <p>8824 Cottonwood Ave.<br/>Santee, Ca. 92071<br/>619-448-4456</p>  | <p>Food distribution on following days: Wed. /Fri 9:00-11:00am, and 1<sup>st</sup> and 3<sup>rd</sup> Sat. 9:00-11:00am. Santee residence only. Must show proof of residency. (other areas accepted 1 time per year).</p>   |
| <p><b>Seventh-Day Adventist Church</b></p> <p>4207 Spring Gardens Dr.<br/>La Mesa, Ca. 91941<br/>619-461-5703</p>                                | <p>Food distribution on following days: Monday-Thursday from 9:00-12:00pm. Located off Spring St. Bring Social Security Card.</p>   |
| <p><b>St. Martin's Church</b></p> <p>7710 El Cajon Blvd.<br/>La Mesa, Ca.<br/>619-465-5334</p>   | <p>Food distribution on following days: Monday-Friday from 10:00-12:00pm. La Mesa residence only. Bring picture ID and proof of residency.</p>  |
| <p><b>U.S. Department of Agriculture</b></p> <p>Food and Nutrition Service<br/>Nutrition Assistance Program<br/>800-333-4636 or 202-720-2791</p> | <p>Food and Nutrition service provides children and low income people access to food, a healthful diet, and nutrition education. For more information, please call or visit their web site.</p>   |



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| <b>Lemon Grove Community Church</b><br>2522 Cuyamaca Ave.<br>Lemon Grove, Ca. 91945<br>619-466-0504               | Food distribution on following days: Monday-Thursday from 8:30-12:30pm. Lemon Grove residence only.                               |
| <b>Victory Chapel 4 Square Church</b><br>1012 East Bradley<br>El Cajon, Ca. 92021<br>619-449-6678 or 619-449-3000 | Food distribution on following day: Tuesday from 9:00-12:00pm. Bring picture ID, SS card, or Medi-Cal card, or birth Certificate. |

## Learn More About Cancer

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| <p><b>Association of Cancer Online Resources (ACOR)</b></p> <p>173 Duane St. Ste. 3A<br/>New Your, NY 10013-3334<br/>212-226-5525</p>     | <p>The ACOR dictionary currently has references to 6830 terms. You can either search for a term or look at the available ones.</p>   |
| <p><b>Bioimmune</b></p> <p>8300 N. Hayden Rd. Ste. A203<br/>Scottsdale, AZ 85258<br/>888-663-8844 or 480-778-1618</p>                     | <p>Web Site provides a glossary where you can search by letter or word.</p>  |
| <p><b>CancerSurvivors.org</b></p>   | <p>Alphabetically indexed definitions and pronunciation of medical terms relating to cancer.</p>   |
| <p><b>Center for Disease Control Prevention</b></p> <p>1600 Cliftin Rd.<br/>Atlanta, GA. 30330<br/>800-232-4646</p>                       | <p>Provides links to glossaries for many diseases and illnesses.</p>   |
| <p><b>Glossarist.com</b></p>  | <p>This glossary contains terms most widely used In discussion of breast cancer and cancer in general plus serves as a clearinghouse of other dictionaries and glossaries.</p>   |
| <p><b>Medicine Plus</b></p> <p>8600 Rockville Pike<br/>Bethesda, MD 20894</p>   | <p>National Library of Medicine consumer site with link to PubMed, its bibliographic database site with citations and abstracts from nearly 4500 journals world-wide. Contains helpful glossary, drug, dictionary and encyclopedia to help interpret research.</p> |
| <p><b>meds.com</b></p>  | <p>Compiled by the Nursing Advisory Board of Pharmacia and Upjohn Company, the terms and definitions in this abbreviated dictionary provide a better understanding of words frequently used in cancer care.</p>  |
| <p><b>National Cancer Institute (NCI)</b></p> <p>6116 Executive Blvd. MC8322<br/>Bethesda, MD. 20892<br/>800-442-6237 or 301-594-6776</p> | <p>NCI's cancer dictionary is alphabetically indexed and contains medical terms used by the profession.</p>  |

## Statistics

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| <p><b>American Cancer Society (ACS)</b></p> <p>2655 Camino del Rio North Ste. 100<br/>San Diego, CA. 92108<br/>619-299-4201</p>             | <p>ACS tracks data for cancer occurrences, e.g., the number of deaths, cases, and how long people survive after diagnosis resulting in changes for cancer incidence and mortality rates at different ages, the magnitude of improvement in cancer and racial and ethnic differences.</p>   |
| <p><b>California Cancer Registry</b></p> <p>1825 Bell St. Ste. 102<br/>Sacramento, CA. 95825<br/>916-779-0300</p>                           | <p>Collects and distributes statistical information on cancer incidence and mortality rates.</p>   |
| <p><b>California Pan-Ethnic Health Network (CPEHN)</b></p> <p>1221 Presentation Parkway Ste. 200<br/>Oakland, CA 94612<br/>510-832-1160</p> | <p>CPEHN is a statewide network of multicultural health organizations working together to ensure that all Californians have access to quality care and can live healthy lives.</p>   |
| <p><b>Centers for Disease Control (CDC)</b></p> <p>1600 Clifton Rd.<br/>Atlanta, GA. 30330<br/>800-232-4636</p>                             | <p>In collaboration with federal programs, the CDC produced a population-based cancer report containing more than 1 million invasive cancer causes diagnosed in 84% of the U.S. population during 2000. Updates to the report include cancer incidence for Asian/Pacific Islanders and a series of tables reflecting the incidence of childhood cancers.</p> |
| <p><b>National Cancer Institute (NCI)</b></p> <p>6116 Executive Blvd. MC8322<br/>Bethesda, MD. 20892<br/>800-442-6237 or 301-594-6776</p>   | <p>NCI shows you how to find cancer statistics including Fast Status and Cancer Mortality Maps and Graphs plus how to understand cancer statistics and much more.</p>  |

## Prescriptions

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| <b>NeedyMeds</b><br><br>PO Box 291<br>Gloucester, MA. 01931  | NeedyMeds is a 501(3) c non-profit organization with the mission of helping people who cannot afford medicine or healthcare costs. The information at NeedyMeds is available anonymously and free of charge.  |
| <b>PatientAssistance.com, Inc.</b><br><br>11608 Darryl Drive<br>Baton Rough, LA. 70815<br><a href="mailto:rbowden@patientassistance.com">rbowden@patientassistance.com</a> | PatientAssistance.com is a free resource designed to help connect patients who can't afford their prescription medications with patient assistance programs.  |
| <b>RxAssist</b><br><br>111 Brewster St.<br>Pawtucket, RI 02860<br>401-729-3284<br><a href="mailto:info@rxassist.org">info@rxassist.org</a>                                 | RxAssist is a website with information, news, and a database that are all designed to help you find out about ways to get affordable, or free, medications. The database includes information on the pharmaceutical companies' patient assistance programs, or programs that provide free medication to low-income patients. RxAssist was created by Volunteers in Health Care, a national, non-profit resource center for health care programs working with the uninsured. |
| <b>Partnership for Prescription Assistance</b><br><br>925 L St. Ste. 1200<br>Sacramento, CA. 95814<br>888-477-2669<br><a href="http://www.pparx.org">www.pparx.org</a>     | Helps patients in need who lack prescription coverage find ways to access prescription medicines.   |

## Free Health Clinics

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| <p><b>Palomar Medical Group A Prof. Corp</b><br/>         635 E. Grand Ave.<br/>         Escondido, CA 92025-4402<br/>         760-745-1551</p>  | <p><b>Rancho Santa Fe Medical Group</b><br/>         1582 W. San Marcos Blvd 10<br/>         San Marcos, Ca. 92078-4081<br/>         760-510-1243</p>  |
| <p><b>Qualitycare Medical Center</b><br/>         735 E Ohio Ave.<br/>         Escondido, CA 92025-4405<br/>         760-735-3010</p>  | <p><b>Children's Medical Group<br/>         Rosenfeld Gina MD</b><br/>         1582 W. San Marcos Blvd. Ste 203<br/>         San Marcos, CA. 92078-4081<br/>         760-744-6710</p>        |
| <p><b>Escondido Community Health Center</b><br/>         Escondido Community Clinic<br/>         425 N. Date St. Ste. 129<br/>         Escondido, CA. 92025-3002<br/>         760-737-2018</p> | <p><b>UCSD Healthcare</b><br/>         9300 Campus Point Dr.<br/>         La Jolla, CA 92037-1300<br/>         858-543-6800</p>  |
| <p><b>Neighborhood Healthcare</b><br/>         425 N. Date St.<br/>         Escondido, CA. 92025-3413</p>  | <p><b>UCSD Medical Group</b><br/>         9350 Campus Point Dr.<br/>         La Jolla, CA. 92037-1300<br/>         858-657-8530</p>  |
| <p><b>US Healthworks, Inc.</b><br/>         362 W. Mission Ave. Ste 104<br/>         Escondido, CA. 92025-1738<br/>         760-747-2330</p>   | <p><b>TriCare Outpatient Clinic San Diego</b><br/>         8808 Balboa Ave. Ste. B<br/>         San Diego, CA. 92123-1592<br/>         858-569-6664</p>                                      |
| <p><b>US Healthworks, Inc<br/>         HealthSouth Medical Clinic</b><br/>         7590 Miramar Rd. Ste. C<br/>         San Diego, CA. 92126-4232<br/>         858-549-4255</p>                | <p><b>California Women's Medical Clinic</b><br/>         4282 Genesee Ave. Ste. 201<br/>         San Diego, CA. 92117-4964<br/>         858-268-0300</p>                                     |
| <p><b>Children's Physicians Mtg.</b><br/>         12395 El Camino Real Ste. 219<br/>         San Diego, CA 92130-3082<br/>         858-502-1106</p>  | <p><b>Diabetes &amp; Endocrine Associates Medical Clinic</b><br/>         3055 Health Center Dr. Ste. 101<br/>         San Diego, CA. 92093<br/>         619-543-6303</p>                    |
| <p><b>North County Women's Medical Clinic</b><br/>         120 Craven Rd. Ste. 209<br/>         San Marcos, CA 92069<br/>         760-761-4088</p>   | <p><b>San Diego Heart &amp; Medical Clinic</b><br/>         3660 Clairemont Dr. Ste 6<br/>         San Diego, CA. 92117-5994<br/>         858-274-2560</p>                                   |
| <p><b>North County Health Project<br/>         North County Health Services</b><br/>         1590 Valpreda Rd<br/>         San Marcos, CA 92069-2944<br/>         760-736-6767</p>             | <p><b>Diabetes &amp; Endocrine Associates Medical Clinic<br/>         Group</b><br/>         6386 Alvarado Ct. Ste. 315<br/>         San Diego, Ca. 92120-4908<br/>         619-287-5497</p> |

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| <p><b>L E I Medical Group Howard Lesser MD</b><br/> 9620 Chesapeake Dr. Ste. 104<br/> San Diego, CA 92123-1369<br/> 858-560-0764</p>                        | <p><b>La Maestra Family Clinic, Inc.</b><br/> 4185 Fairmont Ave.<br/> San Diego, CA. 92105-1609<br/> 619-280-4213</p>   |
| <p><b>Grossmont Dermatology Medical Clinic<br/> McMullen Michael P A C</b><br/> 8851 Center Dr. Ste. 608<br/> La Mesa, CA. 91942-3199<br/> 619-589-8626</p> | <p><b>San Diego Psycholytic Soc. Institute</b><br/> 4455 Morena Blvd. Ste 202<br/> San Diego, Ca. 92117-4358<br/> 858-454-0075<br/> Check if correct later!</p> |
| <p><b>Grossmont Dermatology Medical Clinic</b><br/> 8860 Grossmont Center Dr.<br/> La Mesa, CA. 91942-3096<br/> 619-462-1670</p>                            | <p><b>Paigne Kittya MD, Inc.</b><br/> 4029 Euclid Ave.<br/> San Diego, CA. 92105-1907<br/> 619-282-2111</p>   |
| <p><b>Grossmont Family Medical Group</b><br/> 5525 Grossmont Center Dr.<br/> La Mesa, CA. 91942-3009<br/> 619-644-6500</p>                                  | <p><b>Stephen L. Stecker MD, Inc.</b><br/> 4271 Hortensia St.<br/> San Diego, CA. 92103-1104<br/> 619-532-7253</p>  |
| <p><b>Pacemaker Clinic, Inc.</b><br/> 1625 E. Main St. Ste. 202<br/> El Cajon, CA 92021-5245<br/> 619-442-0234</p>  | <p><b>Scripps Health Rancho San Diego Clinic</b><br/> 10862 Calle Verde<br/> La Mesa, CA 91941-7338<br/> 619-670-5400</p>                                       |
| <p><b>Robert D. Lynch MD</b><br/> 1030 Pearl St. Ste.1<br/> La Jolla, CA. 92037-5134<br/> 858-459-4291</p>  | <p><b>American Indian Health Center</b><br/> 2630 1<sup>st</sup> Ave. Ste. A<br/> San Diego, CA. 92103-6572<br/> 619-234-2158</p>                               |
| <p><b>La Jolla Medical Clinic</b><br/> 210 Coast Blvd.<br/> La Jolla, CA. 92037-4609<br/> 858-454-06141</p>   | <p><b>Jeanne Henry PHD</b><br/> 2220 5<sup>th</sup> Ave.<br/> San Diego, CA. 92101-2104<br/> 619-230-1780</p>   |
| <p><b>Joanna Nawroski-Wozniak MD</b><br/> 4440-Euclid Ave.<br/> San Diego, Ca. 92115-4522<br/> 619-584-3215</p>   | <p><b>Dyane Lemos PHD</b><br/> 2220 5<sup>th</sup> Ave.<br/> San Diego, CA. 92101-2104<br/> 619-230-1890</p>  |
| <p><b>San Diego Unified School District<br/> Children's Hoover Clinic</b><br/> 4474 El Cajon Blvd.<br/> San Diego, CA. 92115-4312<br/> 619-283-6281</p>     | <p><b>Premier Treatment Health Management Center<br/> Belton Ian DC</b><br/> 1230 Columbia St. Ste. 110<br/> San Diego, CA. 92101-8502<br/> 619-232-4030</p>    |
| <p><b>Spear Clinic Dr. Joseph Spear</b><br/> 217 Escondido Ave. Ste. 5<br/> Vista, CA. 92084-6170<br/> 760-726-1144</p>                                     | <p><b>Pacific Nurse Practitioners</b><br/> PO Box 732<br/> Bonsall, CA. 92003-0732<br/> 760-724-8430</p>  |

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| <p><b>Southern California Medical Clinic</b><br/> <b>Robinson, Jerome A MD</b><br/> 1000 Euclid Ave.<br/> National City, CA. 91950-3856<br/> 619-267-8100</p>             | <p><b>Cardiovascular Diagnostic Intervention</b><br/> 59 Spinnaker Way<br/> Coronado, CA. 92118-3265<br/> 619-575-3344</p>              |
| <p><b>Sharpe Mission Park Medical Group</b><br/> 2095 W. Vista Way Ste. 106<br/> Vista, CA. 92083-6028<br/> 760-901-5070</p>  | <p><b>Santa Ysabel Medical &amp; Dental Clinic</b><br/> 110 ½ Schoolhouse Canyon Rd.<br/> Santa Ysabel, CA. 92070<br/> 760-765-4203</p> |
| <p><b>Paradise Hills Medical Center</b><br/> 2401 Reo Dr.<br/> San Diego, CA. 92139-3025<br/> 619-479-6767</p>  | <p><b>Sunnylynn P. Vendiola</b><br/> 655 Saturn Blvd, Ste. J<br/> San Diego, CA. 92154-4734<br/> 619-575-4442</p>                       |
| <p><b>United Women’s Clinic</b><br/> <b>Operation Samahan</b><br/> 2835 Highland Ave.<br/> National City, CA. 91950<br/> 619-474-5567</p>                                 | <p><b>Imperial Beach Community Clinic/Health Center</b><br/> 949 Palm Ave.<br/> San Diego, CA. 91933-0459<br/> 619-429-3733</p>         |
| <p><b>Sanysitor Health Center, Inc.</b><br/> <b>Chula Vista Family Clinic</b><br/> 865 3<sup>rd</sup> Ave. Ste 133<br/> Chula Vista, CA. 91911-1349<br/> 619-498-4550</p> |   |

## Patient Navigation Advocacy & Cancer Information

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| <p><b>American Cancer Society</b></p> <p>2655 Camino Del Rio N. Ste 100<br/>         San Diego, CA. 92108<br/>         800-227-2345 or 619-299-4200<br/> <a href="http://www.cancer.org">www.cancer.org</a></p>   | <p>Services for cancer patients including resources, specialty cancer support services and navigation.</p>  |
| <p><b>Cancer Information service (CIS)</b></p> <p>National Cancer Institute<br/>         800-422-6237<br/> <a href="http://www.cancer.gov">www.cancer.gov</a></p>   | <p>Personalized, confidential responses to specific questions about cancer.</p>   |
| <p><b>Consumer Center for Health Education and Advocacy (CCEA)</b></p> <p>Legal Aid Society of San Diego<br/>         1475 6<sup>th</sup> Ave. Ste. 400<br/>         San Diego, CA. 92101<br/>         877-734-3258 or 619-744-0935<br/> <a href="http://www.lasdd.org/index.html">www.lasdd.org/index.html</a><br/> <a href="http://www.healthconsumer.org">www.healthconsumer.org</a></p> | <p>Patient navigation services that assist patients in accessing local cancer diagnostic and treatment resources with a focus on Medi-Cal and CMS assistance</p>                                      |
| <p><b>Patient Advocate Foundation</b></p> <p>800-532-5274<br/> <a href="http://www.patientadvocate.org">www.patientadvocate.org</a></p>   | <p>Patient navigation with a focus on assistance with insurance, access and advocacy issues.</p>  |
| <p><b>San Diego County Cancer Navigator</b></p> <p>866-324-2628<br/> <a href="http://www.cancernavigator.org">www.cancernavigator.org</a></p>   | <p>Regional clearinghouse for cancer related programs and support services. Provides patient navigation services to assist patients in accessing local cancer diagnostic and treatment resources.</p> |