

Cancer Resource Guide

Where Beaufort County residents can turn for help

A Guide for Patients & Families



Beaufort Memorial
HOSPITAL

DukeMedicine AFFILIATE
IN HEART AND CANCER



SPONSORED BY:
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Lowcountry Affiliate of
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FOR MORE INFORMATION VISIT WWW.BMHSC.ORG

Introduction

You or someone you love has received a cancer diagnosis. Now what?

There are several types of treatment for cancer. Your doctor can help you decide which will work best for you. Chemotherapy, radiation therapy, surgery...it's good to know that there's more than one answer to cancer. But it can also be confusing when you're weighing your own treatment options. What are the disadvantages of chemotherapy? What's internal radiation? Does every treatment require a stay in the hospital?

The American Cancer Society (www.cancer.org) and the National Cancer Institute (www.cancer.gov) offer detailed information about the various treatments available for many types of cancer. Each site also provides questions you might want to ask your doctor, as well as tips on how to keep track of all the information he or she provides.

In general, there are three ways to treat cancer: surgery, radiation therapy and chemotherapy. A more recent tool is immunotherapy, in which biologic agents are used to "boost" your immune system. It is often used in conjunction with one of the other three treatments.

It's important to note, however, that every treatment is not an option for every cancer. Together, you and your doctor will decide on the treatment strategy that's right for you. *(Reprinted from the Beaufort Memorial Hospital website.)*

Beaufort Memorial Hospital, the only not-for-profit hospital located between Savannah and Charleston, has developed this Cancer Resource Guide to provide you with information about the resources available to area residents to help meet the needs of cancer patients and their families. It has been made available in print by a grant provided by the Lowcountry Affiliate of Susan G. Komen for the Cure.



The Lowcountry Affiliate of Susan G. Komen for the Cure is working to better the lives of those facing breast cancer in our community. This Affiliate joins with more than 100,000 breast cancer survivors and activists around the globe as part of the world's largest and most progressive grassroots network fighting breast cancer. Through events like the Komen Lowcountry Race for the Cure®, they have invested more than \$3 million in local breast health and breast cancer awareness projects in 13 counties. Up to 75 percent of net proceeds generated by the Komen Lowcountry Affiliate stay in our 13-county service area while the remaining income goes to the Susan G. Komen for the Cure Award and Research Grant Programs supporting research, awards and educational and scientific programs around the world. *(Reprinted in part from the Komen Lowcountry website.)*

Lowcountry Affiliate of Susan G. Komen
9302 Medical Plaza Drive, Suite E, North Charleston, SC 29406
Executive Director: Taffy Tamblyn, 843-556-8011

www.komenlowcountry.org

General Information 1-877-465-6636 or toll-free Breast Care Helpline 1-800-462-9273

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We welcome your assistance!

We have made every effort to include useful resources and to ensure that the information listed in this guide is accurate at the time of printing. If you find incorrect information in this guide, or if you know of a service or group that should be included, please let us know.

Beaufort Memorial Hospital
 LifeFit Community Health
 955 Ribaut Road, Beaufort, SC 29902-5454
 E-mail: dlslichter@bmhsc.org
 Telephone: 843-522-5570; FAX 843-522-5989

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Beaufort Memorial Keyserling Cancer Center

Beaufort Memorial Keyserling Cancer Center provides the area's most advanced cancer care, right where you need it—close to home.

The 25,000 square-foot facility—designed under the direction Of Duke University Medical Center—offers both medical oncology and radiation oncology under one roof, as well as a full range of associated services. Our specialists are able to treat a variety of diseases, including lymphoma, breast, colon, lung and prostate cancers.



Our Services

In addition to radiation and medical oncology, outpatient cancer and support services offered through the Keyserling Cancer Center include:

Radiation Therapy

Chemotherapy

Infusion Center

Clinical Trials

Breast Care Coordinator

Cancer Screenings

Support Groups

Genetic Counseling

Hematology

Cancer Registry

Case Management

Nutrition Counseling

Social Work Services

Education & Outreach

Community Resource Library

Cutting-edge Technology

The technology at the Keyserling Cancer Center is among the most advanced on today's market. Few hospitals outside of major academic medical centers can boast a Varian image-guided, intensity-modulated radiotherapy system. This highly sophisticated linear accelerator allows radiation oncologists to treat patients with pinpoint accuracy. The system also includes Respiratory Gating and On-board Imaging, technology that allows for oncologists to track the position of the tumor and sequence radiation delivery with the natural movement of breathing, reducing unnecessary radiation exposure to other organs.

The Duke Affiliation

By partnering with Duke University Medical Center—ranked among the top 10 cancer treatment sites in the nation—Beaufort Memorial Hospital is able to stay on the leading edge of cancer care. Our physicians and staff consult directly with Duke cancer specialists on the latest approaches to fighting the disease to give area residents the best options for treatment close to home. Every facet of the Keyserling Cancer Center, from the facility's medical equipment, protocols and procedures to the qualifications of physicians, nurses and technicians, must meet the rigorous standards set by the Duke Oncology Network.

Duke also provides on-site quality oversight and review of the hospital's subspecialties, including pathology, radiology, chemotherapy and radiation, as well as continuing education, special training and assistance in enhancing programs and policies.

Our clinical trials program

As an affiliate of Duke Medicine, Beaufort Memorial is qualified to join national clinical trials studying new drugs and procedures that could prove to be the next big breakthrough in breast, lung and colon cancer care. The hospital is a member of the Cancer and Leukemia Group B, one of 10 major associations conducting studies sponsored by the National Cancer Institute. A number of trials are now open to BMH patients, affording them access to innovative treatment approaches that have the potential for an improved outcome when other cancer treatment options have been exhausted.

Learn More To learn more about the Duke-affiliated Beaufort Memorial Keyserling Cancer Center call (843) 522-7800.

Camps & Retreats

Camps and Retreats can be challenging, uplifting, and memorable ways to promote fellowship, help build self-confidence, and help people cope with their disease or the disease of a loved one. Retreats have long been recognized as an opportunity to “step apart” from one’s daily life; to reflect upon one’s life and circumstances, to rest and renew, and to return home, hopefully with rejuvenation and perspective. For people experiencing potentially life-threatening illnesses, retreats can help to reduce the sense of isolation and fear that may accompany their cancer journey.

Camp Happy Days and Special Times – Happy Days is a non-profit organization providing emotional and financial support to children with cancer and their families throughout the Southeast. Held the first week in July. Camp Happy Days, 1622 Ashley Hall Road, Charleston, SC 299407, telephone 843-571-4336 ext #26, www.camphappydays.com

Camp New Horizons - Camp New Horizons is held on an October weekend for children between the ages of 6-18 who have lost a brother or sister to cancer or a blood disorder. The camp is funded by the Scott Hannon Memorial Foundation, and there is no cost to the campers or their families. It is sponsored by the Children's Center for Cancer and Blood Disorders of Palmetto Health Richland. Since 1998, children primarily from seven hospitals in South Carolina, North Carolina, and Georgia have participated in this meaningful camp. The focus of activities and interactions at Camp New Horizons is to assist each child in expressing their feelings, remembering their sibling who died, learning about grief, moving forward in life, and building self esteem. The campers have the opportunity to explore their feelings through music, art, writing, peer group discussion time, team building activities, and camp traditions such as the creation of a memory wall. Contact Person: Julian Ruffin, Ph.D., Camp Director, 7 Medical Park, Suite 7215, Columbia, SC, 29203, Telephone: 803-434-3710, Julian.Ruffin@palmettohealth.org.

Camp Sunshine – A summer camp in Decatur, Georgia, for children with cancer is complemented by year-round programs for the rest of the family. For more information, call 404-325-7979 or www.mycampsunshine.com.

Jason’s House/Surfside United Methodist Church – Offers camping experience to childhood cancer survivors for a one week vacation. No fees. Childhood cancer survivors are eligible with referral. For more information call 843-238-2734. Jason’s House, 800 12th Avenue N, Surfside, SC 29575.

Tiny Wishes – Grants wishes for children who have parents that have been diagnosed with cancer. Children should be between the ages of 2-1/2 and 18 years old. Must complete application process and wishes are granted based on meeting specific criteria. 301 Central Avenue, Suite 279, Hilton Head Island, SC 29926. For more information call 843-836-2058.

Casting For Recovery - Founded in 1996, CFR is a national non-profit support and educational program for women who have or have had breast cancer. CFR offers free retreats throughout the country, incorporating counseling, educational services and the sport of fly-fishing to promote mental and physical healing. Fly fishing techniques provide a gentle exercise for joint and soft tissue mobility. Forty-two retreats have been scheduled across the United States for 2009. The entire retreat is free of charge and lodging, meals and fly fishing lessons are included. Women attending must provide their own transportation to the retreat. For more information call 1-888-553-3500 or visit www.castingforrecovery.org. Questions can be emailed to info@castingforrecovery.org.

Two Sisters Farm – is a 50 acre horse farm situated in the middle of a 2,000 acre State Park located just outside Aiken, South Carolina. For more information contact Chris Powers at 803-646-0123, Chairwoman of Women Beyond Cancer.

Dental Care – Sliding Fee:

Your dentist is a part of your Cancer Care Team. To protect your mouth during cancer treatment, follow these general guidelines:

- Soak an extra-soft toothbrush in warm water to make it softer
- Brush your teeth and tongue gently
- Brush after every meal and at bedtime
- Floss once a day
- Rinse often with water
- Do not use mouthwash with alcohol in it
- Sip water and use a saliva substitute to keep your mouth moist
- Avoid alcohol and stop smoking or chewing tobacco

Should you have need for **dental care at reduced fees** or fees based on your ability to pay, refer to one of the following resources:

Beaufort Jasper Hampton Comprehensive Health Services, Inc. - Chelsea Location

Ruth P. Field Medical Center

Thomas C. Barnwell Administrative Building

Highway 170, 721 Okatie Highway

Ridgeland, SC 29936

Telephone: 843-987-7400; Fax: 843-986-0566

Medical University of South Carolina - College of Dental Medicine

Room BSB 546, 173 Ashley Avenue

Charleston, SC 29425

Telephone: 843-792-2341; Fax: 843-792-1593

Emergency Services & Family Support:

Beaufort and Jasper counties have many organizations and agencies that have accepted the task of helping families who are in a crisis situation. Sometimes medical expenses can be so great that patients may find that they need assistance paying for basic living expenses such as food and housing. Listed below are organizations dedicated to helping people who have an emergent need.

PLEASE NOTE: If you are NOT eligible for the Food Stamp Program that is described below, you can still contact the local Food Stamp Office at 843-470-4600 to apply.

You may be eligible for Food Stamps under the Elderly Simplified Application Process (ESAP) only if all household members who purchase and prepare their food together are elderly (age 60 or older), none of these household members have earned income, and none of these household members receive food stamps under the SC Combined Application Project.

To receive food stamps under ESAP, you must:

- Complete the DSS-16176, ESAP Application - this application is available on-line at <http://www.state.sc.us/dss/fi/food/ESAP.htm> or from your local Food Stamp Office, Beaufort 843-470-4600
- Mail the completed application to: ESAP, SC Department of Social Services, P.O. Box 1520, Columbia, SC 29202-1520
- While you can get an application from your local DSS office and drop it back off there, the local DSS must mail it to the State Office, so it's better for you to mail it directly to the Columbia address yourself.

If you are eligible, you will receive benefits beginning the date your application is received. You will be notified in writing of the decision on your case within 45 days of the completed application being received in the Columbia office. Once on ESAP, you only report required changes to the ESAP office at the above address or toll-free telephone at 1-800-616-1309.

IMPORTANT! You are not required to pay tax on food purchased with food stamps.

Alert Sentry – Personal Emergency Response System

1-877-253-7899; www.AlertSentry.com

Also available through Beaufort Medical Equipment, Inc.

2127 Boundary Street, Beaufort, SC 29902

Telephone: 843-379-2800, 24-Hour Emergency Service

Denise Hepburn, Owner, Beeper 770-8070

Beaufort County Disabilities and Special Needs

Port Royal, SC 29935

Telephone: 843-525-7680

Area served: Beaufort County. Apply by telephone. No fee. Eligibility – Mental retardation or related disability.

SERVICES: Family support services, employment services and residential services.

Beaufort County Emergency Services

Open Monday through Friday

Telephone: 843-470-4656

May be able to help clients with emergency medication assistance, emergency food supplies, electricity and water bills (if turned off), and some rent payment assistance. Can make referrals and give vouchers to Salvation Army and HELP of Beaufort for food and clothing.

Beaufort Jasper Economic Opportunity Commission - Beaufort

P.O. Drawer 9, Beaufort, SC 29901

Telephone: 843-470-4500; beaufortjaspereoc@hotmail.com

Low income energy assistance; general emergency assistance, child and adult care food program.

Beaufort Jasper Economic Opportunity Commission - Jasper

1506 Grays Hwy Suite D, Ridgeland, SC 29936

Telephone: 843-726-5586; Sierra Beale; beaufortjaspereoc@yahoo.com

Low income energy assistance; general emergency assistance, child and adult care food program.

Beaufort Memorial Hospital - BMH Mental Health Unit

955 Ribaut Road, Beaufort, SC 29902

Telephone: 843-522-5269 or toll-free 1-800-922-7844

Area served: Beaufort, Jasper, Hampton, Allendale and Colleton Counties. Accepts all insurance, Medicare and Medicaid.

SERVICES: Provides inpatient multi-disciplinary psychiatric care.

Bluffton Health Center of Low Country Public Health District/SC DHEC

59 Ulmer Drive, Bluffton, SC 29910-0235

Telephone: 843-757-2251

Area served: Beaufort and Bluffton. Anyone is eligible. Apply by telephone or walk in; services by appointment. Cost: Free or sliding scale.

SERVICES: Satellite office of Beaufort County Health Department.

Bluffton Self Help, Inc.

P.O. Box 2420, Bluffton, SC 29910

Telephone: 843-757-8000

Residents of the greater Bluffton area can receive emergency financial assistance for families/individuals who are in a crisis situation.

Deep Well Project

P.O. Box 5543, Hilton Head, SC 29938

Telephone: 843-785-2849

Emergency assistance with rent, utilities, food, and medicine to Hilton Head residents in need.

Department of Social Services

1905 Duke Street, Beaufort, SC 29902

Telephone: 843-470-4600; 843-524-2777 Nights & Weekends

Emergency assistance.

Franciscan Center

P.O. Box 682, St. Helena, SC 29920

Telephone: 843-838-3924; e-mail: franctr@islc.net

Serves people in need, Beaufort County – North of the Broad River. Provides food, emergency financial assistance for utility bills and prescriptions.

Good Neighbor Medical Clinic

30 Professional Circle, Beaufort, SC 29907

Telephone: 843-470-9088

Greater Pentecostal Temple

5905 S. Okatie Highway, Hardeeville, SC 29927

Telephone: 843-784-6988; gptemple@hargray.com

Serves Jasper County. Provides some financial assistance for emergency needs. Operates food bank.

Help Mobile Meals

121 Prescott Ct., Beaufort, SC 29902

Telephone: 843-812-1718

Provides meals for folks with a medical request following hospital stay. Serves Beaufort, Port Royal, Burton, and Lady's Island.

Help of Beaufort

P.O. Box 472, Beaufort, SC 29901-0472

Telephone: 843-524-1223

Emergency assistance provided to those referred by Department of Social Services. Serves Northern Beaufort County.

Jasper County Council on Aging

Ridgeland, SC 29936

Telephone: 843-726-5601

Area served: Jasper County. Apply by telephone. Sliding fee scale - donations accepted. Age 60+.

SERVICES: Congregate meals, home-delivered meals, information & referral, home care & personal care services, transportation, case management, outreach, health screenings, nutritional information, day trips, crafts and recreational activities. Five Senior Centers: Coosawhatchie, Grays, Hardeeville, Ridgeland and Robertville.

Jasper County Department of Social Services

204 North Jacob Smart Blvd., Ridgeland, SC 29936

Telephone: 843-726-7747

Area served: Jasper County. Income eligibility required. Apply in person or by telephone. No cost.

SERVICES: Aid to families with dependent children (AFDC), food stamps, foster care, protective services for adults and children, family management counseling, medical services, early and periodic screenings, USDA commodity food program, Medicaid.

Jasper County Health Department

113 East Wilson Street, Ridgeland, SC 29936

Telephone: 843-726-7788

Area served: Jasper County. Everyone is eligible. Apply by telephone yourself. Cost: Medicaid eligible.

SERVICES: Family Support Services: find a doctor; don't know where to go for help; need to talk with someone about your problems, need help understanding what foods to eat on your special diet.

Low Country Public Health District of SC DHEC

1407 King Street, Beaufort, SC 29902

Telephone: 843-525-7634

Area served: Beaufort, Jasper, Hampton and Colleton Counties. Fee dependent upon services. Medicaid accepted.

SERVICES: WIC, family planning, family support services, STD/HIV counseling, immunizations/foreign travel immunizations, TB services, postpartum newborn home visits, vital records, environmental health services, community development.

Meals-On-Wheels, Bluffton-Hilton Head, Inc.

P.O. Box 23691, Hilton Head, SC 29925

Telephone: 843-689-8334

Serves Hilton Head, Bluffton, Sun City. Provides meals.

Salvation Army

2505 North Street, Beaufort, SC 29902
Telephone: 843-524-3727, 843-524-2271

Senior Services of Beaufort

Beaufort, SC 29901

Telephone: 843-524-1787

Area served: Beaufort County. Apply by phone –sliding fee scale and donations. Eligibility: 60 years and older.

SERVICES: Congregate meals, home delivered meals, transportation, outreach, home care services, information and referral, health screenings, nutrition information, special trips and recreational activities.

United Way of the Lowcountry, Inc. - Beaufort

2266 Boundary Street, Beaufort, SC 29901-0202

Telephone: 843-982-3040; Help Line 524-HELP; www.uwlowcountry.org

Information and Referral database to assist those in need of services.

United Way of the Lowcountry, Inc. – Hilton Head/Bluffton

62 New Orleans Road, Hilton Head Island, SC 29938-7281

Telephone: 843-686-4304; Help Line Hilton Head 686-HELP; Help Line Bluffton 757-HELP;

www.uwlowcountry.org

Information and Referral database to assist those in need of services.

United Way of the Lowcountry, Inc. – Jasper County

306 Third Avenue, Ridgeland, SC 29936-1420

Telephone: 843-645-6500; Help Line Jasper County 524-HELP; www.uwlowcountry.org

Information and Referral database to assist those in need of services.

Volunteers In Medicine

15 Northridge Drive, Hilton Head, SC 29926

Telephone: 843-681-6612; Call for appointment

Area served: Hilton Head and Dafuskie Island. Apply by telephone. No fee. Eligibility: 200% of poverty level and working or living on Hilton Head or Dafuskie Islands.

Emotional Support:

Each of us will have different needs as we deal with illness. It can be helpful to discuss your concerns - whether it is with a friend, family member, a spiritual advisor, or in a support group of people going through a similar situation. Below are some suggestions that may help:

Form a Partnership with Your Doctor: Many elements of your disease may be personal and can feel embarrassing. It is important to ask your doctor any and all questions you have about your disease. Your doctor will be your partner in a relationship that should be mutually supportive and based on candid, honest dialogue and trust. Be sure to write down your questions and go to your appointments prepared.

Identify your “caregivers” or support system.

Create a sacred space for healing and hope: It could be a room or just a small area, like a shelf in your office. Incorporate your favorite colors, aromas, art, sounds, and special objects.

Journaling: Journaling is a very private experience where you are safe to write about whatever you are feeling. By writing about your feelings, you may achieve a sense of perspective and inner peace.

Movement and Exercise: Personal choices, such as eliminating tobacco use, following smart dietary habits, reducing stress levels, and increasing **exercise** can reduce the risk of cancer at all stages of its development. Beaufort Memorial’s LifeFit Wellness Center can assign you an exercise specialist to help you use your energy most efficiently. By doing something “positive” for your body, you can boost your self-esteem. Call 843-522-5635 for more information.

Inspiration: A positive attitude can play an important role in how you react to treatment. Surround yourself with affirmations, positive thoughts that celebrate You. Examples: I have all the energy to accomplish everything I put my attention to. I know that even difficult lessons are opportunities for positive change. Everything is working out for my highest good. No matter where I am or what I am doing, there is beauty around me. True living is being able to see that beauty and to take it in.

Home Health Care: The goal of home health care is to allow you to recover in the comfort and convenience of your own home with the important advantage of skilled medical treatment. If you feel you would benefit from medical services provided in the home, ask your physician for a home health care referral.

If you feel you would benefit from some third party counseling – Be sure to talk with your pastor, spiritual advisor, or your medical team for a referral.

For more information, contact Beaufort Memorial’s Oncology Social Worker at 843-522-7807, the BMH Breast Care Coordinator at 843-522-PINK (7465) or the LifeFit Community Health Specialist at 843-522-5570.

Financial Assistance Guidelines:

The government provides assistance programs known as entitlements or benefits. Getting to know the various programs will help you get the most out of those for which you may qualify.

Should you have questions or need assistance with these guidelines, please contact the Social Worker at the Keyserling Cancer Center at 843-522-7807.

Are you searching for federal benefits for which you may qualify? GovBenefits.gov is the official benefits Web site of the federal government, with information on more than 1,000 benefits and assistance programs. This is a free, confidential tool that can help you find government benefits that you may be eligible to receive. Go to www.govbenefits.gov. Telephone: 1-800-333-4636.

- It is important to apply for any benefits as soon as possible. For information on Social Security Disability, Supplemental Security Income, and Medicare benefits call 1-800-772-1213 or visit: www.ssa.gov. Cancer patients must qualify for Social Security Disability under the same rules as any other person. There are no special rules that make people who have cancer automatically eligible for Disability.

The medical definition of “disability” for Social Security and SSI are the same:

Social Security pays only for total disability

There are no benefits payable for partial disability or for short-term disability.

"Disability" under Social Security is based on your inability to work:

You cannot do any work that you did before AND

you cannot adjust to other work because of your medical condition(s) AND

your disability has lasted or is expected to last for at least one year, or to result in death.

The **Social Security** program rules assume that working families have access to other resources to provide support during periods of short-term disabilities, including workers' compensation, personal or group disability insurance policies, savings, and investments.

If you are approved for **Social Security Disability**, your cash benefit will not begin until the 6th month from the date of disability (as determined by Social Security), and your Medicare will not begin until 24 months from when you receive your first Social Security Disability check (which means 30 months from the date of disability as determined by Social Security).

Lowcountry area Social Security offices: Beaufort and Jasper counties: 843-524-5795 or 843-524-1187; toll-free 1-800-772-1213.

- The Centers for **Medicare & Medicaid** Services offer extensive information on both Medicare and Medicaid. For information call 1-877-267-2323 or visit: www.cms.hhs.gov. If your income and assets are low enough, you may qualify for SSI and Medicaid, which starts immediately. However, some people lose their SSI/Medicaid when their regular Social Security Disability begins in the 6th month, because they then have too much income. If this happens to you, you may still qualify for Medicaid only; you will need to apply for this at your local Medicaid office, not at Social Security. Beaufort County Medicaid office: 843-470-4600; SC State office: 1-888-549-0820.
- For information about other entitlements such as public assistance or food stamps, speak with your local Department of Health and Human Services or Welfare Unit. For information, call 1-877-696-6775 or visit the U.S. Department of Health and Human Services at www.os.dhhs.gov.

- If you have difficulties paying your **utilities**, your local Low Income Home Energy Assistance Program (LIHEAP) may be able to assist you with bill payments, an energy crisis, and weatherization and energy-related home repairs. The **local number to apply for LIHEAP** (zip code 29902 and surrounding areas) is 803-734-0662. The National Energy Assistance Referral (NEAR) project can be reached toll-free at 1-866-674-6327 for further information.
- **Do you need assistance paying for your telephone service?** The Low Income Program of the Universal Service Fund, administered by the Universal Services Administrative Company (USAC) provides discounts on basic, local telephone service to low-income households. To find out if you qualify, go to www.lifelinesupport.org/li/low-income/lifelinesupport/browser.
- If you are an **older person**, you may be eligible for additional benefits. **Eldercare Locator**, a public service of the U.S. Administration on Aging, connects older Americans and their caregivers with sources of information on senior services. General information and assistance for Beaufort County residents is available at: Senior Services of Beaufort, 1408 Paris Avenue, Beaufort, SC 29901, 843-524-1787. You can also contact the Lowcountry Council of Governments Area Agency on Aging, 634 Camp Ground Road, Yemassee, 843-726-5536 or 877-846-8148. For additional information call 1-800-677-1116 or visit www.eldercare.gov.
- If you need help with hospital expenses, ask to speak to a financial counselor in the business office of the hospital. They can help you develop a monthly payment plan.
- **Beaufort Memorial Hospital** is committed to providing financial assistance for patients who need help covering hospital bills. BMH **qualifies patients** who are eligible for Medicaid, Medically Indigent Assistance Program, Crime Victim's Assistance, Vocational Rehabilitation, and Best Chance Network. If you do not qualify for this assistance, but are either uninsured or underinsured, you may qualify for assistance through a discount on your balance after insurance has paid. This is through the BMH Financial Assistance Program. Please contact the BMH Patient Financial Services department at 843-522-5150 Monday through Friday during normal business hours.
- **Are you at risk of losing your home?** The U.S. Department of Housing and Urban Development (HUD) Web site, www.hud.gov, has information on everything from avoiding foreclosure (www.hud.gov/foreclosure) to applying for public housing assistance (www.hud.gov/offices/pih/pha/contacts) and the Section 8 Rental Voucher Program (www.hud.gov/progdsc/voucher.cfm). The Obama administration's Homeowner Affordability and Stability Plan is designed to help borrowers who are already behind on their mortgage payments or who are struggling to keep their loans current. The plan offers assistance to as many as seven million to nine million homeowners who are making a good-faith effort to stay current on their mortgage payments. The "Making Home Affordable" program will help eligible borrowers refinance their loans into more affordable mortgages or will modify a borrower's mortgage payment to make it more affordable. Final eligibility for both programs will be determined by your mortgage lender based on your financial situation and detailed guidelines outlined by the U.S. Department of the Treasury. For more information, talk with your lender or go to www.financialstability.gov/makinghomeaffordable.
- If you expect to run out of money, or have already, and cannot meet your daily living expenses like rent and food, **talk directly to your creditors**. Many utility and mortgage companies, for example, will work out a payment plan with you before a crisis develops.
- Don't forget about the power of using your **local elected officials**. They often have resources and connections that can be useful. If you are having difficulty with Medicaid, calling the office of your state representative might help; for Medicare problems, your federal representative or

senator's office may have information and assistance. To find out how to contact your elected officials, call Project Vote Smart at 1-888-868-3762 or visit www.vote-smart.org.

- Take time to review your health insurance policy as well as other insurance policies you have to better understand your coverage. Ask your insurance company if they can assign you a case manager to help you and answer your questions.
- **Maintain Good Insurance Records.** Keep copies of all your insurance policies. If changing health insurance carriers or policies, make certain you are covered under the new policy for pre-existing conditions before discontinuing the previous plan. Keep careful records of all medical expenses and claims and file claims for all covered costs. Make photocopies of all claims and correspondence with your insurer and keep careful records of all contacts including names and dates. If a claim is denied, file again. Ask your physician to send the insurer additional information to verify the need for the services in question. If the claim is still denied, file an appeal. Keep all of your records in one place.

The 2009 Federal Poverty Guidelines			
Persons in Family	48 contiguous states & D.C.	Alaska	Hawaii
1	\$10,830	\$13,530	\$12,460
2	14,570	18,210	16,760
3	18,310	22,890	21,060
4	22,050	27,570	25,360
5	25,790	32,250	29,660
6	29,530	36,930	33,960
7	33,270	41,610	38,260
8	37,010	46,290	42,560
For each additional Person add	\$ 3,740	\$ 4,680	\$ 4,300

SOURCE: Federal Register, Vol. 74, No. 14, January 23, 2009, pp. 4199-4201.

The above poverty guidelines are updated periodically in the Federal Register by the U.S. Department of Health and Human Services under the authority of 42 U.S.C. 9902(2). The guidelines (or percentage multiples of the guidelines – for example, 125% or 185% of the guidelines) are used to determine financial eligibility for certain federal programs such as the Food Stamp Program, the Low Income Home Energy Assistance Program, and the State Children’s Health Insurance Program. Many private programs also use percentage multiples of the federal poverty guidelines when determining eligibility criteria.

Financial Assistance – Medical & Prescription:

Are you a senior who could use assistance paying for prescription drugs, healthcare, meals, utilities, and other basic needs? BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits, programs for seniors with limited income and resources. Developed and maintained by the National Council on Aging (NCOA), BenefitsCheckUp includes more than 1,550 public and private benefits programs from all 50 states and the District of Columbia. Go to www.benefitscheckup.org.

Beaufort Memorial's Keyserling Cancer Center has a professional social worker on staff that can assist you and your family in determining which financial assistance programs you might consider. If you are a patient there, call 843-522-7807.

The Brain Tumor Society is a national nonprofit agency that provides information about brain tumors and related conditions for patients and their families. This program provides supplementary financial assistance. It covers specific non-medical costs related to a primary brain tumor diagnosis. Direct medical expenses are not covered. For more information call 1-800-770-8287; or visit the website www.tbts.org.

The Breast and Cervical Cancer Treatment Act provides Medicaid coverage for treatment to women who have been screened for and diagnosed with breast or cervical cancer, including precancerous conditions, through the National Breast and Cervical Cancer Early Detection Program. For more information about eligibility and contacts for this program, call 1-888-842-6355 or visit the Centers for Disease Control and Prevention's (CDC) "Breast and Cervical Cancer Prevention and Treatment Act of 2000" website located at www.cdc.gov/CANCER.

CancerCare is a national nonprofit agency that offers free support, information, financial assistance, and practical help to people with cancer and their loved ones. Financial assistance is given in the form of limited grants for certain treatment expenses. Information about financial assistance for all cancers is available by calling 1-800-813-4673 or on the website www.cancercare.org.

CancerCare has also partnered with **Susan G. Komen for the Cure** to create the **Linking A.R.M.S. program**, which provides limited financial assistance for hormonal and oral chemotherapy, pain and antinausea medication, lymphedema supplies, and durable medical equipment for women with breast cancer. They also operate the **AVONCares Program for Medically Underserved Women**, in partnership with the Avon Foundation. This program provides financial assistance to low-income, under- and uninsured, underserved women throughout the country who need supportive services (transportation, child care, and home care) related to the treatment of breast and cervical cancers. Telephone: 1-800-813-4673.

Communicare, now known as Welvista, is available to people living in South Carolina who do **NOT** have Medicaid, Medicare, VA Health Benefits or Private Health Insurance and have some type of income. This program pays for medicine with as many refills as the doctor prescribes, if the drugs are available through one of the twelve drug companies who donate to this program. For more information call toll free 1-800-763-0059 or visit the website at www.welvista.org to download an application.

Healthwell Foundation is a 501(c)(3) non-profit charitable organization that addresses the needs of individuals who cannot afford their insurance co-payments, premiums, coinsurance, or other out-of-pocket health care costs. Contact them at 1-800-675-8416; or www.healthwellfoundation.org.

Healthy Connections Plans for Children Under Age 19: (1) **The Partners for Healthy Children** program is authorized under Title XXI of the Social Security Act. This program is a Federal-State partnership that offers low-cost or free health insurance coverage to uninsured infants, children, and teens. It provides **Medicaid coverage for children** who live in families with income at or below 150% of the Federal Poverty Level. (2) **The Healthy Connections Kids** program provides health insurance coverage to uninsured children in households with income above 150% but less than or equal to 200% of the Federal Poverty Level. Individuals who are eligible will receive a health insurance package based on the State Health plan provided to South Carolina State Employees. Dental and Vision services are included in the benefit package. Eligibility requirements include dependents under the age of 19, state residency, and social security number. Applications may be obtained from the Department of Health and Human Services or call 1-877-543-7669. You can also visit their website at www.insurekidsnow.gov.

The Internal Revenue Service (IRS) provides information about tax deductions for medical costs that are not covered by insurance policies. For example, tax deductible expenses might include mileage for trips to and from medical appointments, out-of-pocket costs for treatment, prescription drugs or equipment, and the cost of meals during lengthy medical visits. Deductible-qualified medical expenses include those incurred by the patient, spouse, and dependents. Nursing home expenses are allowable as medical expenses in certain instances. If the patient, a spouse, or dependent is in a nursing home, and the primary reason for being there is for medical care, the entire cost, including meals and lodging, is a medical expense. Telephone: 1-800-829-1040; website: www.irs.gov.

Susan G. Komen for the Cure is the nation's largest private provider of funds for breast cancer research and community outreach programs. Komen for the Cure funds community-based grants to support breast health research, education and enhance the availability of breast cancer screenings and treatment for the medically underserved. Visit their website at www.komen.org for the latest breast health research and information. For general information call 1-877-465-6636 or the toll-free Breast Care Helpline is 1-800-462-9273. Beaufort County's local office is the Lowcountry Affiliate of Susan G. Komen, and it is located at 9302 Medical Plaza Drive, Suite E, N. Charleston, 29406, Executive Director Taffy Tamblyn, www.komenlowcountry.org.

The Leukemia and Lymphoma Society (LLS) offers information and financial aid to patients in significant financial need who have leukemia, non-Hodgkin's lymphoma, Hodgkin's lymphoma, or multiple myeloma. For more information, call 1-800-955-4572 or visit their website at www.leukemia-lymphoma.org.

The LIVESTRONG™ SurvivorCare partnership between CancerCare and the Lance Armstrong Foundation provides financial assistance to cancer survivors. For patients who are 6 months post-treatment with no evidence of disease, limited financial assistance is available for transportation to follow-up appointments, medical co pays, cancer-related medications, and neuropsychological evaluation. Telephone: 1-866-235-7205; websites: <http://www.cancercare.org>; <http://www.livestrong.org>

Med-I-Assist is a "Patient Prescription Assistance Program". This program is designed to assist patients who have no prescription insurance coverage and are unable to afford all of the prescription medications they are taking. Bluffton Community Center, Goethe Road, Bluffton, Med-I-Assist at 843-757-4818, Tuesdays, Wednesdays, and Thursdays from 10 a.m. to 2 p.m. Med-I-Assist Sheldon Township at Mt. Carmel Baptist Church, 367 Keans Neck Road, Seabrook, SC 843-846-8703 (main number) or 843-846-4742, Thursdays 10 a.m. to 2 p.m. By appointment only.

Medicaid (Medical Assistance) is a jointly funded, Federal-State health insurance program for people who need financial assistance for medical expenses. Medicaid coverage includes part-time nursing, home care aide services, and medical supplies and equipment. For more information call 1-877-267-2323 or visit their website at www.cms.gov/medicaid. Local information can be accessed at Beaufort County DHHS Office, 1905 Duke Street, Beaufort, South Carolina 29902 843-470-4625.

Medicare is a Federal health insurance program for those individuals who are 65 or older, people of any age with permanent kidney failure, and disabled people under age 65. Medicare is divided into two parts, Part A and Part B. Part A pays for hospital care, home health care, hospice care, and care in Medicare-certified nursing facilities. Part B covers medically necessary services, including diagnostic studies, physicians' services, durable home medical equipment, and ambulance transportation; Part B also covers screening exams for several types of cancer. To receive information on eligibility, explanations of coverage, and related publications, call Medicare at 1-800-633-4227 or visit their website at www.medicare.gov.

Medicare Gap Assistance Pharmacy Program for Seniors (GAPS): Medicare beneficiaries enrolled in a Medicare PDP that operates in South Carolina qualify for Gap Assistance. Income restrictions include an annual income not exceeding 200 percent of the federal poverty level. Those who qualify pay only 5 percent of the cost of their prescription drugs when they reach Medicare Part D's coverage gap, or "doughnut hole." There is no cost for this program. For more information, contact the Department of Health and Human Services at 1-888-549-0820.

The Centers for Medicare & Medicaid Services (CMS) has a secure online service designed to help you access your personal Medicare information. Gain easy access to personalized information about benefits; claims information; eligibility for and utilization of preventative services; prescription drug plan choices and enrollment options; provider quality measurements; and a variety of other personalized health management tools. CMS will send beneficiaries who provide their e-mail address an e-mail reminder when they are eligible for one of their preventive services. To learn more, go to www.mymedicare.gov.

National Organization for Rare Disorders (NORD) assists uninsured or under-insured individuals in securing lifesaving or life-sustaining medications. Call 1-203-744-0100; www.rarediseases.org.

NeedyMeds is a 501(3)(c) nonprofit organization with the mission of helping people who cannot afford medicine or health care costs. The information at NeedyMeds can be obtained anonymously and is free of charge. NeedyMeds is an information source similar to the Yellow Pages; it does not supply medications or financial assistance, but helps people find assistance programs and other available resources. Access www.needyeds.com on your personal computer, through the local library's computers, or at the Beaufort Memorial Keyserling Cancer Center.

Partnership for Prescription Assistance (PPA) is the largest private-sector patient assistance effort helping low-income, uninsured, and underinsured patients to get access to prescription assistance programs that offer medicines for free or nearly free. To speak with a trained specialist who can provide application assistance call toll-free 1-888-477-2669 or visit their website at www.pparx.org.

Patient Access Network Foundation assists patients who cannot access the treatments they need due to out-of-pocket health care costs including deductibles, co-payments, and coinsurance. Call 1-866-316-7263; or visit their website at www.patientaccessnetwork.org.

The Patient Advocate Foundation (PAF) provides education, legal counseling, and referrals to cancer patients and survivors concerning managed care, insurance, financial issues, job

discrimination, and debt crisis matters. Call 1-800-532-5274 or access the website at www.patientadvocate.org.

The PAF's Co-Pay Relief Program provides limited payment assistance for medicine to insured patients who financially and medically qualify (including Medicare Part D beneficiaries). For more information about the Co-Pay Relief Program, call 1-866-512-3861 or visit www.copays.org.

The Patient Advocate Foundation's (PAF) Colorectal CareLine is designed to provide assistance to patients with colorectal cancer. It offers financial aid through the Financial Aid Fund for those diagnosed with colorectal cancer. For more information, call the Colorectal CareLine team at 1-866-657-8634.

Prescription Assistance Program helps patients maintain health and well being by offering free prescription medications and discount prescription drugs for those who lack medication coverage and have limited financial means. Anyone without medication coverage and limited financial resources qualifies for this national program. Call 1-888-331-1002 or visit the website at www.scbn.org.

Select Health of South Carolina offers free additional Medicaid benefits such as no co-pay for doctor or hospital visits, free personal health care items delivered to your door, 1 pair of free eyeglasses a year, free over the counter drug benefits, and more. You must be a current Medicaid recipient. Serves Beaufort County. Call 1-800-741-6605.

The Social Security Administration (SSA) is the Government agency that oversees Social Security and Supplemental Security Income. Social Security provides monthly income for eligible elderly and disabled individuals. More information about these and other SSA programs is available on their website at www.ssa.gov or by calling 1-800-772-1213. The Low Country area Social Security offices for Beaufort and Jasper counties can be reached by calling 843-524-5795 or 843-524-1187.

Supplemental Security Income (SSI) is administered by the SSA and supplements Social Security payments for aged, blind, and disabled people with little or no income. It provides cash to meet basic needs for food, clothing, and shelter. Information on eligibility, coverage, and how to file a claim is available from the SSA or visit their website at www.ssa.gov/notices/supplemental-security-income/. The Beaufort and Jasper counties Social Security offices can be reached at 843-524-5795 or 843-524-1187.

Together Rx Access is a free, easy to use card that offers savings of approximately 25% to 40% on more than 300 name prescription products from some of the world's largest pharmaceutical companies. Savings also are available on a wide range of generic products. To qualify for the Together Rx Access Card, applicants must be legal U.S. residents, not be eligible for Medicare, without public or private prescription drug coverage, and with incomes of up to \$30,000 for a single person or \$60,000 for a family of four (income eligibility is adjusted for family size). In addition to being part of the Together Rx Access program, each of the participating companies independently offers patient assistance programs (PAPS). People applying to the Together Rx Access program will be notified automatically if they may be eligible for further savings – and in some cases free medicines – through these physician assistance programs (PAPs). Call toll free 1-800-444-4106 or go to www.togetherrxaccess.com.

Uninsured? The Foundation for Health Coverage Education has developed a website designed to help those who are uninsured identify what insurance options may be available to them. The Foundation's Health Coverage Eligibility Tool is an interactive web program that helps individuals locate public and private health plans for which they may qualify, including free or low-cost health

benefits. To get help over the phone, call the uninsured help line at 1-800-234-1317 or access the Foundation's website, at www.coverageforall.org.

United Support Foundation Helps patients and their families negotiate their way through the medical health care system. Helps critically ill patients get the care they need in a timely, effective, and comprehensive manner. Facilitates communication between the family and their physicians, nurses, clergy, social and health care workers. This free patient advocate program is located at 301 Central Avenue, Suite 279, Hilton Head Island, telephone 843-836-2058.

The Veterans Administration (VA) - The VA cancer program provides users of the veterans' health care system easy access to cancer prevention, detection, and treatment services. Its website offers cancer facts, information about care, a list of VA-designated comprehensive cancer centers, and the VA's national cancer strategy. For more information, call 1-877-222-8387 or visit the website at www1.va.gov/health.

Welvista, formerly known as Commun-I-Care, is available to people living in South Carolina who do **NOT** have Medicaid, Medicare, VA Health Benefits or Private Health Insurance and have some type of income. This program pays for medicine with as many refills as the doctor prescribes, if the drugs are available through one of the twelve drug companies who donate to this program. For more information call toll free 1-800-763-0059 or visit the website at www.welvista.org to download an application.

Food, Housing & Travel Assistance:

In addition to cancer treatments, many cancer patients need assistance paying for transportation to and from medical appointments and basic living expenses such as food and housing. Listed below are organizations dedicated to helping cancer patients and their families during and after the patient's treatment.

Nutritional Counseling is provided free through Beaufort Memorial's Keyserling Cancer Center 843-522-7800. Call ahead for an appointment. You can also contact the American Cancer Society (ACS) at 1-888-227-6333 and ask for the "Dietitian on Call".

If you are NOT eligible for the Food Stamp Program for the elderly that is described below, you can still contact the local Food Stamp Office at 843-470-4600 to apply.

You may be eligible for Food Stamps under the Elderly Simplified Application Process (ESAP) only if: all household members who purchase and prepare their food together are elderly (age 60 or older), none of these household members have earned income, none these household members receive food stamps under the SC Combined Application Project.

To receive food stamps under ESAP, you must:

- Complete the DSS-16176, ESAP Application - this application is available on-line at <http://www.state.sc.us/dss/fi/food/ESAP.htm> or from your local Food Stamp Office, Beaufort 843-470-4600
- Mail the completed application to: ESAP, SC Department of Social Services, P.O. Box 1520, Columbia, SC 29202-1520
- While you can get an application from your local DSS office and drop it back off there, the local DSS must mail it to the State Office, so it's better for you to mail it directly to the Columbia address yourself.

If you are eligible, you will receive benefits beginning the date your application is received. You will be notified in writing of the decision on your case within 45 days of the completed application being received in the Columbia office. Once on ESAP, you only report required changes to the ESAP office at the above address or toll-free telephone at 1-800-616-1309.

IMPORTANT! You are not required to pay tax on food purchased with food stamps.

(FOOD) Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief to communities throughout the United States. Angel Food Ministries works through churches and community organizations in over 32 states. Their headquarters is located at 620 South Broad Street, Monroe, Georgia 30655, 888-819-3745. Angel Food host sites in Beaufort County include:

St. John's Evangelical Lutheran Church
157 Ladys Island Drive, Beaufort, 29907
843-524-3461, www.stjohnsbeaufort.org
Host Site Director: Perry Dukes

Life House Church
40 Faith Station, Beaufort, 29906
843-379-9673, www.eelm.org
Host Site Director: Patrick Spellman

Grace Coastal Church
15 Williams Drive, Okatie, 29909
843-379-5520; www.gracecoastalchurch.com
Host Site Director: John Ring

(FOOD) Christian Renewal Church – Valley Gate Ministries, 95 Gardner Drive, Hilton Head, SC, 843-342-5433. Provides free meals every 2nd and 4th Tuesday of the month from 6:00 p.m. to 8:00 p.m. and a bag of groceries.

(FOOD) Church of the Cross – Food Bank, 110 Calhoun Street, Bluffton, SC 29910, 843-757-2661, www.thechurchofthecross.net. Provides free groceries (meats, breads, fruits, and canned goods) to those in need. Amount depends on family size.

(FOOD) Franciscan Center, P.O. Box 682, St. Helena Island, SC 29920, 843-838-3924. Services include providing food, emergency financial assistance for utility bills and prescriptions. Area served includes only north of the Broad River.

(FOOD) Meals-On-Wheels and Senior Meals Programs, Services include providing a hot, mid-day meal 5 days per week, 52 weeks a year. Greater Beaufort Senior Center, 1408 Paris Avenue, Port Royal, SC 29935, phone 843-524-3022, www.seniorservicesofbeaufort.org; Senior Services Of Beaufort County, 1406 Paris Avenue, Port Royal, SC 29935, phone 843-524-1787; Beaufort County Council – Aging, 61 Ulmer Road #A, Bluffton, SC 29910, can also be accessed by calling 843-524-1787; Meals-on-Wheels Bluffton/Hilton Head, P.O. Box 23691, Hilton Head, SC 29925, 843-689-8334, e-mail: mowblufftonhhi@gmail.com; www.mowblufftonhhi.com. Serves Hilton Head, Bluffton, and Sun City.

(FOOD) Help Mobile Meals, 121 Prescott Court, Beaufort, SC 29902, 843-812-1718, Beth Wallace Moon. Serves Beaufort, Port Royal, Burton, and Lady's Island areas. Provides healthy, well-balanced meals to people who are unable to provide for themselves (elderly, recuperating, ill, handicapped, in financial crisis, etc.). Special diet requirements are accommodated.

(FOOD) St. Vincent De Paul Society – Sacred Heart House has a food pantry on premises. Anyone who is in need in Beaufort County is eligible. Apply by telephone. Call 843-524-2179.

(HOUSING) Hope Lodge (ACS), a temporary housing program supported by ACS, provides free, temporary housing facilities for cancer patients who are undergoing treatment. For more information about this program or to find locations of Hope Lodges, call the ACS's toll-free number 1-800-4-CANCER. The closest Hope Lodge for Beaufort residents is located in Charleston at 269 Calhoun Street. Their general telephone number is 843-958-0930; or for reservations or more information call 1-888-227-6333.

(HOUSING) Ronald McDonald Houses, supported by Ronald McDonald House Charities, provide a "home away from home" for families of seriously ill children receiving treatment at nearby hospitals. Ronald McDonald Houses are temporary residences near the medical facility, where family members can sleep, eat, relax, and find support from other families in similar situations. In return, families are asked to make a donation ranging on average from \$5 to \$20 per day, if possible. The closest Ronald McDonald House to Beaufort is located at 81 Gadsden Street, Charleston, SC 29401, Phone 843-723-7957, Fax 843-722-2204.

(TRAVEL) Air Charity Network, TM formerly Angel FlightAmerica (AFA), provides access for people in need seeking free air transportation to specialized health care facilities or distant destinations due to family, community or national crisis. For more information, visit www.aircharitynetwork.org or call the national toll-free number which will direct callers to the appropriate member organization for their area at 1-877-621-7177. Mercy Flight Southeast serves AL, GA, MS and SC.

(TRAVEL) Friends with Wheels, All Saints Episcopal Church, Catherine and Charles Cherrix, Hilton Head Island, SC 29926, 843-681-2580 or 843-689-3651. Riders picked up on Hilton Head only. Must provide at least 24 hours advanced notice. Serves Bluffton and Hilton Head.

(TRAVEL) 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. Call 1-800-296-1217; or visit the website at www.patienttravel.org.

(TRAVEL) Volunteer Medical Transportation: provides transportation to and from medical appointments. Must call 48 hours in advance and have all details of the trip ready. This service is for those able to get in and out of a car with minimal assistance, and who cannot use other transportation options such as Medicaid and V.A. administration. Serves the Hilton Head area only. Call 803-584-3477; 1-866-735-6919.

(VARIOUS SERVICES) Cancer Thrift of the Lowcountry, 843-686-CURE (2873), 4 Southwood Park Road, Hilton Head; 1 Sherington Park Road, Suite D, Bluffton. Monday through Friday 10 a.m. to 5 p.m., Saturday 10 a.m. to 3 p.m. Proceeds benefit the American Cancer Society.

(VARIOUS SERVICES) Off Island Thrift Shop and Cancer Awareness Foundation, 4375 Bluffton Parkway, Open Tuesday through Friday 11 a.m.-5:30 p.m., Saturday 10 a.m.-3 p.m., 843-815-7283. 100% of profits help cancer patients in Beaufort County.

(VARIOUS SERVICES) Deep Well Project – Hilton Head Island, 154 A Beach City Road, Hilton Head, SC 29936, phone 843-785-2849. Emergency social services such as assistance with rent, utilities, food, medicine and furniture. Provides interest free loans for septic systems and home repairs. Other needs considered on a case by case basis. Serves only Hilton Head.

(VARIOUS SERVICES) Eldercare Locator is a referral service provided by the U.S. Administration on Aging, an agency within the U.S. Department of Health and Human Services. Eldercare Locator information specialists will link callers with state and area agencies on aging for information and referral to local agencies that provide a wide array of senior services. This service is available Monday through Friday from 9:00 a.m. to 8:00 p.m., Eastern time. Telephone: 1-800-677-1116.

(VARIOUS SERVICES) Leukemia & Lymphoma Society: 1-800-955-4572 or visit www.leukemia.org. Assistance is cancer specific.

(VARIOUS SERVICES) Lymphoma Research Foundation: 1-800-500-9976 or visit www.lymphoma.org. Assistance is cancer specific.

(VARIOUS SERVICES) St. Francis by the Sea Catholic Church: 45 Beach City Road, Hilton Head, SC 29926. Services include assistance with rent, utilities, food, and medicine. Hispanic services available. This program is open to any Beaufort County resident in need. Call 843-681-6350 Ext. 255.

(VARIOUS SERVICES) United Way of the Lowcountry, Inc.–Cancer Fund: 2266 Boundary Street, Beaufort, SC 29902. Services include providing funding for therapy of cancer patients that is medically proven as treatment for the disease. This fund can be used to pay for treatments, medications, or home care assistance. Call 843-982-3040 Ext. 22 for information.

Genetic Counseling:

Your family can contribute to your risk for cancer through a variety of factors, including genes, ethnicity and familial features. But learning about your family cancer history can help you take steps to reduce your risk, or to find cancer early if it develops.

All Americans are encouraged to assemble a "family health tree" that records the diseases and causes of death of relatives on each side of the family. Help in creating your tree is available from the U.S. Department of Health and Human Services at www.hhs.gov/familyhistory.

If your health tree shows a pattern of cancer, your doctor may recommend earlier and more frequent screening. That's important because early detection can increase your chances for survival, the American Cancer Society (ACS) reports.

If you suspect you have an inherited cancer gene, you may consider testing to find out. In most cases, it would be a simple blood test. Your doctor may refer you to a genetics counselor to help determine if you or your family members are at risk. Ask what the test results may mean to you and what can be done—if anything—once the results are known.

Genetic counseling may be offered through your oncologist's or surgeon's office. Be sure to check with your physician if you are interested in pursuing genetic testing.

(Medical University of South Carolina Children's Hospital (MUSC))

http://www.musckids.com/about/dept_prog/genetics.htm

Address: 171 Ashley Avenue
Charleston, SC 29425

Phone: 800-424-6872 Toll Free
843-876-1511
843-876-0444 Established Patients

Fax: 843-876-1518

Description: MUSC Children's Hospital's genetics specialists help children, families and adults faced with hereditary and genetic factors that cause disease, defects or potential health issues. Some of the conditions include: disorders, birth defects, Down syndrome, autism, spina bifida and family cancer. A referral is needed from your primary care physician. Services include: genetic evaluation, genetic counseling, and coordination of genetic testing.

Office Name: Genetic Outreach Clinic

Address: 1407 King Street
Beaufort, SC 29902

Phone: 843-525-4075
800-358-7805

Fax: 843-521-5507

Hair Care & Wigs:

Hair loss is a common side effect of chemotherapy but not all treatments cause hair loss. Your doctor can tell you if hair loss might occur with your treatment. To deal with impending hair loss, plan ahead and focus on making yourself comfortable with your appearance. Hair usually begins falling out 10 to 14 days after the start of treatment and may come out slowly or in clumps. Hair loss usually continues throughout treatment and up to a month afterward.

Look Good...Feel Better® (LGFB) is a free, non-medical, brand-neutral, national public service program offered in Beaufort County through the American Cancer Society. Many cosmetologists in Beaufort County are familiar with this program and are comfortable working with clients undergoing cancer treatments. The providers listed below are associated with the **Look Good...Feel Better®** program. A free **Hotline** is also available at 1-800-395-LOOK, 24 hours a day, 7 days a week. Trained specialists speak English and Spanish.

Be sure to check with your provider to see if they have received the Look Good...Feel Better® certification.

A New Image Salon

841 William Hilton Parkway, Hilton Head, SC
Telephone: 843-686-5550

Accents on Hair

1012 William Hilton Parkway, Hilton Head, SC
Telephone: 843-842-4488

Alternative Hair Clinic

501 Poplar Street, Cayce, SC 29033
Telephone: 843-936-0112, Kenneth William Dennis, RC

This hair clinic comes highly recommended by patients who desire to have a wig made especially for them.

American Cancer Society – Savannah

5102 Paulson Street Building 4, Savannah, GA 31405
Telephone: 912-355-5196, Allowed 2 free wigs

American Cancer Society TLC Catalog®

Beaufort County Contacts: Nancy Wellard, 843-842-9566; Lesa Allen-Gaither 843-842-5188
To request a copy of "tlc," call 1-800-227-2345, or visit "tlc" at <http://www.tlccatalog.org> on the Internet.

The ACS's "**tlc**" **Tender Loving Care®** publication contains helpful articles and information, including products for women coping with cancer or any cancer treatment that causes hair loss. Products include wigs, hairpieces, breast forms, prostheses, bras, hats, turbans, swimwear, and helpful accessories at the lowest possible prices. The publication strives to help women facing cancer treatment cope with the appearance-related side effects of cancer.

Beaufort Beauty Shop

702 Battery Creek Road, Beaufort, SC 29902
Telephone: 843-524-3041, Sandy Vogeli – wigs & hairpieces

Beaufort Medical Equipment

2127 Boundary Street, Beaufort, SC 29902
Telephone: 843-379-2800, Denise Hepburn, Owner/Manager – wigs & hairpieces

Beaufort Memorial Hospital's LifeFit Community Health Dept.
 955 Ribaut Road, Beaufort, SC 29902
 Telephone: 843-522-5570 Dixie Slichter – wigs

Therapeutic BodyWorks
 109 W. Smith Street, Ridgeland, SC 29936
 Telephone: 843-717-3003, Sheila Bass

Charles & Company Hair Salon & Spa
 1613 North Street, Beaufort, SC 29902
 Telephone: 843-521-1919, in Historic Beaufort
 85 Towne Drive, Bluffton, SC
 Telephone: 843-706-2950

Colore Werks Salon
 11 Buckingham Plantation Drive #C, Bluffton, SC 29910
 Telephone: 843-836-3440, Larry Micari, wigs, extensions, hair prosthetics

Creative Styles
 300 Ribaut Road, Beaufort, SC 29902
 Telephone: 843-525-0884

Hair Designs by Suzi & Co.
 1280 Ribaut Road, Beaufort, SC 29902
 Telephone: 843-524-9283

Hair Paradise Color & Styling Salon
 14 Greenwood Drive, Hilton Head, SC
 Telephone: 843-785-3498

JC Penney Salon
 328 Robert Smalls Parkway, Beaufort, SC
 Telephone: 843-524-5799

Salon 5200 Inc.
 1521 Main Street, Hilton Head, SC
 Telephone: 843-681-5200

The Hair Designers
 Suite F1 Village of Wexford, Hilton Head, SC
 Telephone: 843-686-HAIR (4247); Mark Goodman

Ultimate Creations
 128 Burton Hill Road, Beaufort, SC 29906
 Telephone: 843-522-2939, Paulette Edwards & Natasha Johnson

KNOW SOMEONE WHO WOULD LIKE TO DONATE HAIR?

Hair at least 10-inches long and bound in a ponytail or braid may be donated to Locks of Love, 234 Southern Blvd., West Palm Beach, FL 33405, phone 561-833-7332 or call toll free 1-888-896-5588, www.locksoflove.org.

Hair at least 8-inches long and bound in a ponytail may be donated to Pantene Beautiful Lengths, 511 Wisconsin Drive, New Richmond, WI 54017-2613, phone toll free 1-800-945-7768, www.beautifullengths.com.

Home Health & Hospice:

If given the choice, most people prefer to receive medical care in the comfort of their own homes. Sometimes special services are needed for a loved one suffering from a chronic or terminal illness to manage pain, ensure comfort, and maintain quality of life. Perhaps in order to remain at home, a person needs assistance with functions of daily life, such as light housekeeping or bathing. It's important to understand which resources may be covered by insurance and which services you must pay for yourself.

Home Health Services: These are skilled, medically necessary services provided in the home that must be ordered by a physician and must meet medical necessity criteria. Home health agencies are required to accept patients who do not have insurance or cannot afford to pay for medically necessary services ordered by a physician.

Private Duty/Personal Care Services: These are personal care services (bathing, dressing, meal preparation, etc), provided in the home and not meeting medical necessity criteria for home health services. Some long term care policies may cover these services. Each policy is different, and the agency you choose will assist you. If you do not have long term care insurance or Medicaid, you will have to pay for these services yourself. **Medicare never covers personal care services.**

Medicaid may cover these services, but only if you meet a skilled or intermediate nursing home level of care and only if it is certified by CLTC (Community Long Term Care). For Beaufort County information call 843-521-9191 or 843-726-5353 or call the Beaufort County Medicaid office to apply at 843-470-4600.

Hospice: These services are for people facing a life-limiting illness and provide medical care, pain management, and emotional and spiritual support for the person and the person's loved ones. Having a skilled need is not required for hospice services, and a much wider range of services is provided than is covered by home health services. However, a physician's order is required. Hospice focuses on caring, not curing, and so is not usually appropriate for persons undergoing active treatment of their disease.

Medical Equipment: Only "durable" medical equipment (DME) is covered by Medicare, Medicaid, and most health insurance policies. A physician's order is required, and the equipment must meet medical necessity criteria. These agencies will determine if the DME is rented or purchased. Otherwise, the person must buy it. Sometimes thrift stores run by the Salvation Army, Good Will, etc, will have used walkers or canes.

Following is a list of businesses and agencies from the Beaufort County area that may be able to help:

Aftercare – Durable Medical Equipment

216 Lee Avenue, Hampton, SC 29924, Telephone 803-943-5584, Toll-free: 1-800-768-0108

Agape Hospice of the Lowcountry – Home Health Agency

433 First Avenue, P.O. Box 718, Ridgeland, SC 29936, Telephone 843-645-2290

Amedisys Home Health of Hilton Head – Home Health Agency

11 Palmetto Parkway, Suite 101, Hilton Head, SC 29926, Telephone 843-681-7605

Beaufort IV Specialists – Durable Medical Equipment, Home IV Infusion

21-A Marshellen Drive, Beaufort, SC 29902, Telephone 843-524-3777

Beaufort-Jasper-Hampton Comprehensive Health – Home Health Agency
721 Okatie Highway, Ridgeland, SC 29936, Telephone 843-987-7400

Beaufort Medical Equipment, Inc. – Home Medical Equipment & Health Aids
2127 Boundary Street, Beaufort, SC 29902, Telephone 843-379-2800, 24-Hour Emergency Service

BrightStar Healthcare – Private Duty Agency
29 Plantation Park Drive, Suite 101, Bluffton, SC 29910, Telephone 843-837-3773

Comfort Keepers – Home Health Private Duty Agency
6 Schultz Road, Bluffton, SC 29910, Telephone 843-757-7731

Companions, Nurses, & Nannies – Home Health Private Duty Agency
11 Palmetto Parkway, P.O. Box 235836, Hilton Head, SC 29925, Telephone 843-681-5011

Friends of Caroline Hospice of Beaufort, Inc. – Home Health
1110 13th Street, Port Royal, SC 29935, Telephone 843-525-6257

Home Instead Senior Care – Private Duty Agency (Beaufort & Jasper Counties)
7505 Waters Avenue, Suite F-2, Savannah, GA 31406, Telephone 843-842-3372

Hospice Care of America, Inc. - Low Country – Home Health
1800 Parris Avenue, Port Royal, Telephone 843-322-0063

Hospice Care of the Low Country, Inc.
119 Palmetto Way, P.O. Box 3827, Bluffton, SC , Telephone 843-681-7814

Interim Home Health – private duty services, including licensed nurses/skilled services
843-757-5655 or cell 843-816-5342

Island Health Care and Hospice – Skilled Nursing
1211 Newcastle Street, Suite D, Beaufort Telephone 843-986-0949; 300 New River Parkway, Suite 7, Hardeeville, Telephone 843-208-3666

Interim Healthcare
2935 Argent Blvd., Ridgeland 29936, Telephone 843-645-0803

Low Country Home Oxygen & Medical Equipment – Medical Equipment & Supplies
426 Parris Island Gateway, Beaufort, SC 29906, Telephone 843-379-1111

Medi-Home Care – Durable Medical Equipment
990 Ribaut Road, Beaufort, SC 29902, Telephone 843-525-6994

Right at Home – Private Duty Agency
29 Plantation Park Drive, Suite 113, Bluffton, SC 29910, Telephone 843-815-7890

The Seabrook Wellness and Home Health Care – Retirement Community & Home Health
300 Woodhaven Drive, Hilton Head Island, SC 29928, Telephone 843-842-3747

United Hospice of Beaufort, Inc. – Home Health
1605 North Street, Beaufort, SC 29902, Telephone 843-522-0476, 1-800-361-9488

Integrative Medicine:

Integrative medicine considers all factors affecting health, wellness and disease, including the psychosocial and spiritual dimensions of a person's life. Integrative medicine combines therapeutic interventions from conventional, as well as complementary and alternative disciplines. It integrates state-of-the-art conventional medicine with careful selections from other therapies including Oriental medicine and acupuncture, herbal medicine and mind-body interventions such as yoga and meditation. The benefit of these therapies is widely documented in the literature. Listed below are some complementary and alternative therapies that are now being widely used in cancer care.

Acupuncture - This ancient form of Chinese medicine places hair-thin needles on different points of your body to relieve pain and promote a sense of well-being. Acupuncture may provide relief from chemotherapy-related nausea and vomiting as well as reduce fatigue, dry mouth, and numbness and tingling in the feet and hands.

Aromatherapy - Essential oils from flowers and plants are mixed with water or oil and inhaled or applied to the skin. Aromatherapy may relieve stress and anxiety and increase feelings of well-being.

Massage - During a massage session, a therapist kneads and strokes your muscles and joints to relieve physical tension and pain, promote relaxation, and lessen anxiety and stress. It's best to work with practitioners trained in massage for cancer patients. They will know how to avoid areas that may be tender or painful.

Mind-Body Interventions - These are thought to promote health and improve mood, quality of life, and coping skills by using the power of your mind. Examples include relaxation, hypnosis, meditation, yoga, and spirituality.

Music Therapy - Listening to music, making music, or talking about songs and lyrics may reduce anxiety, quiet the mind, lessen treatment-related side effects, ease pain, and promote a sense of well-being.

Guided Imagery - Guided Imagery uses your mind to help relax the body by imagining a peaceful, comforting place and focusing on calming thoughts and images. This can lower stress and promote healing.

Nutrition and Special Diets - The food we eat provides the nutrients necessary for the body to repair and maintain itself. No specific diet or dietary supplement plan has been proven to cure cancer, but eating well is important for healing and strengthening your body after a cancer diagnosis. **Free** individualized nutritional counseling is available through Beaufort Memorial's Keyserling Cancer Center 843-522-7800 or the American Cancer Society at 1-888-227-6333 and ask for the "Dietitian on Call".

If you are considering using complementary therapies, "Don't Play Doctor":

- Talk it over with your physician, especially if you are going to have a therapy which involves taking pills or medicines.
- Many herbal remedies interfere with prescription medications and may also distort other diagnostic tests and treatments. Tell your doctor about any and all supplements that you are taking or plan to take.
- Ask your physician if there are complementary therapies available at your treatment hospital or through your physician's office.
- Choose a qualified therapist who belongs to a professional organization.
- Check the cost of treatment beforehand to make sure you are being fairly charged.

Local Not-For-Profit Agencies & Organizations:

American Cancer Society – services include cancer prevention, research, education, and patient services

59 Pope Avenue, Hilton Head Island, SC 29928

Telephone: 843-842-5188

www.cancer.org

American Heart Association – offers nutrition and activity guides, smoking cessation information

P.O. Box 23407, Hilton Head Island, SC 29938

Telephone: 843-681-2355; Judy Caramello

www.americanheart.org

American Lung Association of South Carolina and Georgia – offers information on lung disease prevention, promotes lung health, Freedom From Smoking programs

1941 Savage Road Suite #200-A, Charleston, South Carolina 29407

Telephone: 843-556-8451; Katrina Taylor, MS, Regional Director

www.alase.org/

American Red Cross, Palmetto Chapter

P.O. Box 1450, Bluffton, SC 29910

Telephone: 843-757-7437

www.redcross.org

The Blood Alliance – blood donations/transfusions

The only source of blood for patients at Beaufort Memorial Hospital. Blood donated stays in the community to benefit local patients. Besides knowing your donation will save lives, there are potential financial benefits through the Recipient Benefits Program. For more information, contact the Donor Resource Consultant at 843-522-LIFE or 866-500-4749, or visit the website at www.igiveblood.com.

Gullah Church Nurses Association – education, home health

P.O. Box 113, St. Helena Island, SC 29920

Telephone: 843-838-5826; Ms. Simmons-White, RN

ssarswhite@aol.com

Lowcountry Affiliate of Susan G. Komen for the Cure – education, research, screenings

9302 Medical Plaza Drive, Suite E, N. Charleston, SC 29406

Executive Director Taffy Tamblyn

Telephone: 843-556-8011, Toll-free Breast Care Helpline: 1-800-462-9273

www.komenlowcountry.org

NEED A MAMMOGRAM?

Women who live in the Lowcountry that are in need of a mammogram and who are uninsured or need help can, **call the local affiliate office at 843-556-8011**. Komen Lowcountry can provide information on local breast health resources available throughout the Lowcountry.

United Way of the Lowcountry, Inc. – anyone who lives or works in Beaufort County is eligible for United Way services and programs

P.O. Box 202, Beaufort, SC 29901-0202

Telephone: 843-982-3040

www.uwlowcountry.org

Lymphedema:

What is Lymphedema (limf-uh-dee-muh)?

Lymphedema is a build-up of lymph fluid in the fatty tissues just under your skin. It can develop as a result of surgery, radiation, infection or trauma. Surgeries, such as surgery for melanoma or breast, gynecological, head and neck, prostate or testicular, bladder or colon cancer, all of which currently require the removal of lymph nodes, put patients at risk of developing lymphedema. Lymphedema can develop immediately, or weeks, months, even years later.

What causes lymphedema?

Lymphedema is caused by damage to the lymphatic system after lymph node removal, radiation, or chemotherapy. Additional causes can include injuries, surgeries, burns and scars. It can also develop when chemotherapy is administered to the already affected area or after repeated aspirations of a seroma (a pocket of fluid which occurs post-operatively). This often causes infections which then leads to lymphedema. Aircraft flight has also been linked to the onset of lymphedema in post-cancer surgery.

Signs and symptoms of lymphedema:

- A full sensation or tightness in the limb(s)
- Skin feeling tight
- Decreased flexibility in the hand, wrist or ankle
- Ring/wristwatch/bracelet tightness or tight-fitting shoes
- Abnormal swelling in an arm or leg
- If you notice persistent swelling, seek immediate medical advice

Precautions to prevent or minimize symptoms:

- Clean your affected limb regularly
- Remember to dry it thoroughly and apply lotion regularly
- Wear gloves while gardening and cooking
- Wear insect repellent when outdoors
- If you shave the affected area, use an electric razor
- Don't go barefoot
- Do not cross your legs when you sit
- Do not carry a handbag with your affected arm
- Seek medical treatment if you suspect that you may have an infection developing

If you are at risk for lymphedema:

If you are at risk for lymphedema, avoid having injections and blood pressure readings performed on your affected limb. You can also wear a special bracelet or necklace to notify medical personnel of your risk for lymphedema and the risk for complications, such as infection.

Lymphangitis (Infection):

Signs and symptoms of lymphangitis (infection) may include rash, red blotchy skin, itching of the affected area, discoloration, increase of swelling and/or temperature of the skin, heavy sensation in the limb (more so than usual), pain, and in many cases a sudden onset of high fever and chills.

Treatment for infections:

Immediately discontinue ALL current lymphedema treatment modalities and contact your physician as soon as possible.

Once diagnosed with lymphedema:

If you are diagnosed with lymphedema, you should request to be evaluated by a lymphedema therapist who can treat your symptoms. All treatment should be individualized to meet your

specific needs. Some people have benefited from manual lymphatic drainage. This treatment uses massage to stimulate your weakened lymphatic system. Other treatment methods include special exercises that you can do while wearing compression stockings or bandages, and the use of external pumps to aid the movement of fluid through your body. Complex decongestive therapy is the treatment that combines these treatments with lifestyle changes.

Evaluation and treatment for lymphedema is available at Beaufort Memorial Hospital Outpatient Rehabilitation Services. A referral for treatment from a doctor is required. For more information, contact the BMH office at 843-522-5593.

Lymphedema Sleeves/Garments:

Lymphedema compression garments help keep fluid from accumulating in the limb. These garments have specific amounts of pressure and can be worn on the legs, hands, feet, or arms. The garments are made of a tight stretchy fabric. An expert fitter must fit lymphedema garments (sleeves). Measurements are taken, and a patient must try on the sleeves to make certain that they have a comfortable fit. The sleeves prevent the accumulation of more fluid in the limb; they do not pump fluid out of the limb.

A prescription is needed to order lymphedema compression garments. Your doctor or nurse practitioner may write your prescription. Even if your insurance company does not reimburse for the cost of these products, a prescription from your doctor will allow you to purchase the item without paying sales tax.

Medicare does not cover the price of lymphedema garments; however, other insurance plans do. It is important to talk to your insurance company to determine whether these are covered items and what kind of authorization may be needed. Your doctor may be required to provide a medical justification for your compression garment in order for your insurance company to reimburse for the product. Talk to your doctor about these issues at the time your referral is made. Inform them that you may need a letter justifying the need and that they may need to provide this on an ongoing basis as your garment needs to be changed or renewed.

National Resources:

Lymphology Association of North America (LANA)
Telephone: 773-756-8971 (Illinois)
Website: www.clt-lana.org

National Lymphedema Network (NLN)
Toll-free number: 1-800-541-3259
Website: www.lymphnet.org

Susan G. Komen for the Cure
Toll-free number: 1-877-465-6636
Website: www.komen.org

Breast Cancer Network of Strength
Toll-free number: 1-800-221-2141
Website: www.networkofstrength.org

American Cancer Society
Toll-free: 1-800-ACS-2345
Website: www.cancer.org

Prostheses & Accessories (Durable Medical Equipment):

PLEASE NOTE: Medicare and South Carolina Medicaid both have programs to help with the cost of prostheses and bras. If you have questions for them, the general phone number is 803-898-2882.

Aftercare Medical Equipment and Supplies

216 Lee Avenue, Hampton, SC 29924

Telephone: 803-943-5584, Monday – Friday, 9:00 a.m. to 5:30 p.m.

Beaufort Medical Equipment

2127 Boundary Street, Suite 14, Beaufort, SC 29902

Telephone: 843-379-2800, Fittings by appointment

24-hour emergency service available

Burke's Main Street Pharmacy

1101 Main Street, Hilton Head, SC 29926

Telephone: 843-681-2622, 843-681-2652, Fittings by appointment

Hanger Prosthetics & Orthotics, Inc.

1055 Ribaut Road Suite 20-A, Beaufort, SC 29902

Telephone: 843-986-9117

Okatie Pharmacy – located at the back gate of Sun City Hilton Head

30 William Pope Drive, Suite 103, Bluffton, SC 29909

Telephone: 843-705-4444 or 843.705.9871, Monday-Friday, 9:00 a.m. to 6:00 p.m.

Profiles Mastectomy Restorations

One Beaufort Town Center, 2015 Boundary Street, Ground Floor, Beaufort, SC 29902

Telephone: 843-522-1666, Denise Bolin RN

Support Groups:

Each of us has our own way of coping with illness. Some find comfort talking with friends or joining support or self-help groups. Some draw strength from solitude. Some take long walks, meditate, listen to music or soak in a warm tub. The most important method is the one that works for you.

ALL TYPES OF CANCER:

Cancer Support Group: Offers support to patients and caregivers dealing with all types of cancer. Meets at the Keyserling Cancer Center, 1680 Ribaut Road, Port Royal, SC, the 1st Wednesday of each month at 4:00 p.m. Facilitated by experienced registered nurses from Friends of Caroline Hospice. For more information contact 843-522-7807.

General Cancer Support Group – Offers support to patients and caregivers dealing with all types of cancer. Meets the third Tuesday of each month at 3:30 p.m. at the Bluffton-Okatie Outpatient Center, 40 Okatie Center Blvd., Bluffton. Call 843-681-6822 for more information.

Friends of Caroline Hospice, meetings held at 1110 13th St, Port Royal. Offered for persons with any form of cancer. This group meets on Wednesdays from 12 p.m. to 1 p.m. for 6 consecutive weeks. For additional information call 843-525-6257 in Beaufort and 843-815-4090 in Bluffton.

General Cancer Support Group - I Can Cope Support Group: Bluffton & Hilton Head 843-837-4731 or 843-842-9566.

General Cancer Support Group - First Presbyterian Church, 540 William Hilton Parkway, Hilton Head Island, every Tuesday from 5:30 p.m. to 6:30 p.m. Cancer survivors, families, friends and loved ones are welcome. For additional information please call 843-842-5188.

South Carolina Telephone Support Group for Women with Cancer: 1-800-775-2287 or 803-434-3378.

BREAST CANCER:

The Paula Williams Memorial Breast Cancer Support Group – A free program that provides cancer-related education and support for women. Meets the 4th Tuesday of each month at noon in the Beaufort Medical Plaza 3rd floor classroom located on the campus of Beaufort Memorial Hospital. Lunch is provided, however, reservations are necessary. For more information call 843-522-5570.

Genesis – A free program for women who have been newly diagnosed with breast cancer. Provides an opportunity to meet in a small group setting. Meets the 4th Tuesday of each month at 11:30 a.m. in the Beaufort Medical Plaza 3rd floor classroom on the campus of Beaufort Memorial Hospital. For more information call 843-522-5570.

Breast Cancer Support Group, Bluffton-Okatie Outpatient Center. Call 843-705-5607 or 843-705-1282 for more information.

Hope and Healing: support group for newly diagnosed breast cancer patients. Noon to 1:15 p.m. Meets the first Tuesday of each month at 58 Shelter Cove Lane, Suite F, Hilton Head. For more information please call 843-689-8435 or toll-free at 1-888-58-CARES.

Joy Club – Chinese breast cancer support group. Family and friends are welcome to attend. Meets the first Thursday monthly at 10 a.m. at the Bluffton-Okatie Outpatient Center, 40 Okatie Center Blvd., Bluffton, 29909. Call 843-705-7932 for more information.

Reach for Recovery - This group normally meets on the last Monday of every month at the All Saint's Episcopal Church, 3001 Meeting Street, Hilton Head, at noon. For additional information please call the American Cancer Society Hilton Head office at 843-842-5188 or Reach to Recovery: 1-800-282-4914.

UPFRONT – Breast Cancer Support Group - A support group for women dealing with breast cancer. Held the first Tuesday monthly at Okatie Outpatient Center in Bluffton. Call 843-705-7932, 843-705-5778 or 843-705-6878 for more information.

Young Survival Coalition Savannah Affiliate – Monthly Connections Meetings are open to breast cancer patients and their caregivers in the greater Savannah, Hilton Head and Coastal Georgia area. Meetings occur on the second Sunday of every month at the Nancy N. and J.D. Lewis Cancer & Research Pavillion at Candler Hospital, located at 5353 Reynolds Street, Savannah, GA. Meetings are held on the 2nd floor from 4:00 p.m. to 6:00 p.m. and parking is available. For more information contact Jenny Sheppard at 912-897-3933, or call 866-541-1972. E-mail ysscavannah@youngsurvival.org; www.youngsurvival.org/savannah

LUNG CANCER:

Support Group in Savannah, Call 912-819-5769 for more information.

MYELOMA SUPPORT:

Multiple Myeloma Support Group - For additional information please call 843-342-7693.

Leukemia, Lymphoma and Myeloma Support, Savannah, call 912-350-7845.

OSTOMY SUPPORT:

United Ostomy Association – Lowcountry – Support is for those facing ostomy or those who have had one. In person and telephone visits are available as well as monthly support group meetings. Locations alternate between Beaufort and Bluffton. Program dates: 2nd Wednesday/monthly, from 11 a.m. to 1 p.m. For more information call 843-768-4528.

PANCREATIC CANCER:

Support Group, Savannah, for more information call 912-350-7845.

PROSTATE CANCER:

African-American Men's Cancer Support: Hilton Head 843-470-4500.

BEREAVEMENT AND GRIEF SERVICES:

Friends of Caroline Hospice, Port Royal, 843-525-6257, offers support and/or services to those who are grieving or have experienced the death of a loved one.

New Beginnings Support Group offered by Hospice Care of the Lowcountry, 119 Palmetto Way, POB 3827, Bluffton, SC 29910, 843-342-8919, Journey Through Grief, support services to those who are grieving or have experienced the death of a loved one. Meets the 1st and 3rd Wednesdays from 2:30 p.m. to 4:00 p.m. at the Lowcountry Presbyterian Church, Bluffton Hwy 278 at Simmonsville Road and Thursdays from 3:00 p.m. to 4:30 p.m. at the First Presbyterian Church, 540 William Hilton Parkway, Hilton Head.

Websites:

The Internet is a powerful resource that can help you stay in touch with the most up-to-date information about cancer. Be aware that information on the Internet is not always accurate, and you should discuss any medical information you find with your doctor. If you do not own a computer or do not have access to the Internet in your home, visit your local community library, college campus, or feel free to use the Resource Room located in the Keyserling Cancer Center in Port Royal. To access the Beaufort Memorial Hospital website go to www.bmhsc.org.

Listed below are sites recommended by the National Cancer Institute of the U.S. National Institutes of Health, as well as additional sites you may find helpful.

Websites with General Cancer Information:

American Cancer Society: www.cancer.org
 American Institute for Cancer Research: www.aicr.org
 CancerCare: www.cancercare.org
 Cancer Education and Support: www.cancereducation.com
 Duke Comprehensive Cancer Center: www.cancer.duke.edu/patients/supprog.asp
 Lance Armstrong Foundation: www.livestrong.org
 National Cancer Institute Cancer Information Service: www.nci.nih.gov
 National Center for Complementary and Alternative Medicine: www.nccam.nih.gov
 National Coalition for Cancer Survivorship: www.canceradvocacy.org
 National Comprehensive Cancer Network: www.nccn.org
 National Guideline Clearinghouse: www.guideline.gov/
 National Institute on Aging: nihseniorhealth.gov
 People Living With Cancer: www.plwc.org/portal/site/PLWC
 South Carolina Cancer Alliance, resources by county: www.sccanceralliance.org/cancer_resources
 U.S. Department of Health and Human Services: www.healthfinder.gov
 U.S. National Library of Medicine: www.nlm.nih.gov/medlineplus/

Sites That Address Specific Cancers:

Amoena, www.TheBreastCareSite.com
 The Breast Cancer Research Foundation: www.bcrfcure.org
 Cancer Treatment and Oral Health:
www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/CancerTreatmentAndOralHealth/
 Candlelighters Childhood Cancer Foundation: www.candlelighters.org
 Inflammatory Breast Cancer Research Foundation: www.ibcresearch.org
 John Hopkins, The Avon Foundation Breast Center: www.hopkinsbreastcenter.org
 Leukemia and Lymphoma Society: www.leukemia.org
 Living Beyond Breast Cancer: www.lbbc.org
 Lowcountry Affiliate Susan G. Komen for the Cure: www.komenlowcountry.org
 Lymphoma Research Foundation of America: www.lymphoma.org
 National Brain Tumor Foundation: www.braintumor.org
 National Childhood Cancer Foundation: www.curesearch.org
 National Colorectal Cancer Research Alliance: www.nccra.org
 National Lymphedema Network: www.lymphnet.org
 National Marrow Donor Program: www.marrow.org/
 National Women's Health Resource Center: www.healthywomen.org
 Pancreatic Cancer Research Map: www.cancermap.org/pancreatic/index.jsp
 Prostate Cancer Research Institute: www.prostate-cancer.org
 Susan G. Komen Breast Cancer Foundation: <http://cms.komen.org/komen/index.htm>