



Northwestern Specialists in Plastic Surgery

Dr. Neil Fine, Dr. Clark Schierle, Dr. Marco Ellis

Dedicated to the highest level of personalized and compassionate care.

ADDITIONAL RESOURCES

These resources have been collected through recommendations by our patients, and from local groups who have reached out to our practice offering services that we feel will benefit our patients.

General Information

American Cancer Society (ACS)

1-800-227-2345

www.cancer.org

Provides free, written information on breast cancer, support group information and referral to Reach to Recovery program.

Dr. Susan Love Research Foundation

2811 Wilshire Boulevard

Suite 500

Santa Monica, CA 90403

866.589.0388

www.dsrlf.org/index.asp

Provides answers to many questions. Works to eradicate breast cancer and improve quality of women's health through innovative research, education, and advocacy. Check out their programs. Learn about and join Love/Avon Army of Women.

BreastCancer.org

www.breastcancer.org

Provides Breast cancer education site including articles, news, newsletter, and chats.

National Breast Cancer Coalition (NBCC)

1101 17th Street, NW, Suite 1300

Washington, DC 20036

800-622-2838 or 202-296-7477

info@stopbreastcancer.org

<http://www.stopbreastcancer.org>

Their voice carries to all levels where breast cancer issues are decided, from Washington D.C. to state capitols, in research and health care institutions, and in local communities.

Breast Cancer Network of Strength (formerly Y-ME National Breast Cancer Organization)

212 W. Van Buren Street, Suite 1000

Chicago, IL 60607

800.221.2141

312.986.8338

www.networkofstrength.org

Provides support and counseling through 24-hour hotline. Trained volunteers, all of whom have had breast cancer are matched by background and experience to callers whenever possible.

Cancer Care

I-800-813-4673

info@cancercare.org

www.cancercare.org

Provides free professional support services to anyone affected by cancer. Assistance is also available for breast cancer patients who need help with the costs of oral medications and lymphedema supplies.

Cancerindex

www.cancerindex.org

Provides online index of cancer resources and Websites providing information and support. Provides a collection of media clips on various breast cancers. To access media clips, choose "Breast Cancer" on the list on the main screen, and then click on "Multimedia Breast Cancer Resources".

Kids Konnected

Helping Kids Cope with Parent's Cancer

1.800.899.2866

www.kidskonnected.org

Provides the needs of the children of cancer patients. Offers 24-hour hotline, support groups, teddy bear outreach program, and other support tools for children and families.

National Cancer Institute (NCI)

U. S. National Institute of Health

800.422.66237

www.cancer.gov

Provides free, written information on all aspects of breast cancer

Services offered by the Lynn Sage Comprehensive Breast Center, the Lurie Cancer Center and Northwestern Memorial Hospital

Alberto Culver Women's Health Learning Center

Prentice Women's Hospital

250 E. Superior Street, First Floor

Chicago, IL

Monday, Wednesday, Thursday and Friday - 9:00 a.m. to 5:30 p.m.

Tuesday – 9:30 a.m. to 7:00 p.m.

312-472-3640

A place where women can learn about health and wellness and find useful information on issues such as parenting, care giving, and relationships. Health information specialists are available to answer questions, provide personal education sessions, or assist with searches for information.

Health Learning Center – State-of-the-art Library

Galter Pavilion

251 E. Huron Street, Third Floor, Room 3-304

Chicago, IL

Monday, Wednesday, Thursday, Friday – 9:00 a.m. to 5:30 p.m.
Tuesday - 9:00 a.m. to 7:00 p.m.

312.926.5465

www.nmh.org/hlc

Houses a vast collection of books, magazines, medical journals and DVDS. Computers with Internet access and a variety of classes and special activities are available.

Healthy Women Fitness and Weight Control Classes

Multiple locations on the NMH campus

312-926-8400

Offers Pilates, yoga, and Tai Chi classes; call for times and locations

NIM QiGong for Breast Cancer Survivors Class

1-877-926-4664

QiGong helps stimulate the healing power of the body and decreases stress. Classes focus on learning QiGong movements that can be repeated at home, on the beach or in the park. Call for more information or to register.

Breast Cancer Focused Classes

Multiple locations on the NMH campus

Contact Katie Wilson, LCSW for additional information

312-472-3837

Offers the following programs: Breast Cancer Wellness Program; Look Good, Feel Better Makeover; and Sexual Health

Program 360

312-926-9355

Integrative Oncology Services. Patients are allowed 5 complimentary visits through this program. Categories are: (1) Acupuncture (2) Bodywork/Massage/Lymphatic Drainage/Reiki (3) Naturopathic consult (4) Sexual Health (5) Smoking Cessation

Oncofertility Program

312-503-3378

866-708-3378

www.oncofertility.northwestern.edu

Fertility during and after breast cancer treatment

Breast Cancer Survivorship Program

312-472-4720

www.succeedprogram.org

SUCCEED Program (Survivor Comprehensive Care, Empowerment and Education)

Susan G. Komen Breast Cancer Foundation

800.462.9273

www.komen.org

Offers information on all areas of breast cancer treatment and support

SUPPORT GROUPS/THERAPISTS/SERVICES

Chicago

Bright Pink

400 N. State Street, Suite 230

Chicago IL, 60654

BrightPink@bebrightpink.org

<http://www.bebrightpink.org/home/>

Bright Pink is a national non-profit organization that provides education and support to young women who are at high risk for breast and ovarian cancer. They provide face-to-face outreach events monthly, and one-on-one matched support through their Pink Pal program.

FORCE (Facing Our Risk of Cancer Empowered)

16057 Tampa Palm Blvd. W, PMB #373

Tampa, FL 33647

866-288-RISK (7475) toll free; 954-827-2200 fax

info@facingourrisk.org

FORCE is the only national nonprofit organization devoted to hereditary breast and ovarian cancer. Our mission includes support, education, advocacy, awareness, and research specific to hereditary breast and ovarian cancer. Our programs serve anyone with a BRCA mutation or a family history of cancer.

Sarah Rosenbloom, Ph.D.

Assistant Professor

Department of Psychiatry and Behavioral Sciences

Northwestern University Feinberg School of Medicine

333 E. Ontario St., Suite 4401B

Chicago, IL 60611

[312.420.5594](tel:312.420.5594)

s-rosenbloom@northwestern.edu

Stephanie A. Ross, Ph.D., P.C.

Psychological Treatment of Medical Illness

5225 Old Orchard Rd, Suite 2

Skokie, IL 60077

233 East Erie Street

Chicago, IL 60611

[847-965-7677](tel:847-965-7677)

stephanierossphd@aol.com

Timothy Pearman, Ph.D.

Director, Supportive Oncology

Robert H. Lurie Comprehensive Cancer Center

Associate Professor

Dept. of Medical Social Sciences

Dept. of Psychiatry and Behavioral Sciences

Northwestern University Feinberg School of Medicine
250 E. Superior, Suite 520
Chicago, IL 60611
tel: [312.472.5744](tel:312.472.5744)
fax: [312.472.5270](tel:312.472.5270)

Lynne M. Nozicka, BA, CH

Hypnotherapy and Wellness Coaching
www.lynnenozicka.com
info@lynnenozicka.com
Palatine, Highland Park, Chicago
847.254.8393

Lynne is a breast cancer survivor herself, and specializes in coaching and supporting others in their journey to wellness. Recommended by patient Leslie Rae, who saw Lynne throughout treatment.

Gilda's Club Chicago

537 N. Wells Street
Chicago, IL 60654
312.464.9900

www.gildasclubchicago.org

Cancer Support Group (all types of cancer) and a multitude of lectures, workshops, networking groups, activities, and programs for children and teens

Monday – Thursday 9:00 a.m. to 8:00 p.m.

Friday 9:00 a.m. to 5:00 p.m.

Saturday 9:00 a.m. to 3:00 p.m.

Gilda's Club Chicago Satellite

Creticos Cancer Center
901 West Wellington, 2nd Floor
Chicago, IL 60657
773.296.8200

www.gildasclubchicago.org

Cancer Support Group (all types of cancer)

Monday – Thursday 9:00 a.m. to 2:00 p.m.

Resurrection Medical Center- Resurrection Hospital

7435 W. Talcott Avenue
Cancer Conference Room, Ground Floor, Entrance C
Chicago, IL 60631

Cancer Support Group (all types of cancer)

Fourth Wednesday of every month

7:00 p.m. to 8:00 p.m.

Imerman Angels

www.imermanangels.org

Imerman Angels matches and individually pairs a person touched by cancer with someone who has fought and survived the same type of cancer. Cancer caregivers can also receive one-on-one connections with other caregivers. This service is free.

Arlington Heights

Northwest Community Hospital

800 W. Central Road

Arlington Heights, IL 60005

Radiation Oncology/Ambulatory Infusion Clinic (lower level of the hospital)

More information, contact: Kim Jensen, LCSW, OSW-C, 847.618.6914, kjensen@nch.org

www.nch.org

Breast Cancer Support Group- First Wednesday of every month 7:00 p.m. to 8:30 p.m.

All Cancer Patients Support Group- Thursdays twice a month 7:00 p.m. to 8:30 p.m.

Evanston

North Shore University Health System

Graham Medical Office Building- 8th floor

1000 Central Street

Evanston, IL 60201

More information, contact Carole Martz, RN, AOCN, 847.926.5818

Breast Cancer Support Group

Second Wednesday of every month

7:00 p.m. to 8:30 p.m.

Geneva

Living Well Cancer Resource Center

1803 W. State Street

Geneva, IL 60134

Off Campus locations Aurora, Elgin, Naperville and Warrenville

Contact: Cheryl Rabchok, crabchuk@livingwellcrc.org, 630.262.1111 Ext. 108

<http://www.livingwellcrc.org/>

Multitude of free wellness activities, programs, classes, support services, cancer discussion groups

Geneva: Monday-Friday 9:00 a.m. to 5:00 p.m. (Some evening programs & support groups. Check their calendar.)

Hinsdale

Wellness House

131 N. County Line Road

Hinsdale, IL 60521

630.323.5150

www.wellnesshouse.org

Multitude of free wellness activities, programs, classes, support services, cancer discussion groups

Homewood

Cancer Support Center

2028 Elm Road

Homewood, IL 60430
708.798.9171

www.cancersupportcenter.org

Cancer Support Group (all types of cancer) – Both Daytime & Evening Support

Northbrook

Cancer Wellness Center

215 Revere Drive

Northbrook, IL 60062-8010

<http://cancerwellness.org/>

847.509.9595

Multitude of free wellness activities, programs, classes, support services, cancer discussion groups

Monday 9:00 a.m. to 5:00 p.m.

Tuesday-Thursday 9:00 a.m. to 7:00 p.m.

Friday 9:00 a.m. to 5:00 p.m.

SATELLITE LOCATIONS

Wildwood Presbyterian Church

18630 W. Old Gages Lake Road

Grayslake, IL 60030

Tuesday 3:00 p.m. to 7:00 p.m.

Cancer Wellness Center

2824 Belvidere Road

(Intersection of Green Bay Road and Route 120/Belvidere Road)

Waukegan, IL 60085

Monday 9:00 a.m. to 7:00 p.m.

Palatine

Wellness Place

1619 West Colonial Parkway

Palatine, IL 60067

847.221.2400

www.wellnessplace.org

Multitude of free wellness activities, programs, classes, support services, cancer discussion groups

Monday-Friday – 9:00 a.m. to 5:00 p.m.

Evening & Saturday consultants available by appointment

APPAREL & WIGS

Second Act

2924 North Lincoln Avenue

Chicago, IL 60657

Phone: 773.525.2228 (2ACT)

Fax: 773.348.2228 (2ACT)

pattie@secondactchicago.com

www.secondactchicago.com

Wigs, bras, breast forms

Nordstrom's

55 W. Grand Ave

Chicago, IL 60611

312-464-1515 ext. 1240

Certified fit specialist, Dana Askin, and Assistant Manager of the Lingerie department, Evita Munansangu, can help find post-mastectomy bras and forms.

Too Beautiful

Katie Stotler (Patient of ours who created the camisole)

Phone: 312,285.7661

E.katie@shoptoobeautiful.com

www.shoptoobeautiful.com

"The Perfect Camisole" is made of a soft cotton, modal, lycra blend that is comfortable and washes with ease. It accommodates all the drains with subtle interior and exterior pockets that allow for discreet yet totally functional usage. It is pretty and feminine with details such as delicate lace and adjustable bra straps.

Schwartz's Intimate Apparel

108 Skokie Boulevard

Wilmette, IL 60091

847.251.1118

Bra fitting, prosthesis, and bathing suits for breast cancer patients

Betty Schwartz Intimate Apparel

info@bettyschwartzs.com

www.bettyschwartzs.com

1833 Second Street

Highland Park, IL 60035

847.432.0220

1152 Lake Cook Road

Buffalo Grove, IL 60089

847.459.5846

720 D W. Waukegan Road

Deerfield, IL 60015

847.374.9833

Bra fitting and prosthesis for breast cancer patients

A Woman's Place, Inc.

Belinda Dust

619 S. Washington

Naperville, IL 60540

630.548.9346

belindadust2139@aol.com

www.awomansplacenaperville.com

Prosthetic fitter, licensed cosmetologist, certified lymphedema specialist

Naturally Yours

7219 Kingery Highway

Willowbrook, IL 60527

630.570.5004

www.naturallyyoursshop.com

Hair and breast prostheses boutique.

tlc catalog

American Cancer Society

1.800.850.9445

www.tlcdirect.org

Wigs, hair pieces, hats, turbans, scarves, kerchiefs, bras, swimwear, and much more. Either view on internet or request catalog. [Suggest ordering the catalog.](#)

Beubeau

www.4women.com

Head scarves designed specifically for hair loss due to chemotherapy, alopecia, or other medical conditions. They're unique, fashionable, and versatile.

France Luxe

Laurie Erickson, CEO

Order: laurie@franceluxe.com or call 888.884.3653

www.franceluxe.com - Then click on **Good Wishes**

Complimentary silk scarf or headwrap in the pattern and color of your choice for women who have lost their hair due to chemotherapy or other illness.

Lady Grace (catalog)

5 Commonwealth Avenue, Unit 1

Woburn, MA 01801

1.800.922.0504

www.ladygrace.com

Post surgical bras

Jerome Krause/Fashionhair, Inc.

9150 N. Crawford

Skokie, IL 60076

847.673.2442

www.jeromekrause.com

Top quality wigs and hairpieces. On-site wigmaker will sew one by hand.

Brian Blanchard Limited

333 N. Michigan Avenue

Suite 927

Chicago, IL

888.907.0770

www.wigsforcancerprivacy.com

Patient highly recommends this source for custom wigs which are either 100% hand-tied human hair wigs or 100% hand-tied synthetic wigs.

J. Crager Alternatives

2167 N. Clybourn
Chicago, IL 60614
312-565-1900

<http://www.jcrageralternatives.com/index.html>

Patient recommended wig maker. Call for a consultation.

Halos of Hope

P. O. Box 1998
Arlington Heights, IL 60006-1998

Info@HalosofHope.org (to download cap patterns, visit web site)

Free - Knitted, crocheted or sewn caps, turbans, and scarves (donated by volunteers for chemo patients.)

The Shock Absorber- the running bra and general purpose bra come highly recommended for running

<http://www.shockabsorber.co.uk/default.aspx>

***the product can also be found online at <http://www.teamestrogen.com/>*

American Sports Bra- sports bra recommended by breast and plastic surgeons for patients after breast surgery.

<http://www.americansportsbra.com/>

Cake Bras

Patient recommended and available at Nordstrom. She specifically liked the "Cotton Candy" and "Rock Candy" styles. These are nursing bras, so allow easy access to the breasts if dressing changes are needed. The bras have multiple back closure clasps for adjustability, are otherwise seamless, have a little side compression, and are stretchy to optimize comfort.

The Coobie Bra

<http://www.shopcoobie.com/>

Patient recommended bra for post mastectomy. Very comfortable and can accommodate changes in size due to expansion.

The Comfort Revolution Bali Bra by Hanes

<http://www.hanes.com/onehanesplace/bra/shop-by-brand/bali-bra/bali-wirefree-bra-23782>

Patient recommended. Provides support without underwire. Comfortable.

PHYSICAL/OCCUPATIONAL THERAPY

Physical therapy can be a great adjunct to your post-operative care. Indications for physical therapy include, but are not limited to, improving post-surgery range of motion, releasing scar tissue, and reducing or preventing swelling/lymphedema. If you have questions about any symptoms you may be experiencing, please ask!

Chicago

Lakeshore Sports Physical Therapy, PC

Angela Wilson Pennisi, PT, MS, OCS , Stephanie Penny, PT, or Blair Broers, PT
2929 N. Southport Avenue
Chicago, IL 60657
773.665.9950

AWP@LakeshoreSportsPT.com

Clinicians utilize instrument-assisted soft tissue mobilization techniques, which have been shown to improve outcomes in patients post-breast surgery.

Lifestyle Physical Therapy and Balance Center

Michele Kehrer PT, DPT, ATC
3130 N. Lincoln Avenue
Chicago, IL 60657
773.525.5200

Michele is a breast cancer survivor herself and, for this reason, offers a unique perspective on the role of physical therapy in recovery after breast surgery.

NovaCare Rehabilitation (multiple locations)

150 East Huron, Suite 803
Chicago, IL
312.640.2473

Tom Rosinski , Sajani Shah, and Kelly Chaplin specialize in lymphedema treatment. Pre-op Breast Cancer class offered; please call for details. Offers the Riancorp low level laser, which has been shown to help treat lymphedema and axillary web syndrome or "cording" after axillary lymph node dissection; Graston instrument assisted soft tissue mobilization.

Ryan Perry
939 W. North Ave
[312.337.3673](tel:312.337.3673)

Recommended manual therapist who is certified to treat with Graston tools which physically assist with scar tissue mobilization.

Total Rehab, P.C. (multiple locations)

Corporate Office
100 East Irving Park Road, Suite 107
Roselle, IL 60172
630.439.0009

Physical therapy offices in 20 locations throughout Chicago and suburbs

Wholistic Therapeutics (multiple locations, call for details)

7706 W. Touhy Ave.
Chicago, IL 60631
708.525.4640
www.wholistictherapeutics.com

Patients recommend Izabela Adamus, P.T. who specializes in Manual Therapy and Myofascial Release.

Lymthera

505 North Lake Shore Drive, Suite 214
Chicago, IL 60611
312.288.8748

Meghan Scalise developed this center after working at the Rehabilitation Institute of Chicago for 7 years. She is a certified lymphedema therapist trained by the Norton School. Feel free to contact her at meghan@lymthera.com with any questions.

Chicago Massage Works

Ask for Madge Lockwood, Licensed Massage Therapist, Certified Lymphedema Therapist

1821 W Belmont Ave.
Chicago, IL 60657
773-865-7857

<http://www.chicagomassageworks.org/>

Recommended by a previous patient who raved about her wonderful care.

ARVA Method

Arrabella Schippers MMT, PT

<http://www.ARVAmethod.com>

Arrabella@ARVAmethod.com

Patient recommended in-home massage, training, and nutrition counseling services. Great for recovery after surgery.

Certified Lymphedema Therapists in your area

<http://www.clt-lana.org/>

Strength and Courage Exercise DVD

<http://www.strengthandcourage.net/>

Home exercise program video

Lake Forest

Rehabilitation Department of Northwestern Lake Forest Hospital

Claudia Wiser, PT, CLT

660 North Westmorland Rd

Lake Forest, IL 60045

847.535.8000 (scheduling)

847.535.8060 (direct)

847.535.8001 (fax)

Certified lymphedema therapist with considerable experience with patients who have had breast surgery including reconstruction. Our patients rave about her.

Elmhurst

Advanced Health

401 North York Road, Suite 4

Elmhurst, IL 60148
630.941.8190
Treatment for Peripheral Neuropathy and Diabetic Neuropathy

Naperville

Edward Hospital Occupational Therapy (Lana)

120 Osler Drive - Lower Level
(Park in Parking Lot B)
Naperville, IL 60540
630.527.3375
Contact Lana, who comes highly recommended

Niles

Kimberly Conenna, BSN, LMT

7916 West Oakton Avenue
Niles, IL 60714
847.757.6628 - Cell
Recommend by one of our patients. Kimberly specializes in trigger pain therapy, Swedish deep tissue, and pregnancy massage.

Willowbrook

Dr. Julie

Acupuncturist
Health Source
555 Plainfield Road
Willowbrook, IL 60527
630.887.9400
Recommended by patient Kristine Gross who skated through chemo treatments with minimal side effects (one headache). She saw her once a week. Kristine is happy to answer any questions and can be reached at: 312-953-0536 or kristine.gross@comcast.net

Arlington Heights

Dr. Yu Zhu

Licensed Acupuncturist, Certified Herbal Medicine
2010 S. Arlington Heights Road
Arlington Heights, IL 60005
FirstHealthAssociates.com
847-593-3330
Recommended by patient Leslie Rae who was supported by this therapy through chemotherapy. She saw her once per week. Leslie is available if you have questions; she can be reached at rae01@sbcglobal.net

PATIENT RECOMMENDED PHYSICIANS

Chicago

Michael G. Close, M.D. (St. Joseph Hospital)

Internal Medicine

5137 North Broadway Street
Chicago, IL 60640
773.243.0010

Byron D. Starr, M.D. (Northwestern Memorial Hospital)

Internal Medicine

Chicago Lake Shore Medical Associates
676 North St. Clair
Suite 2000
Chicago, Illinois 60611
312.926.6000

Dimitra J. Tsatsoulis, M.D. (Northwestern Memorial Hospital)

Internal Medicine

Northwestern Memorial Physicians Group
20 South Clark Street
Suite 1100
Chicago, IL 60603
312.926.3627

Park Ridge

Maureen Grosdidier, M.D. (Lutheran General Hospital)

Internal Medicine

Ridge Family Physicians
850 Busse Highway
Park Ridge, IL 60068
847.825.0300

OTHER

Lotsa Helping Hands

www.lotsahelpinghands.com

Highly recommended by single parent. Friends and neighbors offered their services to help her during her chemo treatment. This site gave her a calendar to post "when and what she needed" which was then viewed by those people who offered to help her. This method of communication simplified her life as she did not have to make any phone calls...she simply entered on her calendar the help she needed. She asked for dinners, child to be picked from school, snow removal, transportation to medical treatments, etc. Patient was extremely thankful for this site and the volunteers who helped her.

Penguin Cold Caps

www.msc-worldwide.com

Recommended by patient Kristine Gross and Leslie Rae who wore the cap to prevent chemo induced hair loss. Kristine and Leslie are happy to answer any questions. Kristine can be reached at 312-953-0536 or kristine.gross@comcast.net, Leslie at rae01@sbcglobal.net

Cleaning for a Reason

www.cleaningforareason.org//

Provides women undergoing chemotherapy free housecleaning service once per month for 4 months while she is in treatment. Requirements are to sign up and have doctor fax a note confirming the treatment

Anti Cancer, A New Way of Life

By Dr. David Servan-Schreiber, Cancer Survivor and Scientist

www.anticancerbook.com

Recommended by breast cancer patients

Eating Well Through Cancer

By Holly Clegg and oncologist Gerald Miletetello, M.D.

Has 250 easy recipes created for people in treatment and after treatment.

Dr. Susan Love's Breast Book – 5th Edition

By Susan M. Love, M.D.

With Karen Lindseyus

Published by Da Capo Press, a member of the Perseus Books Group

The bible for women with breast cancer. Recommended by breast cancer patients.

Mentor

www.mentorcorp.com

Information on MemoryGel and Saline breast implants for reconstruction

Cancer Survivors Fund

P. O. Box 792

Missouri City, TX 77459

281.437.7142

cfs@cancersurvivorsfund.org

www.cancersurvivorsfund.org

Provides scholarships for people with cancer or children of people with cancer

Surviving and Moving Forward: The SAMFund for Young Adult Survivors of Cancer

35 Channel Center St., Unit 208

Boston, MA 02210

info@thesamfund.org

www.thesamfund.org

Assists cancer survivors ages 17-35 with grants and scholarships to pursue their educational or professional goals.

St. Alexander Catholic Church

300 S. Cornell Avenue

Villa Park, IL 60181

630.833.7730

Prayer Blanket made specifically for that special someone. With each knot that is tied, a prayer is said on his/her behalf. Along with the fleece prayer blanket, copies of many prayers are placed inside an envelope to be given to that special someone.

Bee Rescued Balm

Available at Whole Foods

Recommended by a patient for relief of radiation related skin pain, and to aid in healing

