



# Northwestern Specialists in Plastic Surgery

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

*Dedicated to the highest level of personalized and compassionate care.*

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## **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](http://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](http://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](http://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](mailto: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](http://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](mailto:info@cancercare.org)

[www.cancercare.org](http://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](http://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](http://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](http://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](http://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](http://www.oncofertility.northwestern.edu)

*Fertility during and after breast cancer treatment*

### **Breast Cancer Survivorship Program**

312-472-4720

[www.succeedprogram.org](http://www.succeedprogram.org)

*SUCCEED Program (Survivor Comprehensive Care, Empowerment and Education)*

### **Susan G. Komen Breast Cancer Foundation**

800.462.9273

[www.komen.org](http://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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.lynnenozicka.com)  
[info@lynnenozicka.com](mailto: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](http://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, 2<sup>nd</sup> Floor  
Chicago, IL 60657  
773.296.8200

[www.gildasclubchicago.org](http://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](http://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](mailto:kjensen@nch.org)

[www.nch.org](http://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](mailto: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](http://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](http://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](http://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](mailto:pattie@secondactchicago.com)

[www.secondactchicago.com](http://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](http://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](mailto:info@bettyschwartzs.com)

[www.bettyschwartzs.com](http://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](http://www.awomansplacenaperville.com)

*Prosthetic fitter, licensed cosmetologist, certified lymphedema specialist*

**Naturally Yours**

7219 Kingery Highway

Willowbrook, IL 60527

630.570.5004

[www.naturallyyoursshop.com](http://www.naturallyyoursshop.com)

*Hair and breast prostheses boutique.*

**tlc catalog**

American Cancer Society

1.800.850.9445

[www.tlcdirect.org](http://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](http://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](mailto:laurie@franceluxe.com) or call 888.884.3653

[www.franceluxe.com](http://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](http://www.ladygrace.com)

*Post surgical bras*

**Jerome Krause/Fashionhair, Inc.**

9150 N. Crawford

Skokie, IL 60076

847.673.2442

[www.jeromekrause.com](http://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](http://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](mailto: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](mailto: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 Kehrler 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](http://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](mailto: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](mailto: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](http://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](http://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](mailto:kristine.gross@comcast.net), Leslie at [rae01@sbcglobal.net](mailto:rae01@sbcglobal.net)*

**Cleaning for a Reason**

[www.cleaningforareason.org//](http://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](http://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 – 5<sup>th</sup> 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](http://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](mailto:cfs@cancersurvivorsfund.org)

[www.cancersurvivorsfund.org](http://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](mailto:info@thesamfund.org)

[www.thesamfund.org](http://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*



