

American Society of Clinical Oncology®

2018

# PATIENT EDUCATION MATERIALS CATALOG



**Cancer.Net**

Doctor-Approved Patient Information from ASCO®

[www.cancer.net](http://www.cancer.net)

# Tell your patients about the **ASCO doctor-approved** **PATIENT INFORMATION WEBSITE**

**Cancer.Net**<sup>®</sup> brings the expertise and resources of the American Society of Clinical Oncology (ASCO<sup>®</sup>) to people living with cancer and their caregivers. With its timely, comprehensive information, Cancer.Net aims to help patients and families make informed health care decisions. Find authoritative, trusted information by visiting **[www.cancer.net](http://www.cancer.net)**.



## **Cancer.Net Editorial Board**

All content on Cancer.Net is approved by its editorial board. It is composed of more than 150 oncologists, oncology nurses, physician assistants, social workers, and patient advocates.

## **Information by Cancer Type**

Comprehensive guides to more than 120 types of cancer and related hereditary syndromes, plus treatment and side effect information.

## **Navigating Cancer Care**

A basic overview of cancer, risk factors, prevention strategies, genetics, and clinical trials.

## **Coping With Cancer**

Suggestions and resources for dealing with the emotional effects of cancer.

## **Research and Advocacy**

News from ASCO meetings, symposia and other events, and more.

## **Survivorship**

Information about healthy living beyond cancer, including tracking the patient's medical history.

## **Blog**

Tips for living with cancer, suggestions to help patients and families, research news, podcasts on cancer topics, and much more.

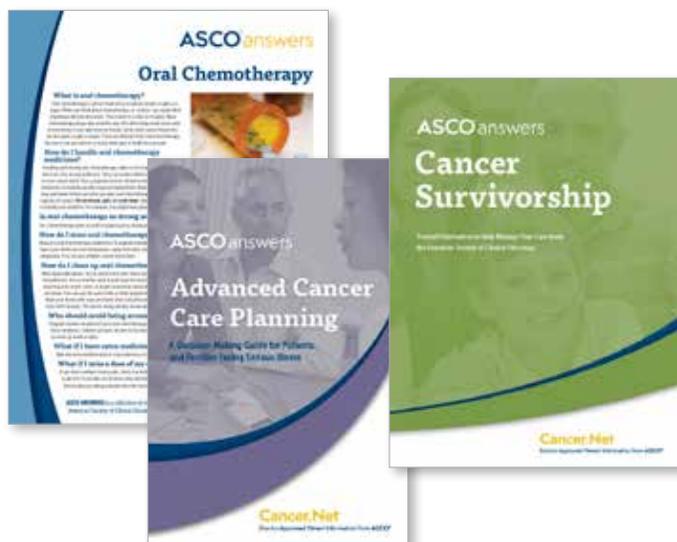
## **Cancer.Net Mobile App**

A free app (iOS and Android) to help patients keep track of questions to ask the health care team, save prescription information, track symptoms and side effects, and get the latest videos, podcasts, and articles. Spanish-enabled.

## **Cancer.Net en Español**

Content for Spanish-speaking visitors.  
[www.cancer.net/es](http://www.cancer.net/es)

# Bring valuable **CANCER.NET** information INTO YOUR OFFICE OR WAITING ROOM



The trusted information from **Cancer.Net** is also available to your patients in print format through the **ASCO Answers** patient education series. Many oncology practices provide these materials to enhance patient learning after their office visits, so patients can learn more about their diagnosis and get practical tips for navigating cancer care.

**Equip your patients  
with the information  
they need today!**

ASCO Answers materials include **GUIDES, FACT SHEETS, and BOOKLETS**, covering a broad range of important and popular topics in cancer care. Browse this catalog for detailed descriptions on each category. **ASCO MEMBERS SAVE 20%** on all patient education materials, and shipping is free within the United States.

## Awards



New and updated products are added regularly.  
Visit **[www.cancer.net/estore](http://www.cancer.net/estore)** to see what's new.

If you have questions about patient education materials, please email **[customerservice@asco.org](mailto:customerservice@asco.org)** or call **888-273-3508**.

# ASCO<sup>®</sup> answers Fact Sheets

## Share with people who:

- ▶ Prefer a quick overview to a specific type of cancer
- ▶ Need information on specific side effects or treatment options.

**ASCO answers**  
**Acute Lymphocytic Leukemia**

**What is acute lymphocytic leukemia?**  
Acute lymphocytic leukemia (ALL) is a cancer of the blood-forming tissues, in particular the bone marrow. It produces abnormal white blood cells called lymphocytes that crowd out normal cells. Lymphocytes that crowd out normal cells can cause anemia, which is a shortage of red blood cells. This can lead to weakness and other signs and symptoms. Also, the cancer can spread to other parts of the body, such as the brain and spinal cord. People with ALL usually need immediate treatment.

**What is the function of lymphocytes?**  
Lymphocytes are a type of white blood cell. They are found in the bone marrow, which is the source of most of the body's immune system cells. They are also found in the blood, lymph nodes, and spleen.

**What do subtypes and classifications mean?**  
To help plan treatment and predict prognosis, doctors divide ALL into subtypes and classify them as either B-cell or T-cell lymphocytic. An ALL is classified by the specific chromosome or gene change found in the leukemia cells. Doctors look for these changes to determine prognosis, treatment, and response. These classifications are used to describe the cancer.

**How is acute lymphocytic leukemia treated?**  
The treatment of ALL depends on the stage, the patient's overall health, and the patient's preferences and overall health. Chemotherapy with several drugs is the most common treatment. Some patients may also receive targeted therapy, such as tyrosine kinase inhibitors, and radiation therapy. Some patients may also receive stem cell transplant. The side effects of ALL treatment can be managed with the help of your health care team. This is called palliative care and is an important part of the overall treatment plan.

**How can I cope with acute lymphocytic leukemia?**  
Managing the emotional and physical challenges of acute lymphocytic leukemia can be a difficult process. Seeking support, organizing your health information, staying on top of your questions are answered, and participating in the decision-making process are all ways to help. Ask your health care team about any concerns. Understanding your emotions and how to manage them can help you cope with managing the diagnosis, treatment, and healing process.

ASCO ANSWERS is a collection of oncology-approved patient education materials developed by the American Society of Clinical Oncology (ASCO) for people with cancer and their caregivers.

**ASCO answers**  
**Esophageal Cancer**

**What is esophageal cancer?**  
Esophageal cancer begins when cells that line the esophagus change and grow out of control, forming a tumor. There are 2 main types of esophageal cancer: squamous cell carcinoma and adenocarcinoma. The squamous cell type is the most common. It starts in the upper and middle parts of the esophagus. Adenocarcinoma begins in the glandular tissue in the lower part of the esophagus.

**What is the function of the esophagus?**  
The esophagus is a long tube that carries food and liquids from the mouth to the stomach. When you swallow, the walls of the esophagus contract together to push food down into the stomach.

**What does stage mean?**  
Stage is a way to describe the extent of the cancer. It is based on the size of the tumor, whether it has spread to nearby lymph nodes, and whether it has spread to other parts of the body. There are 4 stages of esophageal cancer: stage I (early), stage II, stage III, and stage IV. Each stage has a different prognosis and treatment plan.

**How is esophageal cancer treated?**  
The treatment of esophageal cancer depends on the site and location of the cancer. The stage of esophageal cancer, whether the cancer has spread, and the patient's overall health are all factors that can affect the treatment. Treatment options include surgery, chemotherapy, radiation therapy, and targeted therapy. A combination of radiation therapy, chemotherapy, and surgery. The side effects of esophageal cancer treatment can be managed with the help of your health care team. This is called palliative care and is an important part of the overall treatment plan.

**How can I cope with esophageal cancer?**  
Managing the emotional and physical challenges of esophageal cancer can be a difficult process. Seeking support, organizing your health information, staying on top of your questions are answered, and participating in the decision-making process are all ways to help. Ask your health care team about any concerns. Understanding your emotions and how to manage them can help you cope with managing the diagnosis, treatment, and healing process.

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**ASCO answers**  
**Liver Cancer**

**What is liver cancer?**  
Liver cancer begins when healthy liver cells change and grow out of control, forming a tumor. There are 2 main types of liver cancer: hepatocellular carcinoma and cholangiocarcinoma. Hepatocellular carcinoma starts in the liver cells that produce bile. Cholangiocarcinoma starts in the bile ducts. Liver cancer can spread to other parts of the body. A biopsy can be done to determine the type of liver cancer. The treatment of liver cancer depends on the type of cancer, the size of the tumor, whether it has spread to nearby lymph nodes, and whether it has spread to other parts of the body. There are 4 stages of liver cancer: stage I (early), stage II, stage III, and stage IV. Each stage has a different prognosis and treatment plan.

**What is the function of the liver?**  
The liver is an organ in the upper right part of the abdomen. It is the largest internal organ in the body. It has many functions, including filtering toxins and waste from the blood, producing bile to help digest food, and storing energy and vitamins. The liver can regenerate itself.

**What does stage mean?**  
The stage is a way to describe the extent of the cancer. It is based on the size of the tumor, whether it has spread to nearby lymph nodes, and whether it has spread to other parts of the body. There are 4 stages of liver cancer: stage I (early), stage II, stage III, and stage IV. Each stage has a different prognosis and treatment plan.

**How is liver cancer treated?**  
The treatment of liver cancer depends on the type of cancer, the size of the tumor, whether it has spread to nearby lymph nodes, and whether it has spread to other parts of the body. Treatment options include surgery, chemotherapy, radiation therapy, and targeted therapy. A combination of radiation therapy, chemotherapy, and surgery. The side effects of liver cancer treatment can be managed with the help of your health care team. This is called palliative care and is an important part of the overall treatment plan.

**How can I cope with liver cancer?**  
Managing the emotional and physical challenges of liver cancer can be a difficult process. Seeking support, organizing your health information, staying on top of your questions are answered, and participating in the decision-making process are all ways to help. Ask your health care team about any concerns. Understanding your emotions and how to manage them can help you cope with managing the diagnosis, treatment, and healing process.

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**ASCO answers**  
**Multiple Myeloma**

**What is multiple myeloma?**  
Multiple myeloma is a cancer of the plasma cells in the bone marrow. Plasma cells are a type of white blood cell that produces antibodies to help fight infection. In multiple myeloma, the plasma cells produce abnormal antibodies that can damage the bone and other parts of the body. Multiple myeloma can spread to other parts of the body, such as the brain and spinal cord. People with multiple myeloma usually need immediate treatment.

**What is the function of plasma cells?**  
Plasma cells are a type of white blood cell that produces antibodies to help fight infection. They are found in the bone marrow, which is the source of most of the body's immune system cells. They are also found in the blood, lymph nodes, and spleen.

**What does stage mean?**  
The stage is a way to describe the extent of the cancer. It is based on the number of abnormal plasma cells in the bone marrow, whether it has spread to nearby lymph nodes, and whether it has spread to other parts of the body. There are 4 stages of multiple myeloma: stage I (early), stage II, stage III, and stage IV. Each stage has a different prognosis and treatment plan.

**How is multiple myeloma treated?**  
The treatment of multiple myeloma depends on the extent of the cancer, the patient's overall health, and the patient's preferences and overall health. Treatment options include chemotherapy, radiation therapy, and stem cell transplant. The side effects of multiple myeloma treatment can be managed with the help of your health care team. This is called palliative care and is an important part of the overall treatment plan.

**How can I cope with multiple myeloma?**  
Managing the emotional and physical challenges of multiple myeloma can be a difficult process. Seeking support, organizing your health information, staying on top of your questions are answered, and participating in the decision-making process are all ways to help. Ask your health care team about any concerns. Understanding your emotions and how to manage them can help you cope with managing the diagnosis, treatment, and healing process.

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## Cancer Types

- Bladder Cancer
- Brain Tumor
- Breast Cancer\*
- Breast Cancer, Metastatic
- Cervical Cancer
- Colorectal Cancer\*
- Esophageal Cancer
- Head & Neck Cancer
- Hereditary Breast & Ovarian Cancer
- Kidney Cancer
- Leukemia, Acute Lymphocytic
- Leukemia, Acute Myeloid
- Leukemia, Chronic Lymphocytic
- Leukemia, Chronic Myeloid
- Lung Cancer\*
- Melanoma
- Multiple Myeloma
- Myelodysplastic Syndromes
- Non-Hodgkin Lymphoma
- Ovarian, Fallopian Tube, & Peritoneal Cancer
- Pancreatic Cancer
- Prostate Cancer\*
- Rash
- Stomach Cancer
- Testicular Cancer
- Uterine Cancer

Cancer-type fact sheets are updated every year.

\*Available in Spanish (online PDF only)

## Diagnosis & Treatment

- Effective Caregiving at Home
- Catheters & Ports in Cancer Treatment
- Cancer Clinical Trials
- Myths & Facts About Cancer
- Oral Chemotherapy
- Radiation Therapy
- Safe Storage & Disposal of Pain Medications
- Taking Your Medication Correctly
- Understanding Blood Tests
- Understanding Bone Marrow Transplantation
- Understanding Chemotherapy
- Understanding Immunotherapy



## One-page (front and back) introduction includes:

- ▶ Overview of the subject
- ▶ Questions to ask the health care team
- ▶ Words to know

### Side Effects

- Appetite Loss
- Cancer-Related Fatigue
- Chemobrain
- Diarrhea
- Managing Pain
- Nausea & Vomiting
- Neutropenia
- Rash
- Thrombocytopenia
- When Cancer Spreads to the Bone
- When Cancer Spreads to the Brain

### Visit **Cancer.Net** to find online-only fact sheets on these additional topics:

- Acute Lymphoblastic Leukemia, Childhood
- Acute Myeloid Leukemia, Childhood
- Anemia
- Basal Cell Carcinoma
- Central Nervous System Tumors
- Dental & Oral Health
- Ewing Sarcoma
- Food Safety
- Hodgkin Lymphoma, Childhood
- Liver Cancer
- Neuroblastoma
- Non-Hodgkin Lymphoma, Childhood
- Osteosarcoma
- Retinoblastoma
- Thyroid Cancer
- Wilms Tumor

Some **ASCO Answers** Fact Sheets are available in packs of 125 fact sheets for \$20. Select titles are available in packs of 50 fact sheets for \$12.

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**Fact Sheets Today!**  
[\*\*www.cancer.net/estore\*\*](http://www.cancer.net/estore)

# ASCO<sup>®</sup>answers Guides to Cancer

## Share with people who:

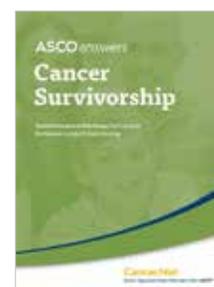
- ▶ Want to better understand their disease and treatment options and record details of their diagnosis and personalized treatment plan.

These comprehensive guides describe diagnosis, treatment, side effects, and psychosocial effects.

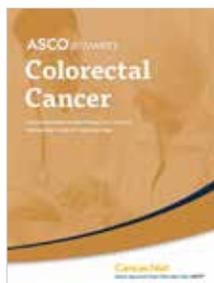
□ **ASCO Answers: Caregiving\*** helps caregivers learn about their role and provide ongoing support as the patient's needs change. Includes workbook pages to help caregivers stay organized.



□ **ASCO Answers: Cancer Survivorship\*** discusses the psychological, physical, sexual, financial, and work-related challenges of survivorship. It covers the importance of follow-up care and describes rehabilitation and support services. Includes blank treatment summary and survivorship care forms.



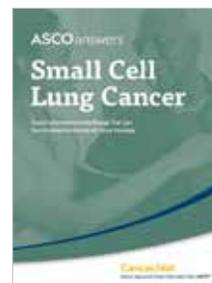
□ **ASCO Answers: Breast Cancer**



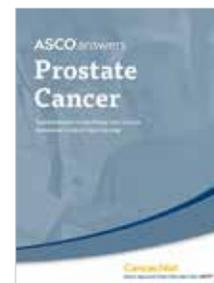
□ **ASCO Answers: Colorectal Cancer**



□ **ASCO Answers: Non-Small Cell Lung Cancer**



□ **ASCO Answers: Small Cell Lung Cancer**



□ **ASCO Answers: Prostate Cancer**

\*Available in Spanish (online PDF only)

**ASCO Answers** Guides to Cancer are available in packs of 25 guides for \$20.

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**[www.cancer.net/estore](http://www.cancer.net/estore)**

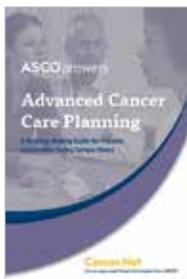
# ASCO<sup>®</sup>answers Topic-Specific Booklets

## Share with people who:

- ▶ Seek practical tips to help them address common concerns, regardless of cancer type.

All booklets are available in Spanish (online PDF only).

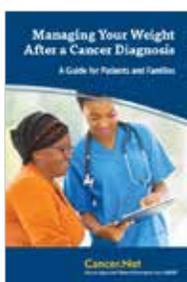
□ **Advanced Cancer Care Planning** helps health care professionals explain an advanced cancer diagnosis and treatment options available through the course of the patient's illness. It also helps guide patients and their families through the necessary steps and highlights the importance of finding support through their health care team.



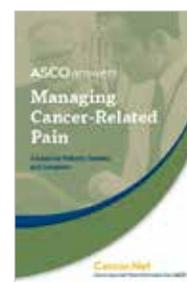
□ **Palliative Care** shows how supportive care is used to manage symptoms and side effects, help with practical concerns, address spiritual questions, and support family, friends, and caregivers. It also provides advice about accessing palliative care services, questions to ask the health care team, and a list of national organizations that can help.



□ **Managing Your Weight After a Cancer Diagnosis: A Guide for Patients and Families** empowers patients to talk with their health care team about losing weight and provides resources to help patients succeed. Covers different weight loss methods, common challenges to losing and maintaining weight, emotional challenges, and tips for talking with the health care team.



□ **Managing Cancer-Related Pain** explains the importance of pain relief, including the causes of pain and its diagnosis. Pain medications are covered extensively, including medication types, safe handling, and managing multiple prescriptions. Self-care and support methods are discussed, as well as how to effectively communicate with the health care team about issues with pain.



□ **Managing the Cost of Cancer Care** offers an overview of the main financial categories for cancer care, an easy-to-understand explanation of health insurance benefits, information about the Affordable Care Act and cancer, tips for organizing financial information, a list of financial resources, and a cost and insurance dictionary.



□ **Stopping Tobacco Use After a Cancer Diagnosis** helps patients talk with their health care team about quitting and gives them the resources they need to succeed. Includes an overview of the benefits of stopping tobacco use, discussion of the available treatments and resources, and suggestions to help patients begin working on a plan to quit.



**ASCO Answers** Topic-Specific Booklets are available in packs of 125 booklets for \$35. Select titles are also available in packs of 50 booklets for \$20.

# ASCO<sup>®</sup>

AMERICAN SOCIETY OF CLINICAL ONCOLOGY

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Alexandria, VA 22314

*Equip Patients With the Latest Information  
On Diagnosis and Treatment*

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