

# Breast Cancer Resources

## Online Resources

**American Society of Breast Surgeons**  
[breast360.org](http://breast360.org)

**CancerCare®**  
[cancercares.org](http://cancercares.org)

**Massachusetts General Hospital**  
[massgeneral.org/cancer/learn/breastcancer.aspx](http://massgeneral.org/cancer/learn/breastcancer.aspx)

**New Hampshire Breast Cancer Coalition**  
[nhbcc.org](http://nhbcc.org)

## Accessories

**Amanda Thomas Woman's Boutique**  
[amandathomasboutiquenh.com](http://amandathomasboutiquenh.com)

A boutique for mastectomy fittings and women's wigs.

**30 Daniel Webster Highway, Suite 1  
Harris Pond Plaza, Merrimack, NH  
603.595.9447**

**New England Hair Illusions**  
[newenglandhairillusions.com](http://newenglandhairillusions.com)

Wigs with personalized fitting, cutting, and styling in private fitting rooms.

**16 Pondview Square, Unit 16 Tyngsboro, MA**

**978.649.7228**

**Lady Grace Intimate Apparel**  
[ladygrace.com](http://ladygrace.com)

Bras, post-surgical accessories, prostheses

**440 Middlesex Rd, Tyngsboro, MA  
978.649.3942**

**Charron Medical Supply**  
[charronmed.com](http://charronmed.com)

**222 Main Street, Nashua, NH  
603.889.7220**

## Support Groups

**Breast & Gynecological Online Cancer Support Group - FREE**

Patients and their family members can participate in a live, online cancer support group via computer camera. For greater privacy, photo or voice participation only is an option. Sessions begin with a 30-minute educational segment or guest speaker; the remainder of time is allotted for members to share their personal experiences.

**When:** 2nd Tuesday of the month, 6:30-8:00pm

**Where:** The comfort of your home - or wherever you prefer to take your computer.

**Registration:** Call breast health coordinator Pauline Soucy, 603.577.2658, for more information and link for the online group meeting.

**Cancer Support Group - FREE**

Offers emotional support and encouragement to patients and their family members diagnosed with any type of cancer.

**When:** 2nd and 4th Tuesday of the month, 6:00-8:00pm

**Where:** Radiation Center of Greater Nashua  
11 North Southwood Drive (Exit 8), Nashua, NH

**Registration:** Call executive director Elizabeth Gray, 603.880.1590.

**Look Good Feel Better - FREE**

Teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment.

**When:** 3rd Monday of the month, 5:30-7:30 pm

**Where: Held at alternating locations:**

Foundation Hematology/Oncology Southern New Hampshire Health

10 Prospect Street, 2nd floor, Nashua, NH **Register by calling 603.886.7900**

The Breast Care Center at St. Joseph Hospital 172 Kinsley Street, Nashua, NH

**Register by calling 603.882.3000, Ext. 67257**

## Transportation

### Road to Recovery - FREE

The American Cancer Society's Road To Recovery program provides free rides for cancer patients to and from treatments. For more information, call American Cancer Society, 800.227.2345.

## Yoga

### Thriving with Yoga for Those with Cancer - FREE

#### Presented by YogaCaps, Inc.

A weekly, gentle Yoga class for patients and their caregivers who have had or have cancer. All fitness levels welcomed; no previous Yoga experience required.

**When:** Ongoing, Wednesdays, 6:00–7:00 pm

**Where:** Southern New Hampshire Medical Center, 8 Prospect Street, Nashua NH

**Registration:** Call YogaCaps, 603.674.3770 or for information visit [info@yogacaps.org](mailto:info@yogacaps.org)

### Yoga for Women's Health

Designed to meet the specific needs of women, with a focus on postures for bone and muscle strength, alignment, abdominal and pelvic floor tone, flexibility, and balance. Relaxation and breathing techniques are incorporated throughout the session.

**When:** Ongoing, Mondays, every 6–8 weeks; 5:30–6:45 pm

**Where:** Southern New Hampshire Physical Therapy and Rehabilitation, 460 Amherst Street, Nashua, NH

**Fee: \$60.00 (6-week session)**

**Registration:** Call 603.577.2255

### Slow Yoga and Qigong

Unique yoga program designed to give you tools to decrease stress, improve balance, flexibility and mental clarity, and promote healing. Each class ends with a deep restorative-guided relaxation.

**When:** Ongoing, Wednesdays, every 6–8 weeks; 7:00–8:15 pm

**Where:** Southern New Hampshire Physical Therapy and Rehabilitation, 460 Amherst Street, Nashua, NH

**Fee: \$80.00 (8-week session)**

**Registration:** Call 603.577.2255

## Recommended Reading

### The New Generation Breast Cancer Book

How to Navigate Your Diagnosis and Treatment Options—and Remain Optimistic—in an Age of Information Overload

by **Elisa Port, MD (September 2015)**

### Your Breast Cancer Treatment Handbook

by **Judy Kneece, RN, OCN (8th Edition, 2015)**

### Uplift: Secrets from the Sisterhood of Breast Cancer Survivors

by **Barbara Delinsky (Tenth Anniversary Edition, 2011)**

## For Spouses

### Breast Cancer Husband

How to Help Your Wife (and yourself) through Diagnosis, Treatment and Beyond

by **Marc Silver**

### Husband's Guide to Breast Cancer

A Complete & Concise Plan for Every Stage

by **Todd Outcalt**

## For Kids



### Our Mom has Cancer

by **Abigail and Adrienne Ackerman (Published by the American Cancer Society)**



**Michael's Mommy Has Breast Cancer**  
by **Lisa Torrey**

## Kids Cope

### kidscope.org

Help for children whose parents have cancer. The website includes a free downloadable version of "Kemo Shark," a comic book designed to help children understand the purpose and side effects of chemotherapy. Also available on the website is a video discussion of the effects of breast cancer on children and the family from the perspective of four breast cancer survivors and their children.



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