

Personal Health Manager

This is an inclusive kit to help patients manage their cancer experience from the point of diagnosis through the balance of their life. The American Cancer Society and Oakwood have worked together to offer these kits free to your patients.

Kits are made specific to type of cancer; examples include breast, colon, prostate and lung. Kits are also available in multiple languages including Spanish and Arabic.

Disease Specific Information (shown in breast)

- Breast Cancer Treatment Guidelines for Patients
- Breast Reconstruction Following Mastectomy
- Exercises After Breast Surgery
- Breast Cancer Dictionary
- Mastectomy: A Patient Guide
- Lumpectomy: A Patient Guide

General Information (included in all kits)

- Welcome Letter
- Understanding Radiation
- Understanding Chemotherapy
- Talking With Your Doctor
- Nutrition for the Person with Cancer
- Road to Recovery
- Where to Turn (ACS)
- Cancer Facts for Women
- LGFB
- Cancer Survivors Network
- Reach to Recovery
- NCIC Card
- I Can Cope
- What Is Cancer?
- After Diagnosis
- Clinical Trials
- Cancer Resource Network



All patients being referred to the Breast Care Program at Oakwood will be offered the opportunity to receive a Personal Health Manager.

If you would like to have one copy of a Personal Health Manager for your reference please call the American Cancer Society at 248.663.3417.

If you have a patient who you would like to receive a Personal Health Manager who has any other type of cancer besides breast, please call **800.227.2345**.