Help Needed with Hospital Materials and/or Medical Forms

When you need help understanding ask:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Discuss who can help you with the materials and medical forms: family, friends, caregivers, hospital staff.

Try to have someone with you when you go to the hospital or doctor appointments.

The person with you, or you if you are alone, should always take some notes or write down information given. You can also ask for patient handouts or resources, printed or online.

Be sure that all of your questions are answered.

- Ask for a different explanation if you are unclear of any information given.
- If you have any additional questions regarding your main problem and what to do about it, please ask.

If you want help, ask to speak with a social worker who may be able to help you.

Content adapted from websites below.

Local Organizations providing support for anyone impacted by cancer:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Location</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Wellness Center</td>
<td>Northern Suburbs</td>
<td>Cancerwellness.org</td>
<td>847-509-9595</td>
</tr>
<tr>
<td>Gilda’s Club Chicago</td>
<td>Chicago</td>
<td>Gildasclubchicago.org</td>
<td>312-464-9900</td>
</tr>
<tr>
<td>Living Well Cancer Resource Center</td>
<td>Far West Suburbs</td>
<td>Livingwellrc.org</td>
<td>630-262-1111</td>
</tr>
<tr>
<td>The Cancer Support Center</td>
<td>South Suburbs</td>
<td>CancerSupportCenter.org</td>
<td>708-798-9171</td>
</tr>
<tr>
<td>Wellness House in Chicago</td>
<td>Northwest &amp; West Suburbs</td>
<td>Wellnesshouse.org</td>
<td>630-323-5150</td>
</tr>
</tbody>
</table>

Access an interactive map of these local resources at: http://cancer-help.me/communitycancerresourcecenters

Resources for Additional Information:

- Ask Me 3™ Video
- NCCN, Patient and Caregiver Resources
- Cancer.Net, Navigating Cancer Care
- CancerCare.org, Ways to Improve Communication with Your Health Care Team

Recursos en Español:

- American Cancer Society, Tratamiento y apoyo
- CancerCare.org, ¿Doctor, podemos hablar?: Cons ejos para comunicarse con su médico

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