

Resources

FIND MORE AT OUR WEBSITE

COLONTOWN

A private group on Facebook for patients to connect with other patients with similar situations. Members can join "neighborhoods" tailored to their specific colon cancer circumstances.



COLORECTAL CANCER ALLIANCE

Network of allies for support, education, research, and more. Provides information about care and clinical trials.



MAN UP TO CANCER

Provides resources and support directed towards men; inspiring men to connect and avoid isolation in their cancer journey.



NCCN GUIDELINES

NCCN guidelines are a set of clinical recommendations that doctors use to get the best outcomes for patients.



DEPARTMENT OF HEALTH

Each state and county has a department of health which offers local resources for screening, educational materials and support.



AMERICAN CANCER SOCIETY

Helps by funding and conducting research, sharing information, supporting patients, and spreading the word about prevention.



Next Steps

FOLLOW UP APPOINTMENTS

Your gastroenterologist will likely refer you to a surgeon and/or oncologist for follow up. You may even want to get second opinions from each specialty or reach out to a medical center that specializes in comprehensive cancer treatment. You can also check with your insurance company for coverage and recommendations.

FOLLOW UP TESTING

You may need to have further testing done to determine an optimal treatment plan. This includes a PET Scan and biopsy information. Check with your doctor about having a Signatera test for circulating tumor DNA (ct-DNA) performed. It can help monitor for recurrence after treatment. Biomarkers and genetic mutation testing can reveal information that can help predict which treatments will be more effective and can determine if you are eligible for clinical trials. Testing for Lynch Syndrome, an inherited genetic mutation that predisposes people to developing a variety of cancers (including colon), is important for you and also for your family members so you can be screened more often for all types of cancers.

CONSIDER FINANCES

Treatment options for colorectal cancer can get expensive, which is why it is important to work closely with your insurance and healthcare facility to get treatment at an affordable rate. Additionally, it is a good idea to seek out other financial resources, such as Patient Assistance Programs, national financial assistance programs, or free clinics offered by many practitioners which can often help save a lot of money. For more information regarding finances, visit CitrusCRC.com/finances

You just woke up from a colonoscopy and they found a mass. You are probably in shock and disbelief. We understand what you are feeling because we have been there too and we are here to help you and your loved ones get through it.

It will be a whirlwind of doctor appointments, labs, scans and more doctor appointments. Even if you have a medical background, it will be overwhelming at times. Feel free to reach out to us when you are ready.

The QR code on the back side of this brochure is a direct link to our website at www.CitrusCRC.com. We originated in Citrus County, Florida but we are available to help guide people all over the globe through the unwanted world of Colorectal Cancer.

In this brochure you will find a list of resources available and a description of what they can offer. There is a lot of homework to be done by you and/or your loved ones in order to get familiar with medical terms, treatment options, expectations and other aspects of the disease. These resources, along with your healthcare teams, have nearly all the answers you will need to help you get through it.

Good luck and best wishes. We are here for you ❤️❤️

Karen Fisher

Karen Fisher, Pharm.D.
Stage 2A Colon Cancer Survivor
President, Citrus Colorectal Cancer Foundation