

ICING PROTOCOL

Oxaliplatin chemotherapy can cause cold sensitivity in the hands, feet and mouth which can be quite uncomfortable. Cold sensitivity may be prevented or reduced with a process called icing - applying something cold to your hands, feet and mouth during the infusion. Some options include: holding a frozen water bottle, sucking on ice chips, drinking an ice cold beverage or wearing cooling gloves or socks during oxaliplatin infusion. To learn more about this, check out Colontown University at www.Colontown.org or join the "Live Wire" Colontown neighborhood on Facebook. Check with your doctor to see if icing is right for you.

LYNCH SYNDROME

Lynch Syndrome is a genetic predisposition to develop a variety of cancers, including colon, rectal, endometrial (uterine), ovarian, stomach, breast, prostate, skin, bladder, kidney, pancreas and others. Testing for Lynch Syndrome can be done at the time of surgery. Check with your doctor to see if you have been tested. It is important to know if you carry the gene for Lynch Syndrome for 2 reasons: You will need to notify all of your doctors so that you can be screened often for all types of cancer. You will need to let all your relatives know so they can also be screened for Lynch Syndrome and cancers.

BIOMARKERS & GENETIC MUTATIONS

These are important to know because they can help predict which treatments will be more effective and can determine if you are eligible for clinical trials. Some of the most common ones are MSS/MSI-H, KRAS, BRAF, HER2 and CEA. You can find more information about all of them in the CRC 101 section of Colontown University at www.Colontown.org. Talk to your doctor about genetic and genomic testing.



ABOUT US

The Citrus Colorectal Cancer Foundation was founded in 2022 by Karen Fisher, a pharmacist and Stage 2 colon cancer survivor; Dr Trupti Shinde, her gastroenterologist and Dr. Parth Patel, her surgeon. We are a 501(c)(3) nonprofit charity whose mission is to provide information about colorectal cancer resources to patients, caregivers and healthcare professionals. We started in Citrus County, Florida but we are here to help anyone, anywhere, all over the world.

VISIT OUR WEBSITE

Find access to a multitude of medical, financial and emotional resources, and receive a helping hand to guide you through your cancer journey.

www.CitrusCRC.com

OR, OPEN
CAMERA
APP AND
SCAN ME!



Reach out to us directly:

Karen Fisher, Pharm.D.

President and Stage 2 Survivor

Call or Text: (352) 503-8777

Email: CitrusCRC@gmail.com

Citrus Colorectal Cancer Foundation, Inc. is a registered 501(c)(3) nonprofit organization. For more information, contact us. The information contained in this pamphlet is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Read more at CitrusCRC.com/medical-advice-disclaimer.

COLORECTAL CANCER PATIENT RESOURCE GUIDE

PRESENTED BY

**CITRUS COLORECTAL
CANCER FOUNDATION**

YOU'RE NOT ALONE 



WWW.CITRUSCRC.COM

Colorectal Cancer Resources



COLORECTAL CANCER ALLIANCE

CAlliance.org

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

COLON CANCER COALITION

ColonCancerCoalition.org

Raising awareness through educational materials and fundraisers. (Get Your Rear In Gear 5K for runners and Tour de Tush for bicyclists.)



FIGHT CRC

FightColorectalCancer.org

Provides informational resources as well as research funding for colorectal cancer.

SUPPORT RESOURCES

CitrusCRC.com/emotional-resources
Cancer can take a large toll on wellbeing, which is why it is essential to have a strong support system in your cancer journey.



FINANCIAL RESOURCES

CitrusCRC.com/finances

Many different organizations offer Financial Assistance Programs to help cover some of the costs of cancer treatment.

NATIONAL CANCER INSTITUTE

Cancer.gov/Types/Colorectal

The federal government's principal agency for cancer research. It provides education and information about various aspects of cancer treatment.



COLONTOWN

www.Colontown.org



A private community on Facebook for colorectal cancer patients and carepartners. Members can join a variety of "neighborhoods" tailored to their specific colon cancer circumstances. For example, "2nd Avenue" for Stage 2 patients; "Sunshine Group" for Florida residents; "Liver Lovers Lane" for patients with liver mets and over 100 other groups. You can ask any question and get immediate answers from people who have similar colorectal cancer journeys as you. They also have Colontown University at their website where you can learn everything you need to know about colon and rectal cancers.

SIGNATERA

www.Natera.com



A blood test approved in 2019 that can help determine if your cancer has come back. It tests for circulating tumor DNA (ctDNA) and is also known as a "liquid biopsy." They take a sample of your tumor and find its unique DNA. Then they draw blood occasionally and look for that DNA in your blood. If they find it, the test is "positive" and usually means that the cancer has come back somewhere in your body such as your liver, lungs or other organ. A "negative" test usually means it has not come back. There may be "false" positive or negative tests so regular scans and blood tests are still needed to monitor for recurrences. There are other similar tests out there and you can read about them at our website or ask your doctor.

FIND MORE RESOURCES AT OUR WEBSITE
www.CitrusCRC.com/resources

General Cancer Resources

NCCN GUIDELINES

NCCN.org

The NCCN Guidelines are a set of clinical recommendations that doctors use to get the best outcomes for patients. You can ask your doctor which guidelines they follow.



STAND UP TO CANCER

StandUpToCancer.org

Provides educational, treatment and survivorship resources to cancer patients and caregivers.

AMERICAN CANCER SOCIETY

Cancer.org

Helps by funding and conducting research, sharing information, and supporting patients.



MAN UP TO CANCER

ManUpToCancer.org

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

CANCER HOPE NETWORK

CancerHopeNetwork.org

Provides free and confidential one-on-one support to cancer patients and their families. Talk with someone who understands.



DEPARTMENT OF HEALTH

Naccho.org/Membership/Lhd-directory

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