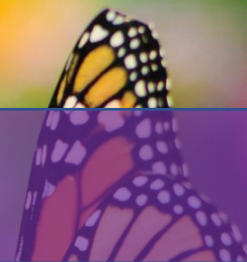


# Breast Care Resources South San Francisco Kaiser



## We're Here to Help

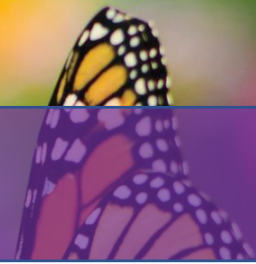
Department	Phone Number
Admitting	650-742-2318
Advice Nurse (24 hours)	650-742-2100
CT	650-742-2101
Durable Medical Equipment (DME)	1-877-317-6230
Health Education	650-742-2439
Late Bloomers (San Mateo)	650-343-7000
Membership Services Office	800-464-4000
MRI	650-742-3254
Nuclear Medicine	650-742-2543
Oncology Medical Assistants	650-742-2908
Oncology Nurse Navigator	650-742-3377
Oncology Social Worker	650-742-3268
Physical Therapy	650-742-7277
Plastic Surgery Department	650-742-2188
Psychiatry	650-991-6200
Preoperative Medicine (POM)/ Surgery Scheduling	650-742-3025
Radiation Oncology (Oyster Point)	650-827-6500
Radiology Breast Care Coordinator (DLC)	650-301-4713
Release of Medical Information (ROMI)	650-827-6409
Surgery Arrival Time	650-742-3083
Surgery Breast Care Coordinator (SSF)	650-742-3775
Surgery Department	650-742-2188
Surgery Nurse	650-742-2188
X-Ray	650-742-2101

**If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital.**

If you're trying to reach your clinician, send them a secure email message through the My Doctor Online app on your smartphone or [kp.org](http://kp.org). If you're not yet registered, go to [kp.org/register](http://kp.org/register) to create an account.

# Breast Care Resources

## South San Francisco Kaiser



### **Support Services**

A cancer diagnosis can be difficult for everyone involved. At Kaiser Permanente, we provide many support services to assist you and your loved ones throughout your cancer treatment.

### **Social Work**

Our social workers can provide you with community resources and referrals, including:

- Financial issues
- Disability (short- and long-term)
- Return to workplace
- Home care needs
- Transportation
- Support groups
- Psychotherapy referrals
- Coping and stress management tools
- Life care planning
- Advance directives and decision-making resources
- American Cancer Society

For more information about our Social Work Department, call your local:

- Medical Oncology Department: (650) 742-3268
- Radiation Oncology Department: (650) 827-6512

### **Mental Health Resources**

For emotional health concerns, talk with your doctor or social worker or call the Mental Health Department at your facility. No referral needed.

### **Nutrition Services**

Our registered dietitians will provide you with important information about how to maintain good nutrition during and after treatment, including:

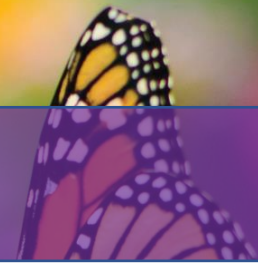
- Nutrition challenges you might have during treatment
- Foods and drinks that can help with eating problems during treatment
- How to eat well after treatment

For more information about our Nutrition Services Department, call your local:

- Health Education Department: (650) 742-2439
- Radiation Oncology Department: (650) 827-6500

# Breast Care Resources

## South San Francisco Kaiser



### **Classes and Support Groups**

Cancer treatment brings many physical and mental challenges. Learn more by taking one of our cancer care classes. We also encourage you to reach out to others who've experienced what you're going through by joining one of our support groups.

#### SSF KP Breast Cancer Support Group

Peer support group for women facing breast cancer, which will provide a safe place to share experiences and feelings, as well as a place to ask questions.

Location: Virtually

Date(s)/Time: 2nd & 4th Mondays

Time: 4:00-5:00pm

Fee: No fee, Non-Kaiser women are welcome to join

Registration: Please contact the Breast Care Coordinator at 650-742-3775 if you would like to attend.

#### SSF KP Survive and Thrive Cancer Support Group (Online)

Our bi-weekly virtual support group provides a place to come together and find strength and hope in a community of people going through something similar. Regular support group sessions will be an open forum to connect and share with others and discuss anything on your mind. Some days, there will be a guest speaker or theme for the group. This support group is open to people with all types of cancer diagnosis, at any stage of the journey.

Dates and times:

1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month, 12:30pm -1:30pm

For more information and registration:

San Francisco - Call 415-833-3692, opt. 2

South San Francisco – Call 650-827-6512

Website: [kp.org/ncal/survive-and-thrive](http://kp.org/ncal/survive-and-thrive)

#### SFO KP Cancer Support Group and Lecture Series

Bi-weekly support group provides a place to come together and find strength and hope in a community of people going through something similar. Each month, there will be one class featuring a guest speaker or theme and one open-forum class, where you can connect and share with others and discuss anything on your mind. This support group is open to people with all types of cancer diagnosis, at any stage of the journey. Family and friends are welcome to join.

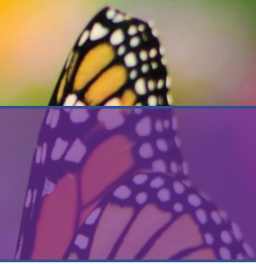
Dates and times may vary by month.

Location: Topaz Conference Room, 8th Floor SE at 2238 Geary Blvd, San Francisco, CA. 94115

Walk-ins welcome. No registration required.

For questions or more information, please call 415-833-7036

## Breast Care Resources South San Francisco Kaiser



### SSF KP Recovery after Breast Cancer Surgery – Regaining your Mobility & Function

For all patients currently undergoing treatment for breast cancer or for patients who have completed their treatment and have questions about getting back to life, work, and leisure activities. Referral needed.

Topics include:

- Activity guidelines after surgery
- Regaining full functional arm use
- Resuming/Starting regular exercise
- Managing physical effects of the cancer treatment
- Improving quality of life

Location: Physical Therapy Department, 3rd Floor at Bayhill Medical Offices – 801 Traeger Avenue, San Bruno, CA. 94066

Telephone Number: 650-742-7277

### SSF KP Cancer and Nutrition Class

In this 1-session class, patients will learn how cancer affects nutritional needs. Patients will also learn how to maintain and improve nutrition during and after treatment. The class is for members only. There is no fee for Kaiser Members.

Call the Health Education Department at 650-301-4445 or 650-742-2439 to pre-register.

### SSF KP Orientation to Radiation Oncology

An introduction to radiation therapy for patients and caregivers. Facility tour and question & answer session included.

Location: South San Francisco Kaiser Permanente Cancer Treatment Center at 220 Oyster Point Blvd., South San Francisco, CA. 94080

Register: Please contact Radiation Oncology for more details at 650-827-6500.

### SSF/DLC KP Health Education Department

Contact the Health Education Department for complete list of classes in the areas of Behavioral Health, Cancer, Diabetes, Life Care Planning, Nutrition & Weight Management, Pediatrics, Prediabetes, and Prenatal Care.

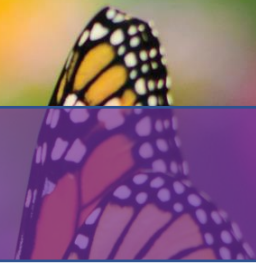
Location: 1st Floor at South San Francisco Kaiser, 1200 El Camino Real, South San Francisco, CA 94080 Telephone Number: 650-742-2439

Location: 4th Floor at Daly City Medical Offices, 395 Hickey Blvd., Daly City, CA 94015

Telephone Number: 650-301-4445

# Breast Care Resources

## South San Francisco Kaiser



### Community Resources

We recommend that you consider the following resources located near you.

#### American Cancer Society

Offers free programs and services in your community to help people with cancer and their families. Programs offer information, day-to-day help, and emotional support.

To learn more about these programs, call 24 hours a day, seven days a week, at 1-800-227-2345 or visit us online at [cancer.org](http://cancer.org).

Website: [www.cancer.org](http://www.cancer.org)

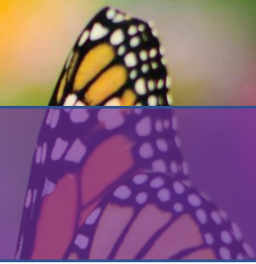
#### Bay Area Cancer Connections

Supports anyone affected by breast or ovarian cancer with personalized services that inform and empower. Resource Center offers an all-inclusive free support system to help you navigate this challenging process - from buddy programs to pro-bono counseling, and medical research services to a wig boutique and more. In any given month, we provide over 50 free events and programs to support those going through cancer, their caregivers or their friends and family so they'll never have to feel alone. Please call the Helpline at 650-326-6686 before joining one of the programs.

#### Support Group Types and Times:

- DCIS Support Group
  - First Monday from 5:30-7:00 p.m.
- Black, Indigenous, and people of color with Breast Cancer Support Group
  - Third Monday from 5:30-7:00 p.m.
- Metastatic Breast Cancer Support Group
  - Every Monday from 6:00-8:00 p.m.
- General Breast Cancer Support Group at Peninsula Jewish Community Center
  - Second Wednesday from 7:00-8:30 p.m.
- Spanish Language Breast Cancer Support Group
  - Third Thursday from 6:00-7:00 p.m.
- Gynecological Cancer Support Group
  - First and third Thursday from 11:00 a.m.-12:30 p.m.
- Young Women's Breast Cancer Support Group at Mills-Peninsula Hospital
  - Every Thursday from 7:00-8:30 p.m.
- General Breast Cancer Support Group at Zuckerberg San Francisco General Hospital
  - Second Fridays from 2:00-3:30 p.m.
- Post-Treatment Support Group
  - Second Saturday from 1:00-2:30 p.m.
- Triple-Negative Breast Cancer Support Group

## Breast Care Resources South San Francisco Kaiser



- Third Saturday from 10:45 a.m.-12:45 p.m.
- Breast and Ovarian Cancer Newly Diagnosed & In-Treatment Support Group
  - Every Saturday from 3:00-4:30 p.m.

Website: [www.bayareacancer.org](http://www.bayareacancer.org)

### SF Bay Area Cancer Support Community

Cancer Support Group for Patient and Families

CSC Program Associate/Maricela Becerra – [mbecerra@cancersupport.net](mailto:mbecerra@cancersupport.net) (schedule appt)

Office: 925-933-0107

Website: [cancersupport.net](http://cancersupport.net)

### UCSF Support Groups for Patients and Caregivers

For support group themes and schedule, visit: <http://cancer.ucsf.edu/support/crc/support-groups>

For dates and locations, visit the website or call the Patient and Family Cancer Support Center at 415-885-3693.

### St. Mary's Medical Center

Every Tuesday and Wednesday

5:00 p.m.—7:00 p.m.

2250 Hayes Street, Level C

Cancer Center Conference Room

Contact Diane Scott, PhD at 415-387-3344 for information and registration.

### Calvary Presbyterian Church

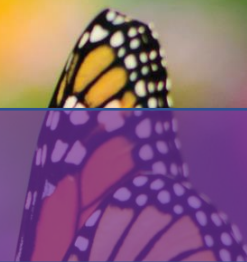
Every other Wednesday

5:30 p.m.—7:00 p.m.

515 Fillmore Street (at Jackson)

Contact Carol Kronenwetter, PhD at 415-847-6046 for information and registration

# Breast Care Resources South San Francisco Kaiser



## Resources Online

Kaiser Permanente and other organizations offer many helpful online resources for you.

Understanding Breast Cancer (video)



Chemotherapy Booklet



Breast Cancer: Treatment



Introduction to Chemotherapy (video)



Breast Reconstruction



Life Care Planning Overview



Surgical Drain Care (video)



Advance Health Care Directive Form



Surgical Drain Care Instructions

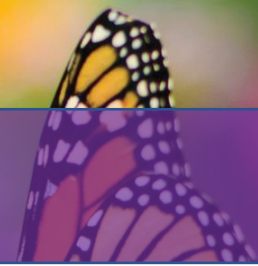


Kaiser Financial Services 415-444-2409



# Breast Care Resources

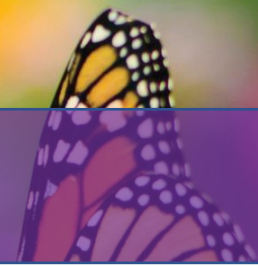
## South San Francisco Kaiser



Name	Description of Services
<b>abcdbreastcancersupport.org</b>	After Breast Cancer Diagnosis (ABCD): Be matched with a professionally trained mentor/breast cancer survivor who not only shares a similar diagnosis and treatment, but whose age, life stage and interests closely align with yours.
<b>bcaction.org</b>	Breast Cancer Action: Activist watchdog organization focusing on systemic interventions that address the root cause of the disease.
<b>bcef.org</b>	Breast Cancer Emergency Fund (BCEF): Provides emergency financial assistance to low-income individuals battling breast cancer.
<b>breastcancer.org</b>	Well-organized, easy to understand information, plus a discussion board.
<b>cancer.gov</b>	National Cancer Institute: Supports research, conducts its own research, collects and disseminates information about cancer.
<b>cancer.org</b>	American Cancer Society: Information and peer support, transportation assistance.
<b>cleaningforareason.org</b>	Free housecleaning once a month for up to 4 months. Must apply online.
<b>drsusanloveresearch.org</b>	Dr. Susan Love Research Foundation: Clear, comprehensive information on detection, treatment, prevention, long-term survivorship.
<b>facingourrisk.org</b>	Facing Our Risk: Provides support and information on hereditary breast and ovarian cancer.
<b>lbbc.org</b>	Living Beyond Breast Cancer: Support and information, including transcripts and podcasts on specific topics.
<b>mybcteam.com</b>	myBCTeam: Online social support for women with breast cancer.



## Breast Care Resources South San Francisco Kaiser



<b><a href="http://pinkribbongirls.org">pinkribbongirls.org</a></b>	Pink Ribbon Girls provides Healthy Meals, Housecleaning, Rides to Treatment, and Peer Support to individuals with breast and gynecological cancers free of charge.
<b><a href="http://sharsheret.org">sharsheret.org</a></b>	Sharsheret provides free, confidential, and personalized support for women with breast cancer. Their Best Face Forward 2.0 program provides services and subsidies for non-medical services, such as wigs, nipple tattooing, and cold caps.
<b><a href="http://sistersnetworkinc.org">sistersnetworkinc.org</a></b>	Sisters Network: For African American women with breast cancer. Provides support and financial aid.
<b><a href="http://tellingkidsaboutcancer.com">tellingkidsaboutcancer.com</a></b>	Telling Kids About Cancer: Helps parents discuss their diagnosis with their kids. Age-appropriate information.
<b><a href="http://thesecondopinion.org">thesecondopinion.org</a></b>	The Second Opinion: Provides free multidisciplinary comprehensive second opinions to adults in California diagnosed with new or recurrent cancers.
<b><a href="http://tnbcfoundation.org">tnbcfoundation.org</a></b>	Triple Negative Breast Cancer Foundation: Support and information for triple negative breast cancer.
<b><a href="http://youngsurvival.org">youngsurvival.org</a></b>	Young Survival Coalition: For young women with breast cancer. Has a local chapter.