

American Cancer Society Navigator Notes

Using the Internet as a Tool Against Cancer

For many individuals, the Internet has become their main source of health information because it provides immediate access to almost any topic. Unfortunately, not all information available on the Internet is good information. And incorrect information can hurt you when it comes to cancer.

Cancer information on the Internet can come from many sources including expert health organizations, government agencies, universities, merchants, interest groups, the general public, individuals, and con artists. For reliable, general cancer information please visit the following sites:

- www.cancer.org
- www.mayoclinic.com
- www.cancer.gov
- www.cancer.net
- www.nlm.nih.gov/medlineplus/cancers.html
- www.nccn.org

In order to find the most reliable health information on the Internet, keep in mind the following guidelines:

- The Web site should clearly state who is responsible for the information being presented
- The purpose of the Web site should be easy to find
- The Web site should state when the information was updated
- The Web site should provide information regarding how the information is reviewed

It is also important to remember that information found on the Internet should not take the place of advice from your health care team.

Another great use of the Internet for patients and caregivers is making connections and receiving support. Cancer patients and caregivers can connect online in a variety of forums. Such options include support groups, chat rooms, discussion boards, blogs, twitter and Facebook pages. These tools allow people to connect to others like themselves who otherwise might be difficult to find. They also enable people to remain anonymous if they choose. Not every site is monitored by health care professionals so be sure to discuss the information with your health care provider.

To see how Mayo Clinic and the American Cancer Society are reaching out to patients and caregivers using these types of tools, please visit the following sites:

- Mayo Clinic Cancer Education Center Living with Cancer blog: <http://www.mayoclinic.com/health/cancer/DS01076/TAB=expertblog>
- Mayo Clinic Cancer Education Center Facebook page: <http://www.facebook.com/pages/Cancer-Education-Program-Mayo-Clinic/157686697651500>.
- The American Cancer Society's Cancer Survivors Network is an online community created by and for cancer survivors and their families: www.csn.cancer.org.

Please contact your local patient navigator for additional information.

Mayo Clinic in Arizona: Cathy Leavitt, American Cancer Society patient navigator, 480-301-5990.

Mayo Clinic in Rochester: Jeri Lensing and Angela Young, American Cancer Society patient navigators, 507.266.9288.

Mayo Clinic Health System in La Crosse, WI: Stefanie Haar, American Cancer Society patient navigator, 608.775.1359 or 800.362.9567.

Mayo Clinic Health System in Eau Claire, WI: Katie Sarver, American Cancer Society patient navigator, 715.858.6868.

For more information on all ACS programs and services or to connect with a patient navigator in your area, call 800.227.2345 or visit www.cancer.org.



Cathy Leavitt



Jeri Lensing



Angela Young



Stefani Haar



Katie Sarver



Calendar of Events

December 2011

American Cancer Society Midwest Golf Pass

The American Cancer Society Midwest Golf Pass is a unique and easy way to save lives and create a world with more birthdays. Plus, it's your pass to playing more than 500 golf courses throughout Iowa, Minnesota, South Dakota and Wisconsin. The pass pays for itself in just two uses with offers for reduced greens fees and other great golf bargains. To learn more about the golf passes visit www.cancer.org/golffpass or call 1-800-227-2345. To locate an American Cancer Society event in your area, please visit www.cancer.org or phone 1-800-227-2345.

January 2012

Eagles 5th District Cancer Telethon

Saturday and Sunday, January 14 & 15, 2012
Mayo Civic Center, Rochester MN
The Cancer Telethon brings hope to every person who has lost a loved

one to cancer, who is battling cancer or who wants to help bring an end to this devastating disease. The money raised helps fund cancer research at the Mayo Clinic, Hormel Institute for Cancer Research and University of Minnesota Cancer Research. For more information contact Teresa Chapman at 507-358-4744 or visit <http://www.eaglescancertelethon.org>.

February 2012

American Cancer Society Daffodil Days

Pre-order beautiful bunches of daffodils in February for delivery the week of March 12-16, 2012. You can also choose to donate toward the Gifts of Hope bouquets or the Boyd's Bear Hug, which are given to cancer survivors. For more information call 507-424-4616 or e-mail Ross.Messick@cancer.org.

Frozen Goose Run

Saturday, February 4th, 2012
Registration at Noon
University Center Rochester
Rochester, MN
The Frozen Goose Run is sponsored

by the Optimist Club of Rochester. All proceeds of the event will go to Mayo Clinic Childhood Cancer Research and Brighter Tomorrows. For more information please visit <http://www.frozengoose.com/>.

Lace Up Against Breast Cancer

Sunday, February 12, 2012

10:00 am Half Marathon

10:30 am 5K

Mayo High School, Rochester, MN

The Lace Up Against Breast Cancer fun run and walk will be held to raise awareness and money for breast cancer research. All monies raised will be donated to Mayo Clinic for breast cancer research. For more information visit <http://www.luabc.org> or e-mail runluabc@gmail.com.

American Cancer Society Relay for Life

It's not too early to get your team together and start raising funds for the Olmsted County Relay for Life event, which will be held July 13-14, 2012. To learn more please visit <http://www.relayforlife.org>. For more information on how to get started call 507-424-4616 or e-mail Ross.Messick@cancer.org

The Stephen and Barbara Slaggie Family Cancer Education Center

Mayo Clinic is dedicated to providing information and resources to support patients and their caregivers during a cancer journey. Knowledge empowers patients to become active partners in their health care.

Services

Mayo Clinic staff, volunteers and ACS patient navigators are available to help patients, caregivers, and the public:

- Learn about cancer prevention and detection
- Find out more about a cancer diagnosis
- Explore treatment options
- Understand clinical research
- Connect to educational sessions and support groups
- Address survivorship issues
- Locate additional support resources, such as financial assistance, lodging, transportation, wigs, and prosthetics



The Center is open to anyone interested in learning more about cancer.

Location: Gonda Building, Street Level, Rochester, MN

Hours: 8 a.m. to 5 p.m., Monday through Friday • Phone: 507-266-9288

Living with Cancer blog: www.mayoclinic.com/health/living-with-cancer-blog/MY00850