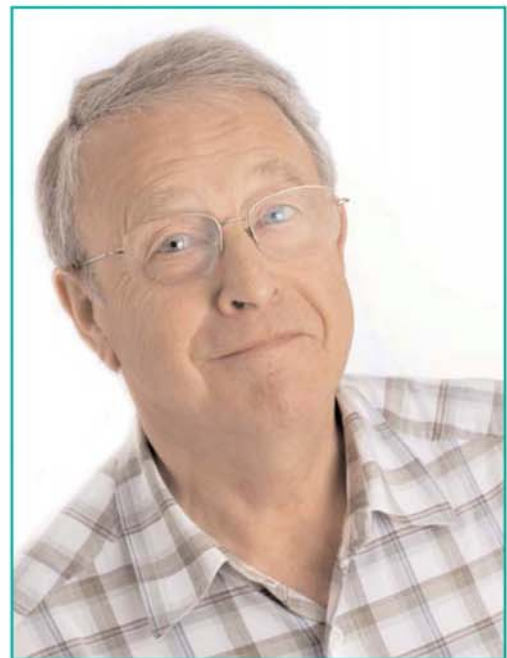


# Cancer Resource Guide 2008

*Where Beaufort County Residents can turn for help*

## **A Guide for Patients & Families**



SPONSORED BY:

Beaufort Memorial's LifeFit Community Health  
and printed through a grant provided by  
Lowcountry Affiliate of Susan G. Komen for the Cure

**FOR MORE INFORMATION VISIT [WWW.BMHSC.ORG](http://WWW.BMHSC.ORG)**



**Beaufort Memorial**  
**HOSPITAL**

affiliated with  
**DUKE UNIVERSITY**  
**HEALTH SYSTEM**  
in Heart and Cancer

# Introduction & Table of Contents

Beaufort Memorial Hospital, the only not-for-profit hospital located between Savannah and Charleston, has developed this Cancer Resource Guide to provide you with information about the resources available to Beaufort County residents to help meet the needs of cancer patients and their families. It has been made available in print by a grant provided by the Lowcountry Affiliate of Susan G. Komen for the Cure.

According to the U.S. Census Bureau, Beaufort County has experienced a 17% population growth in the last two years and our population is now over 142,000 people. Cancer resources of durable medical equipment, home health supplies, support groups, free and low-cost medical services, appearance-related services, and educational opportunities are springing up all over Beaufort County because they are needed.

We hope you will find this guide to be an objective, comprehensive listing of mostly local organizations and businesses that provide services for individuals and their families who are experiencing cancer. Listings represent both national and local resources ranging from informational to financial aid.

**We welcome your assistance!** We have made every effort to include useful resources and to ensure that the information listed in this guide is accurate at the time of printing. If you find incorrect information in this guide, or if you know of a service or group that should be included, please let us know.

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**It is important to note that inclusion in this publication does not imply endorsement of agencies, programs, or organizations and should not be used as a substitute for professional medical advice.**

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# Complementary & Alternative Treatments:

Complementary and Alternative Treatments are used with the intent to reduce stress, improve well-being, prevent illness, avoid or minimize side effects and symptoms, and/or to control or cure disease. According to the National Cancer Institute, a treatment is called **complementary** when it is used in **conjunction with conventional treatments**. **Alternative** therapy is the term often used to refer to treatments that are used **in place of conventional treatments**. Listed below are some complementary and alternative medicine therapies that are now being widely used in cancer care.

**Acupuncture** - This ancient form of Chinese medicine places hair-thin needles on different points of your body to relieve pain and promote a sense of well-being. Acupuncture may provide relief from chemotherapy-related nausea and vomiting as well as reduce fatigue, dry mouth, and numbness and tingling in the feet and hands.

**Aromatherapy** - Essential oils from flowers and plants are mixed with water or oil and inhaled or applied to the skin. Aromatherapy may relieve stress and anxiety and increase feelings of well-being.

**Massage** - During a massage session, a therapist kneads and strokes your muscles and joints to relieve physical tension and pain, promote relaxation, and lessen anxiety and stress. It's best to work with practitioners trained in massage for cancer patients. They will know how to avoid areas that may be tender or painful.

**Mind-Body Interventions** - These are thought to promote health and improve mood, quality of life, and coping skills by using the power of your mind. Examples include relaxation, hypnosis, meditation, yoga, and spirituality.

**Music Therapy** - Listening to music, making music, or talking about songs and lyrics may reduce anxiety, quiet the mind, lessen treatment-related side effects, ease pain, and promote a sense of well-being.

**Guided Imagery** - Guided Imagery uses your mind to help relax the body by imagining a peaceful, comforting place and focusing on calming thoughts and images. This can lower stress and promote healing.

**Nutrition and Special Diets** - The food we eat provides the nutrients necessary for the body to repair and maintain itself. No specific diet or dietary supplement plan has been proven to cure cancer, but eating well is important for healing and strengthening your body after a cancer diagnosis. **Free** individualized nutritional counseling is available through Beaufort Memorial's Keyserling Cancer Center 843-522-7800 or the American Cancer Society at 1-888-227-6333 and ask for the "Dietitian on Call". Another local resource is Dr. Dan Nixon, who specializes in complementary cancer services like nutritional counseling, vitamins, and massage. To make an appointment with Dr. Nixon, call the Sea Island Cancer Center at 843-521-9879.

**If you are considering using complementary therapies, "Don't Play Doctor":**

- Talk it over with your physician, especially if you are going to have a therapy which involves taking pills or medicines.
- Many herbal remedies interfere with prescription medications and may also distort other diagnostic tests and treatments. Tell your doctor about any and all supplements that you are taking or plan to take.
- Ask your physician if there are complementary therapies available at your treatment hospital or through your physician's office.
- Choose a qualified therapist who belongs to a professional body.
- Check the cost of treatment beforehand to make sure you are being fairly charged.
- Don't be misled by promises of cures. No reputable therapist will claim to be able to cure cancer.

# Dental Care – Sliding Fee:

Your dentist is a part of your Cancer Care Team. To protect your mouth during cancer treatment, follow these guidelines:

- Soak an extra-soft toothbrush in warm water to make it softer
- Brush your teeth and tongue gently
- Brush after every meal and at bedtime
- Floss once a day
- Rinse often with water
- Do not use mouthwash with alcohol in it
- Sip water and use a saliva substitute to keep your mouth moist
- Avoid alcohol and stop smoking or chewing tobacco

Should you have need for **dental care at reduced fees** or fees based on your ability to pay, refer to one of the following resources:

## **Beaufort Jasper Hampton Comprehensive Health Services, Inc. - Chelsea Location**

Ruth P. Field Medical Center

Thomas C. Barnwell Administrative Building

Highway 170, 721 Okatie Highway

Ridgeland, SC 29936

843-987-7400 Phone, 843-986-0566 Fax

## **Medical University of South Carolina - College of Dental Medicine**

Room BSB 546, 173 Ashley Avenue

Charleston, SC 29425

843-792-2341 Phone, 843-792-1593 Fax

# Emotional Support:

Each of us will have different needs as we deal with illness. It can be helpful to discuss your concerns - whether it is with a friend, family member, a spiritual advisor, or in a support group of people going through a similar situation. Below are some suggestions that may help:

***Form a Partnership with Your Doctor:*** Many elements of your disease may be personal and can feel embarrassing. It is important to ask your doctor any and all questions you have about your disease. Your doctor will be your partner in a relationship that should be mutually supportive and based on candid, honest dialogue and trust. Be sure to write down your questions and go to your appointments prepared.

***Identify your “caregivers” or support system.***

***Create a sacred space for healing and hope:*** It could be a room or just a small area, like a shelf in your office. Incorporate your favorite colors, aromas, art, sounds, and special objects.

***Journaling:*** Journaling is a very private experience where you are safe to write about whatever you are feeling. By writing about your feelings, you may achieve a sense of perspective and inner peace.

***Movement and Exercise:*** Personal choices, such as eliminating tobacco use, following smart dietary habits, reducing stress levels, and increasing **exercise** can reduce the risk of cancer at all stages of its development. Beaufort Memorial’s LifeFit Wellness Center can assign you an exercise specialist to help you use your energy most efficiently. By doing something “positive” for your body, you can boost your self-esteem. Call 843-522-5635 for more information.

***Inspiration:*** A positive attitude can play an important role in how you react to treatment. Surround yourself with affirmations, positive thoughts that celebrate You. Examples: I have all the energy to accomplish everything I put my attention to. I know that even difficult lessons are opportunities for positive change. Everything is working out for my highest good. No matter where I am or what I am doing, there is beauty around me. True living is being able to see that beauty and to take it in.

***Home Health Care:*** The goal of home health care is to allow you to recover in the comfort and convenience of your own home with the important advantage of skilled medical treatment. If you feel you would benefit from medical services provided in the home, ask your physician for a home health care referral.

***If you feel you would benefit from some third party counseling*** – Be sure to talk with your pastor, spiritual advisor, or your medical team for a referral.

For further information, you can also contact Beaufort Memorial’s Oncology Social Worker at 843-522-7807 or the LifeFit Community Health Specialist at 843-522-5570.

# Financial Assistance Guidelines:

The government provides assistance programs known as entitlements or benefits. Getting to know the various programs will help you get the most out of those for which you may qualify.

- It is important to apply for any benefits as soon as possible. For information on Social Security Disability, Supplemental Security Income, and Medicare benefits call 1-800-772-1213 or visit: [www.ssa.gov](http://www.ssa.gov). Cancer patients must qualify for Social Security Disability under the same rules as any other person. There are no special rules that make people who have cancer automatically eligible for Disability.

The medical definition of “disability” for Social Security and SSI are the same:

Social Security pays only for total disability

There are no benefits payable for partial disability or for short-term disability.

"Disability" under Social Security is based on your inability to work:

You cannot do any work that you did before AND

you cannot adjust to other work because of your medical condition(s) AND

your disability has lasted or is expected to last for at least one year, or to result in death.

The Social Security program rules assume that working families have access to other resources to provide support during periods of short-term disabilities, including workers' compensation, personal or group disability insurance policies, savings, and investments.

If you are approved for Social Security Disability, your cash benefit will not begin until the 6th month from the date of disability (as determined by Social Security), and your Medicare will not begin until 24 months from when you receive your first Social Security Disability check (which means 30 months from the date of disability as determined by Social Security). Low Country area Social Security offices: Beaufort and Jasper counties: 843-524-5795 or 843-524-1187; toll-free 1-800-772-1213.

- The Centers for Medicare & Medicaid Services offer extensive information on both Medicare and Medicaid. For information call 1-877-267-2323 or visit: [www.cms.hhs.gov](http://www.cms.hhs.gov). If your income and assets are low enough, you may qualify for SSI and Medicaid, which starts immediately. However, some people lose their SSI/Medicaid when their regular Social Security Disability begins in the 6th month, because they then have too much income. If this happens to you, you may still qualify for Medicaid only; you will need to apply for this at your local Medicaid office, not at Social Security. Beaufort County Medicaid office 843-470-4600; SC State office: 1-888-549-0820.
- For information about other entitlements such as public assistance or food stamps, speak with your local Department of Health and Human Services or Welfare Unit. For information, call 1-877-696-6775 or visit the U.S. Department of Health and Human Services at [www.os.dhhs.gov](http://www.os.dhhs.gov).
- If you have difficulties paying your utilities, your local Low Income Home Energy Assistance Program (LIHEAP) may be able to assist you with bill payments, an energy crisis, and weatherization and energy-related home repairs. You may apply to the LIHEAP program in your community. Call the National Energy Assistance Referral (NEAR) project toll-free at 1-866-674-6327 for information on where you can apply for LIHEAP.
- If you are an older person, you may be eligible for additional benefits. Eldercare Locator, a public service of the U.S. Administration on Aging, connects older Americans and their caregivers with sources of information on senior services. For more information call 1-800-677-1116 or visit [www.eldercare.gov](http://www.eldercare.gov).
- If you need help with hospital expenses, ask to speak to a financial counselor in the business office of the hospital. They can help you develop a monthly payment plan.

- Beaufort Memorial Hospital is committed to providing financial assistance for patients who need help covering hospital bills. BMH qualifies patients who are eligible for Medicaid, Medically Indigent Assistance Program, Crime Victim's Assistance, Vocational Rehabilitation, Best Chance Network, and Women's Health Matters. If you do not qualify for this assistance, but are either uninsured or underinsured, you may qualify for assistance through a discount on your balance after insurance has paid. This is through the BMH Financial Assistance Program. Please contact the BMH Patient Financial Services department at 843-522-7858 Monday through Friday during work hours.
- If you expect to run out of money, or have already, and cannot meet your daily living expenses like rent and food, talk directly to your creditors. Many utility and mortgage companies, for example, will work out a payment plan with you before a crisis develops.
- Don't forget about the power of using your local elected officials. They often have resources and connections that can be useful. If you are having difficulty with Medicaid, calling the office of your state representative might help; for Medicare problems, your federal representative or senator's office may have information and assistance. To find out how to contact your elected officials, call Project Vote Smart at 1-888-868-3762 or visit [www.vote-smart.org](http://www.vote-smart.org).
- Take time to review your health insurance policy as well as other insurance policies you have to better understand your coverage. Ask your insurance company if they can assign you a case manager to help you and answer your questions.
- Maintain Good Insurance Records. Keep copies of all your insurance policies. If changing health insurance carriers or policies, make certain you are covered under the new policy for pre-existing conditions before discontinuing the previous plan. Keep careful records of all medical expenses and claims and file claims for all covered costs. Make photocopies of all claims and correspondence with your insurer and keep careful records of all contacts including names and dates. If a claim is denied, file again. Ask your physician to send the insurer additional information to verify the need for the services in question. If the claim is still denied, file an appeal. Keep all of your records in one place.

# Financial Assistance from Government & Non-Profit Agencies:

**Beaufort Memorial's Keyserling Cancer Center** has a professional social worker on staff who can assist you and your family in determining which financial assistance programs you might consider. If you are a patient there, call 843-522-7807.

**The Brain Tumor Society** is a national nonprofit agency that provides information about brain tumors and related conditions for patients and their families. This program provides supplementary financial assistance. It covers specific non-medical costs related to a primary brain tumor diagnosis. Direct medical expenses are not covered. For more information call 1-800-770-8287; or visit the website [www.tbts.org](http://www.tbts.org).

**The Breast and Cervical Cancer Treatment Act** provides Medicaid coverage for treatment to women who have been screened for and diagnosed with breast or cervical cancer, including precancerous conditions, through the National Breast and Cervical Cancer Early Detection Program. For more information about eligibility and contacts for this program, call 1-888-842-6355 or visit the Centers for Disease Control and Prevention's (CDC) "Breast and Cervical Cancer Prevention and Treatment Act of 2000" website located at [www.cdc.gov/CANCER](http://www.cdc.gov/CANCER).

**CancerCare** is a national nonprofit agency that offers free support, information, financial assistance, and practical help to people with cancer and their loved ones. Financial assistance is given in the form of limited grants for certain treatment expenses. Information about financial assistance for all cancers is available by calling 1-800-813-4673 or on the website [www.cancer.org](http://www.cancer.org).

**CancerCare** has also partnered with **Susan G. Komen for the Cure** to create the **Linking A.R.M.S. program**, which provides limited financial assistance for hormonal and oral chemotherapy, pain and anti-nausea medication, lymphedema supplies, and durable medical equipment for women with breast cancer. They also operate the **AVONCares Program for Medically Underserved Women**, in partnership with the Avon Foundation. This program provides financial assistance to low-income, under- and uninsured, underserved women throughout the country who need supportive services (transportation, child care, and home care) related to the treatment of breast and cervical cancers. Telephone: 1-800-813-4673.

**Communicare** is available to people living in South Carolina who do **NOT** have Medicaid, Medicare, VA Health Benefits or Private Health Insurance and have some type of income. This program pays for medicine with as many refills as the doctor prescribes, if the drugs are available through one of the drug companies who donate to the Communicare program. For more information call toll free 1-800-763-0059 or visit the website at [www.communicare.org](http://www.communicare.org).

**GovBenefits.gov** is a partnership of Federal agencies with a shared vision to provide improved, personalized access to government assistance programs. This Web site's online screening tool is free, easy-to-use, and completely confidential. The user answers a series of questions, then the website generates a list of government benefit programs that the user may be eligible to receive, along with information about how the user can apply. Telephone: 1-800-333-4636, website: <http://www.govbenefits.gov/govbenefits>.

**Healthwell Foundation** addresses the needs of individuals who cannot afford their insurance co-payments, premiums, coinsurance, or other out-of-pocket health care costs. Contact them at 1-800-675-8416; or [www.healthwellfoundation.org](http://www.healthwellfoundation.org).

**The Internal Revenue Service (IRS)** provides information about tax deductions for medical costs that are not covered by insurance policies. For example, tax deductible expenses might include mileage for trips to and from medical appointments, out-of-pocket costs for treatment, prescription drugs or equipment, and the cost of meals during lengthy medical visits. Deductible-qualified medical expenses include those incurred by the patient, spouse, and dependents. Nursing home expenses are allowable as medical

**Inclusion or exclusion from this guide does not constitute either an endorsement or an unfavorable judgment of any agency or program.**

expenses in certain instances. If the patient, a spouse, or dependent is in a nursing home, and the primary reason for being there is for medical care, the entire cost, including meals and lodging, is a medical expense. Telephone: 1-800-829-1040; website: [www.irs.gov](http://www.irs.gov).

**Susan G. Komen for the Cure** is the nation's largest private provider of funds for breast cancer research and community outreach programs. Komen for the Cure funds community-based grants to support breast health research, education and enhance the availability of breast cancer screenings and treatment for the medically underserved. Visit their website at [www.komen.org](http://www.komen.org) for the latest breast health research and information. For general information call 1-877-465-6636 or the toll-free Breast Care Helpline is 1-800-462-9273. Beaufort County's local office is the Lowcountry Affiliate of Susan G. Komen, and it is located at 9302 Medical Plaza Drive, Suite E, N. Charleston, 29406, Executive Director Taffy Tamblyn, [www.komenlowcountry.org](http://www.komenlowcountry.org).

**The Leukemia and Lymphoma Society (LLS)** offers information and financial aid to patients in significant financial need who have leukemia, non-Hodgkin's lymphoma, Hodgkin's lymphoma, or multiple myeloma. For more information, call 1-800-955-4572 or visit their website at [www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org).

**The LIVESTRONG™ SurvivorCare** partnership between CancerCare and the Lance Armstrong Foundation provides financial assistance to cancer survivors. For patients who are 6 months post-treatment with no evidence of disease, limited financial assistance is available for transportation to follow-up appointments, medical copays, cancer-related medications, and neuropsychological evaluation. Telephone: 1-866-235-7205; websites: <http://www.cancer.org>; <http://www.livestrong.org>

**Med-I-Assist** is a "Patient Prescription Assistance Program". This program is designed to assist patients who have no prescription insurance coverage and are unable to afford all of the prescription medications they are taking. Bluffton Community Center, Goethe Road, Bluffton, Med-I-Assist at 843-757-4181, Tuesdays, Wednesdays, and Thursdays from 10 a.m. to 2 p.m. Med-I-Assist Sheldon Township at Mt. Carmel Baptist Church, 367 Keans Neck Road, Seabrook, SC 843-846-8703, Thursdays Only 10 a.m. to 2 p.m.

**Medicaid (Medical Assistance)** is a jointly funded, Federal-State health insurance program for people who need financial assistance for medical expenses. Medicaid coverage includes part-time nursing, home care aide services, and medical supplies and equipment. For more information call 1-877-267-2323 or visit their website at [www.cms.gov/medicaid](http://www.cms.gov/medicaid). Local information can be accessed at Beaufort County DHHS Office, 1905 Duke Street, Beaufort, South Carolina 29902 843-470-4625.

**Medicare** is a Federal health insurance program for those individuals who are 65 or older, people of any age with permanent kidney failure, and disabled people under age 65. Medicare is divided into two parts, Part A and Part B. Part A pays for hospital care, home health care, hospice care, and care in Medicare-certified nursing facilities. Part B covers medically necessary services, including diagnostic studies, physicians' services, durable home medical equipment, and ambulance transportation; Part B also covers screening exams for several types of cancer. To receive information on eligibility, explanations of coverage, and related publications, call Medicare at 1-800-633-4227 or visit their website at [www.medicare.gov](http://www.medicare.gov).

**Medicare Gap Assistance Pharmacy Program for Seniors (GAPS):** Medicare beneficiaries enrolled in a Medicare PDP that operates in South Carolina qualify for Gap Assistance. Income restrictions include an annual income not exceeding 200 percent of the federal poverty level. Those who qualify pay only 5 percent of the cost of their prescription drugs when they reach Medicare Part D's coverage gap, or "doughnut hole." There is no cost for this program. For more information, contact the Department of Health and Human Services at 1-888-549-0820.

The Centers for Medicare & Medicaid Services (CMS) has a secure online service designed to help you access your personal Medicare information. Gain easy access to personalized information about benefits; claims information; eligibility for and utilization of preventative services; prescription drug plan choices

and enrollment options; provider quality measurements; and a variety of other personalized health management tools. CMS will send beneficiaries who provide their e-mail address an e-mail reminder when they are eligible for one of their preventive services. To learn more, go to [www.mymedicare.gov](http://www.mymedicare.gov).

**National Organization for Rare Disorders (NORD)** assists uninsured or under-insured individuals in securing lifesaving or life-sustaining medications. Call 1-203-744-0100; [www.rarediseases.org](http://www.rarediseases.org).

**NeedyMeds** is a 501(3)(c) nonprofit organization with the mission of helping people who cannot afford medicine or health care costs. The information at NeedyMeds can be obtained anonymously and is free of charge. NeedyMeds is an information source similar to the Yellow Pages; it does not supply medications or financial assistance, but helps people find assistance programs and other available resources. Access [www.needymeds.com](http://www.needymeds.com) on your personal computer, through the local library's computers, or at the Beaufort Memorial Keyserling Cancer Center.

**Partnership for Prescription Assistance (PPA)** may be available to those South Carolina residents who do not qualify for Communicare. Call Partnership for Prescription Assistance at their toll-free number, 1-888-477-2669 or visit their website at [www.pparx.org](http://www.pparx.org)

**Patient Access Network Foundation** assists patients who cannot access the treatments they need due to out-of-pocket health care costs including deductibles, co-payments, and coinsurance. Call 1-866-316-7263; or visit their website at [www.patientaccessnetwork.org](http://www.patientaccessnetwork.org).

**The Patient Advocate Foundation (PAF)** provides education, legal counseling, and referrals to cancer patients and survivors concerning managed care, insurance, financial issues, job discrimination, and debt crisis matters. Call 1-800-532-5274 or access the website at [www.patientadvocate.org](http://www.patientadvocate.org).

**The PAF's Co-Pay Relief Program** provides limited payment assistance for medicine to insured patients who financially and medically qualify (including Medicare Part D beneficiaries). For more information about the Co-Pay Relief Program, call 1-866-512-3861 or visit [www.copays.org](http://www.copays.org).

**The Patient Advocate Foundation's (PAF) Colorectal CareLine** is designed to provide assistance to patients with colorectal cancer. It offers financial aid through the Financial Aid Fund for those diagnosed with colorectal cancer. For more information, call the Colorectal CareLine team at 1-866-657-8634.

**Prescription Assistance Program** helps patients maintain health and well being by offering free prescription medications and discount prescription drugs for those who lack medication coverage and have limited financial means. Anyone without medication coverage and limited financial resources qualifies for this national program. Call 1-888-331-1002 or visit the website at [www.scbn.org](http://www.scbn.org).

**Select Health of South Carolina** offers free additional Medicaid benefits such as no co-pay for doctor or hospital visits, free personal health care items delivered to your door, 1 pair of free eyeglasses a year, free over the counter drug benefits, and more. You must be a current Medicaid recipient. Serves Beaufort County. Call 1-800-741-6605.

**The Social Security Administration (SSA)** is the Government agency that oversees Social Security and Supplemental Security Income. Social Security provides monthly income for eligible elderly and disabled individuals. More information about these and other SSA programs is available on their website at [www.ssa.gov](http://www.ssa.gov) or by calling 1-800-772-1213. The Low Country area Social Security offices for Beaufort and Jasper counties can be reached by calling 843-524-5795 or 843-524-1187.

**The State Children's Health Insurance Program (SCHIP)** is a Federal-State partnership that offers low-cost or free health insurance coverage to uninsured infants, children, and teens. South Carolina offers the Partners for Healthy Children program. This program provides **Medicaid coverage for children** who live in families with income at or below 150% of the Federal Poverty Level. Eligibility requirements include dependents under the age of 19, state residency, and social security number. Applications may be

obtained from the Department of Health and Human Services or call 1-877-543-7669. You can also visit their website at [www.insurekidsnow.gov](http://www.insurekidsnow.gov).

**Supplemental Security Income (SSI)** is administered by the SSA and supplements Social Security payments for aged, blind, and disabled people with little or no income. It provides cash to meet basic needs for food, clothing, and shelter. Information on eligibility, coverage, and how to file a claim is available from the SSA or visit their website at [www.ssa.gov/notices/supplemental-security-income/](http://www.ssa.gov/notices/supplemental-security-income/). The Beaufort and Jasper counties Social Security offices can be reached at 843-524-5795 or 843-524-1187.

**Uninsured?** The Foundation for Health Coverage Education has developed a website designed to help those who are uninsured identify what insurance options may be available to them. The Foundation's Health Coverage Eligibility Tool is an interactive web program that helps individuals locate public and private health plans for which they may qualify, including free or low-cost health benefits. To get help over the phone, call the uninsured help line at 1-800-234-1317 or access the Foundation's website, at [www.coverageforall.org](http://www.coverageforall.org).

**The Veterans Administration (VA)** - The VA cancer program provides users of the veterans' health care system easy access to cancer prevention, detection, and treatment services. Its website offers cancer facts, information about care, a list of VA-designated comprehensive cancer centers, and the VA's national cancer strategy. For more information, call 1-877-222-8387 or visit the website at [www1.va.gov/health](http://www1.va.gov/health).

# Food, Housing & Travel Assistance:

In addition to cancer treatments, many cancer patients need assistance paying for transportation to and from medical appointments and basic living expenses such as food and housing. Listed below are organizations dedicated to helping cancer patients and their families during and after the patient's treatment.

If you are NOT eligible for the Food Stamp Program that is described below, you can still contact the local Food Stamp Office office at 843-470-4600 to apply.

You may be eligible for Food Stamps under the Elderly Simplified Application Process (ESAP) only if all household members who purchase and prepare their food together are elderly (age 60 or older), none of these household members have earned income, none these household members receive food stamps under the SC Combined Application Project.

To receive food stamps under ESAP, you must:

- Complete the DSS-16176, ESAP Application - this application is available on-line at <http://www.state.sc.us/dss/fi/food/ESAP.htm> or from your local Food Stamp Office, Beaufort 843-470-4600
- Mail the completed application to: ESAP, SC Department of Social Services, P.O. Box 1520, Columbia, SC 29202-1520
- While you can get an application from your local DSS office and drop it back off there, the local DSS must mail it to the State Office, so it's better for you to mail it directly to the Columbia address yourself.

If you are eligible, you will receive benefits beginning the date your application is received. You will be notified in writing of the decision on your case within 45 days of the completed application being received in the Columbia office. Once on ESAP, you only report required changes to the ESAP office at the above address or toll-free telephone at 1-800-616-1309.

**IMPORTANT!** You are not required to pay tax on food purchased with food stamps.

**(FOOD) Angel Food Ministries** is a non-profit, non-denominational organization dedicated to providing grocery relief to communities throughout the United States. Angel Food Ministries works through churches and community organizations in over 32 states. St. John's Evangelical Lutheran Church is the host church for Beaufort. Okatie Presbyterian is an additional food distribution site. You can reach them by calling 843-524-3461. For further information, please feel free to contact the Angel Food Ministries headquarters at 620 South Broad Street, Monroe, Georgia 30655, 770-267-7015 /888-819-3745, or call the Angel Food hotline at 1-877-FOOD.MINISTRY for answers anytime.

**(FOOD) Christian Renewal Church – Valley Gate Ministries**, 95 Gardner Drive, Hilton Head, SC, 843-342-5433. Provides free meals every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 6:00 p.m. to 8:00 p.m. and a bag of groceries.

**(FOOD) Church of the Cross – Food Bank**, 110 Calhoun Street, Bluffton, SC 29910, 843-757-2661, [www.thechurchofthecross.net](http://www.thechurchofthecross.net). Provides free groceries (meats, breads, fruits, and canned goods) to those in need. Amount depends on family size.

**(FOOD) Nutritional Counseling is provided free** through Beaufort Memorial's Keyserling Cancer Center 843-522-7800. Call ahead for an appointment.

**(FOOD) Nutritional Counseling is provided for free** through the American Cancer Society (ACS) at 1-888-227-6333 and ask for the "Dietician on Call".

**(FOOD) Franciscan Center**, P.O. Box 682, St. Helena Island, SC 29920, 843-838-3924. Services include providing food, emergency financial assistance for utility bills and prescriptions. Area served includes only north of the Broad River.

**(FOOD) Help A Person In Need (St. Francis By The Sea)**, 45 Beach City Road, Hilton Head Island, SC 29926, Ann Cromwell, 843-681-6350 Ext 255 or 843-689-5502, [macthefan@aol.com](mailto:macthefan@aol.com). Provides home cooked frozen meals to disabled, homebound persons. Also provides food to those people who are in need. Call to register. Serves the Hilton Head and Bluffton areas.

**(FOOD) Help Mobile Meals**, 121 Prescott Court, Beaufort, SC 29902, 843-812-1718, Beth Wallace Moon. Serves Beaufort, Port Royal, Burton, and Lady's Island areas. Provides healthy, well-balanced meals to people who are unable to provide for themselves (elderly, recuperating, ill, handicapped, in financial crisis, etc.). Special diet requirements are accommodated.

**(FOOD) Meals-On-Wheels**, Bluffton-Hilton Head, Inc., P.O. Box 23691, Hilton Head, SC 29925, 843-689-8334. Services include providing a hot, mid-day meal 5 days per week, 52 weeks a year. Serves Hilton Head, Bluffton, and Sun City.

**(FOOD) St. Vincent De Paul Society – Sacred Heart House** has a food pantry on premises. Anyone who is in need in Beaufort County is eligible. Apply by telephone. Call 843-524-2179.

**(HOUSING) Hope Lodge (ACS)**, a temporary housing program supported by ACS, provides free, temporary housing facilities for cancer patients who are undergoing treatment. For more information about this program, or to find locations of Hope Lodges, call the ACS's toll-free number above. The closest Hope Lodge for Beaufort residents is located in Charleston at 269 Calhoun Street. Their general telephone number is 843-958-0930; or for reservations or more information call 1-888-227-6333.

**(HOUSING) Ronald McDonald Houses**, supported by Ronald McDonald House Charities, provide a "home away from home" for families of seriously ill children receiving treatment at nearby hospitals. Ronald McDonald Houses are temporary residences near the medical facility, where family members can sleep, eat, relax, and find support from other families in similar situations. In return, families are asked to make a donation ranging on average from \$5 to \$20 per day, if possible. The closest Ronald McDonald House to Beaufort is located at 81 Gadsden Street, Charleston, SC 29401, Phone 843-723-7957, Fax 843-722-2204.

**(TRAVEL) Air Charity Network, <sup>TM</sup>** formerly Angel FlightAmerica (AFA), provides access for people in need seeking free air transportation to specialized health care facilities or distant destinations due to family, community or national crisis. For more information, visit [www.aircharitynetwork.org](http://www.aircharitynetwork.org) or call the national toll-free number which will direct callers to the appropriate member organization for their area at 1-877-621-7177. Mercy Flight Southeast serves AL, GA, MS and SC.

**(TRAVEL) The American Cancer Society (ACS) Road to Recovery<sup>sm</sup>** program is now available in the Coastal Empire. This vital patient service program is offered to **cancer patients who have no means of transportation and/or are too ill to drive themselves to treatment**. The American Cancer Society Road to Recovery<sup>sm</sup> program offers assistance through volunteer drivers willing to drive patients to and from their treatment. Currently in the Coastal Empire eight volunteers are trained drives and are concentrated in the Savannah area, with training planned for volunteers in Liberty and Effingham Counties. If you or someone you know is a cancer patient and could benefit from The American Cancer Society Road to Recovery<sup>sm</sup> program or you would like more information on becoming a Road to Recovery driver contact your American Cancer Society at 800-ACS-2345.

**(TRAVEL) Friends with Wheels, All Saints Episcopal Church**, Catherine and Charles Cherrix, Hilton Head Island, SC 29926, 843-681-2580 or 843-689-3651. Riders picked up on Hilton Head only. Must provide at least 24 hours advanced notice. Serves Bluffton and Hilton Head.

**(TRAVEL) The National Patient Travel Helpline** provides information about all forms of charitable, long-distance medical air transportation and provides referrals to all appropriate sources of help available in the national charitable medical air transportation network. Call 1-800-296-1217; or visit the website at [www.patienttravel.org](http://www.patienttravel.org).

**(TRAVEL) Volunteer Medical Transportation:** provides transportation to and from medical appointments. Must call 48 hours in advance and have all details of the trip ready. This service is for those able to get in and out of a car with minimal assistance, and who cannot use other transportation options such as Medicaid and V.A. administration. Serves the Hilton Head area only. Call 803-584-3477; 1-866-735-6919.

**(TRAVEL & VARIOUS SERVICES) Lowcountry Cancer Thrift Shop**, 843-681-CURE, Tammy Neal.

**(VARIOUS SERVICES) Catholic Charities of the Diocese of Charleston**, 1662 Ingram Rd., Charleston, SC 29407-4242, Phone: 843-402-9115, Fax: 843-402-9071. Contact the local Catholic Charities agency for information on programs and services.

**(VARIOUS SERVICES) Deep Well Project**, P.O. Box 5543, Hilton Head, SC 29938, 843-785-2849. Emergency social services such as assistance with rent, utilities, food, medicine and furniture. Provides interest free loans for septic systems and home repairs. Other needs considered on a case by case basis.

**(VARIOUS SERVICES) Eldercare Locator** is a referral service provided by the U.S. Administration on Aging, an agency within the U.S. Department of Health and Human Services. Eldercare Locator information specialists will link callers with state and area agencies on aging for information and referral to local agencies that provide a wide array of senior services. This service is available Monday through Friday from 9:00 a.m. to 8:00 p.m., Eastern time. Telephone: 1-800-677-1116.

**(VARIOUS SERVICES) Help of Beaufort**, P.O. Box 472, Beaufort, SC 29901, 843-524-1223. Provides emergency assistance, food, clothing and sometimes financial help. Serves Northern Beaufort County.

**(VARIOUS SERVICES) Leukemia & Lymphoma Society:** 1-800-955-4572 or visit [www.leukemia.org](http://www.leukemia.org). Assistance is cancer specific.

**(VARIOUS SERVICES) Lymphoma Research Foundation:** 1-800-500-9976 or visit [www.lymphoma.org](http://www.lymphoma.org). Assistance is cancer specific.

**(VARIOUS SERVICES) Senior Services of Beaufort County**, 1408 Parris Avenue, Port Royal, SC 29935: services include home delivered meals, transportation, group dining, homemaker service, health wellness programs. This program is available to Beaufort County residents age 60 and over. 843-524-1787.

**(VARIOUS SERVICES) St. Francis by the Sea Catholic Church:** 45 Beach City Road, Hilton Head, SC 29926. Services include assistance with rent, utilities, food, and medicine. Hispanic services available. This program is open to any Beaufort County resident in need. Call 843-681-6350 Ext. 255.

**(VARIOUS SERVICES) United Way of the Lowcountry, Inc. – Cancer Fund** : 2266 Boundary Street, Beaufort, SC 29902. Services include providing funding for therapy of cancer patient that is medically proven as treatment for the disease. This fund can be used to pay for treatments, medications, or home care assistance. Call 843-982-3040 Ext. 22 or visit the website at [www.uwlowcountry.org](http://www.uwlowcountry.org).

# Genetic Counseling:

Your family can contribute to your risk for cancer through a variety of factors, including genes, ethnicity and familial features, such as skin tone. But learning about your family cancer history can help you take steps to reduce your risk, or to find cancer early if it develops.

All Americans are encouraged to assemble a "family health tree" that records the diseases and causes of death of relatives on each side of the family. Help in creating your tree is available from the U.S. Department of Health and Human Services at [www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory).

If your health tree shows a pattern of cancer, your doctor may recommend earlier and more frequent screening. That's important because early detection can increase your chances for survival, the [American Cancer Society \(ACS\)](#) reports.

If you suspect you have an inherited cancer gene, you may consider testing to find out. In most cases, it would be a simple blood test. Your doctor may refer you to a genetics counselor to help determine if you or your family members are at risk. Ask what the test results may mean to you and what can be done—if anything—once the results are known.

Your doctor may refer you to:

- Beaufort County Health Department  
601 Wilmington Street, Beaufort, SC 29902  
843-525-7615
- MUSC Children's Hospital Genetics  
171 Ashley Avenue, Charleston, SC 29425  
843-876-1511 or 1-800-424-MUSC

MUSC Children's Hospital's genetics specialists help children, families and adults faced with hereditary and genetic factors that cause disease, defects or potential health issues. Some of the conditions include: disorders, birth defects, Down syndrome, autism, spina bifida, and inherited family cancer. A referral is needed from your primary care physician.

# Hair Care & Wigs:

No treatment exists that can guarantee hair won't fall out during or after cancer treatment. To deal with impending hair loss, plan ahead and focus on making yourself comfortable with your appearance. Hair usually begins falling out 10 to 14 days after the start of treatment and may come out slowly or in clumps. Hair loss usually continues throughout treatment and up to a month afterward.

**Look Good...Feel Better® (LGFB)** is a free, non-medical, brand-neutral, national public service program offered in Beaufort County through the American Cancer Society. Many cosmetologists in Beaufort County are familiar with this program and are comfortable working with clients undergoing cancer treatments. **Look Good...Feel Better®** also offers a free **Hotline:** 1-800-395-LOOK, and it is available 24 hours a day, 7 days a week. Trained specialists speak English and Spanish.

For appearance-related help, check out the following local resources:

## **Alternative Hair Clinic**

501 Poplar Street, Cayce, SC 29033

Kenneth William Dennis, RC, 843-936-0112

This hair clinic comes highly recommended by patients who desire to have a wig made especially for them.

## **American Cancer Society – Savannah**

5102 Paulson Street Building 4, Savannah, GA 31405

912-355-5196, Allowed 2 free wigs

## **American Cancer Society TLC Catalog®**

Beaufort County Contacts: Nancy Wellard, 843-842-9566; Lesa Allen-Gaither 843-842-5188

To request a copy of "tlc," call 1-800-227-2345, or visit "tlc" at <http://www.tlccatalog.org> on the Internet.

The ACS's **"tlc" Tender Loving Care®** publication contains helpful articles and information, including products for women coping with cancer or any cancer treatment that causes hair loss. Products include wigs, hairpieces, breast forms, prostheses, bras, hats, turbans, swimwear, and helpful accessories at the lowest possible prices. The publication strives to help women facing cancer treatment cope with the appearance-related side effects of cancer.

## **Angela Bonaparte, Hardeeville**

843-301-6325 cell, 843-784-3581 home

Will make house calls, cuts, colors, wigs

## **Beaufort Beauty Shop, (Look Good...Feel Better®)**

702 Battery Creek Road, Beaufort, SC 29902

843-524-3041, Sandy Vogeli

## **Beaufort Medical Equipment**

2127 Boundary Street, Beaufort, SC 29902

843-379-2800, Denise Hepburn, Owner/Manager

## **Beaufort Memorial Hospital's LifeFit Community Health Dept.**

955 Ribaut Road, Beaufort, SC 29902-5454

843-522-5570 Dixie Slichter

## **The Body Work Center**

P.O. Box 1982, Ridgeland, SC 29936

843-717-3003, Sheila Bass

**Charles & Company, (Look Good...Feel Better®)**

1613 North Street, Beaufort, SC 29902  
843-521-1919, Courtney Fugate

**Colore Werks Salon/Spa, (Look Good...Feel Better®)**

11 Buckingham Plantation Drive, Bluffton, SC 29910  
843-836-3440, Larry Micari

**Creative Styles By Bobbie & Co., (Look Good...Feel Better®)**

300 Ribaut Road, Beaufort, SC 29902  
843-525-0884, Roberta LeBlanc & Jennifer Locke

**Hair Designs by Suzi & Co., (Look Good...Feel Better®)**

1280 Ribaut Road, Beaufort, SC 29902  
843-524-9283

**Hair Paradise, The Gallery of Shops, (Look Good...Feel Better®)**

Hilton Head, SC  
843-785-3498, David/Patty

**Head's Up Salon, (Look Good...Feel Better®)**

910 North Street, Beaufort, SC 29902  
843-525-9559, Grenoris Hearon & Ida Walker

**Ultimate Creations, (Look Good...Feel Better®)**

128 Burton Hill Road, Beaufort, SC 29906  
843-522-2939, Paulette Edwards & Natasha Johnson

# Home Health & Hospice:

If given the choice, most people prefer to receive medical care in the comfort of their own homes. Sometimes special services are needed for a loved one suffering from a chronic or terminal illness to manage pain, ensure comfort, and maintain quality of life. Perhaps in order to remain at home, a person needs assistance with functions of daily life, such as light housekeeping or bathing. It's important to understand which resources may be covered by insurance and which services you must pay for yourself.

**Home Health Services:** These are skilled, medically necessary services provided in the home that must be ordered by a physician and must meet medical necessity criteria. Home health agencies are required to accept patients who do not have insurance or cannot afford to pay for medically necessary services ordered by a physician.

**Private Duty/Personal Care Services:** These are personal care services (bathing, dressing, meal preparation, etc), provided in the home and not meeting medical necessity criteria for home health services. Some long term care policies may cover these services. Each policy is different, and the agency you choose will assist you. If you do not have long term care insurance or Medicaid, you will have to pay for these services yourself. **Medicare never covers personal care services.**

Medicaid may cover these services, but only if you meet a skilled or intermediate nursing home level of care and only if it is certified by CLTC (Community Long Term Care). For Beaufort County information call 843-521-9191 or 843-726-5353 or call the Beaufort County Medicaid office to apply at 843-470-4600.

**Hospice:** These services are for people facing a life-limiting illness and provide medical care, pain management, and emotional and spiritual support for the person and the person's loved ones. Having a skilled need is not required for hospice services, and a much wider range of services is provided than is covered by home health services. However, a physician's order is required. Hospice focuses on caring, not curing, and so is not usually appropriate for persons undergoing active treatment of their disease.

**Medical Equipment:** Only "durable" medical equipment (DME) is covered by Medicare, Medicaid, and most health insurance policies. A physician's order is required, and the equipment must meet medical necessity criteria. These agencies will determine if the DME is rented or purchased. Otherwise, the person must buy it. Sometimes thrift stores run by the Salvation Army, Good Will, etc, will have used walkers or canes.

Following is a list of businesses and agencies serving the Beaufort County area that may be able to help.

## **Aftercare – Durable Medical Equipment**

803-943-5584, 1-800-768-0108

## **Agape Hospice of the Lowcountry – Home Health Agency**

605 First Avenue, P.O. Box 718, Ridgeland, SC 29936  
843-645-2290

## **Alternative Care Providers – Home Health Private Duty Agency**

1608 King Street, Beaufort, SC 29902  
843-525-9443

## **Amedisys Home Health of Hilton Head – Home Health Agency**

11 Palmetto Parkway, Suite 101, Hilton Head, SC 29926  
843-681-7605

## **Apria Health Care – Hospital, Medical Equipment & Supplies**

300 Mid Town Drive, Beaufort, SC 29906  
843-322-0013

**Beaufort County Council on Aging – Social Services & Welfare**

1406 Paris Avenue, Beaufort, SC 29902

843-524-1787

**Beaufort IV Specialists – Durable Medical Equipment**

1094 Ribaut Road, Beaufort, SC 29902

843-524-3777

**Beaufort County Health Department, (SC Department of Health and Environmental Control)**

601 Wilmington Street, Beaufort, SC 29902

843-525-7615

**Beaufort-Jasper-Hampton Comprehensive Health – Home Health Agency**

721 Okatie Highway, Ridgeland, SC 29936

843-987-7400

**Beaufort Medical Equipment, Inc. – Home Medical Equipment & Health Aids**

2127 Boundary Street, Beaufort, SC 29902

843-379-2800, 24-Hour Emergency Service

**Bluffton Public Health Center, (SC Department of Health and Environmental Control)**

4819 Bluffton Parkway, Bluffton, SC 29910

843-757-2251

**BrightStar Healthcare – Private Duty Agency**

23 Plantation Park Drive, Suite 202C, Bluffton, SC 29910

843-837-3773

**Care One Home Health Services – Provides Nurses, Home Health, Hospital & Medical Equipment**

23 Plantation Park Drive, Suite 503, Bluffton, SC 29910

843-757-8088, 843-815-8088

**Care One of Bluffton – Provides Nurses, Home Health, Hospital & Medical Equipment**

1 Sheridan Park Circle, Suite B, Bluffton, SC 29910

843-815-8088

**Carolina Hospice Care, Inc. – Home Health**

996-B Ribaut Road, Beaufort, SC 29902

843-521-4369

**Comfort Keepers – Home Health Private Duty Agency**

6 Schultz Road, Bluffton, SC 29910

843-757-7731

**Companions, Nurses, & Nannies – Home Health Private Duty Agency**

11 Palmetto Parkway, P.O. Box 235836, Hilton Head, SC 29925

843-681-5011

**Friends of Caroline Hospice of Beaufort, Inc. – Home Health**

1110 13th Street, Port Royal, SC 29935

843-525-6257

**Griswold Special Care – Private Duty Agency**

2 Bent Tree Lane, Hilton Head, SC 29926

843-681-2900

**Health Companions, Inc. – Private Duty Agency**

141 Lamotte Drive, Bldg. D-7, Hilton Head, SC 29926  
843-342-7705

**The Healthcare Alternative – THA Group – Private Duty Agency**

58 Shelter Cove Lane, Suite C, Hilton Head, SC 29928  
843-986-0949; private duty services 843-522-0296; home health services 843-986-0949

**Home Instead Senior Care – Private Duty Agency**

7505 Waters Avenue, Suite F-2, Savannah, GA 31406  
843-842-3372, Beaufort & Jasper Counties

**Hospice Care Center Bluffton**

119 Palmetto Way, Bluffton, SC 29910  
843-681-7814, 843-706-2296, 1-877-681-7814 Toll Free

**Hospice Care Center Hilton Head**

32 Palmetto Bay Road, 1-B, Hilton Head Island, SC 29928  
843-342-8919

**Hospice Care of America, Inc. - Low Country – Home Health**

2 Professional Village Circle, Lady's Island, SC 29907  
843-322-0063

**Hospice Care of Choice**

11 S. Todd Drive, Beaufort, SC 29902  
843-521-4369

**Hospice Care of the Low Country, Inc.**

119 Palmetto Way, Bluffton, SC  
843-706-2296

**Hospice Care of the Low Country, Inc.**

32 Palmetto Bay, Hilton Head, SC  
843-706-2296, 1-877-681-7814 Toll Free

**Interim Home Health – private duty services, including licensed nurses/skilled services**

843-757-5655 or cell 843-816-5342

**Island Health Care, Inc.**

58 Shelter Cove Lane, Suite C, Hilton Head Island, SC 29928  
843-686-4410

**Island Health Care of Beaufort**

1211 Newcastle Road, Suite D, Beaufort, SC 29902  
843-522-0296

**Island Health Care Broad Creek Care Center**

801 Lemon Grass Ct., Hilton Head Island, SC 29928  
843-842-6850

**Island Hospice – Provides Nurses, Home Health, Hospice Services**

1264 Ribaut Road, Ste. 402, Beaufort, SC 29902  
843-986-0949

**Island Hospice / IHC Hospice, Inc. – Home Health**

300 New River Parkway, Suite 6, Hardeeville, SC 29927

843-208-3666

**Interim Healthcare**

Bluffton, SC 29910

843-757-5655

**Low Country Home Health – Home Health Agency**

P.O. Box 4940, Beaufort, SC 29903

843-525-7657

**Low Country Home Oxygen & Medical Equipment – Medical Equipment & Supplies**

426 Parris Island Gateway, Beaufort, SC 29906

843-379-1111

**Lowcountry Long-Term Care Service**

604 Bladen Street, Beaufort, SC 29902

843-525-7674

**Medi-Home Care – Durable Medical Equipment**

990 Ribaut Road, Beaufort, SC 29902

843-525-6994

**Option Care – Home Health Agency**

3901 Main Street, Hilton Head Island, SC 29926

843-689-9698

**Positive Image Prosthetics & Orthotics, Inc.**

994 Ribaut Road, Beaufort, SC 29902

843-470-5087

**Right at Home – Private Duty Agency**

29 Plantation Park Drive, Suite 113, Bluffton, SC 29910

843-815-7890

**The Seabrook Wellness and Home Health Care – Retirement Community & Home Health**

300 Woodhaven Drive, Hilton Head Island, SC 29928

843-842-3747

**Senior Services of Beaufort County Administrative Office – Social Service & Welfare**

1406 Paris Avenue, Port Royal, SC 29935

843-524-1787

**Special Care of Hilton Head – Private Duty Agency**

17 New Orleans Road, Hilton Head Island, SC 29928

843-785-7750

**Tidewater Hospice, PA – Home Health**

181 Bluffton Drive, Unit B102, Bluffton, SC 29201

843-987-3200

**United Hospice Of Beaufort, Inc. –Home Health**

1605 North Street, Beaufort, SC 29902

843-522-0476

**Winyah Home Health Care of Beaufort County, An Amedisys Home Care Agency**

21 Cardinal Road, Suite 104, Hilton Head Island, SC 29926

843-681-7605, 1-800-300-9559 toll free

# Local Not-For-Profit Agencies & Organizations:

**American Cancer Society** – services include cancer prevention, research, education, and patient services  
59 Pope Avenue, Hilton Head Island, SC 29928  
843-842-5188  
[www.cancer.org](http://www.cancer.org)

**American Heart Association** – offers nutrition and activity guides, smoking cessation information  
P.O. Box 23407, Hilton Head Island, SC 29938  
843-681-2355; Judy Caramello  
[www.americanheart.org](http://www.americanheart.org)

**American Lung Association of South Carolina and Georgia** – offers information on lung disease prevention, promotes lung health, Freedom From Smoking programs  
1941 Savage Road Suite #200-A, Charleston, South Carolina 29407  
843-556-8451; Katrina Taylor, MS, Regional Director  
[www.alase.org/](http://www.alase.org/)

**American Red Cross, Palmetto Chapter** – blood donations/transfusions  
P.O. Box 1450, Bluffton, SC 29910  
843-757-7437  
[www.redcross.org](http://www.redcross.org)

**Gullah Church Nurses Association** – education, home health  
P.O. Box 113, St. Helena Island, SC 29920  
843-838-5826; Ms. Simmons-White, RN  
[ssarswhite@aol.com](mailto:ssarswhite@aol.com)

**Lowcountry Affiliate of Susan G. Komen for the Cure** – education, research, screenings  
9302 Medical Plaza Drive, Suite E, N. Charleston, SC 29406  
Executive Director Taffy Tamblyn  
843-556-8011, 1-800-462-9273 toll free Breast Care Helpline  
[www.komenlowcountry.org](http://www.komenlowcountry.org)

**The Lowcountry Community Blood Center (LCBC)** – blood donations/transfusions  
The only source of blood for patients at Beaufort Memorial Hospital. Blood donated stays in the community to benefit local patients. Besides knowing your donation will save lives, there are potential financial benefits through the Recipient Benefits Program. For more information, contact the Donor Resource Consultant at 843-522-LIFE or 866-500-4749, or visit the website at [www.igiveblood.com](http://www.igiveblood.com).

**The Prostate Cancer Partnership of the Lowcountry** – education and screenings  
843-671-4660; Bob Bedell, Executive Director, [bob@prostatecancerpartners.org](mailto:bob@prostatecancerpartners.org)

**United Way of the Lowcountry, Inc.** – anyone who lives or works in Beaufort County is eligible for United Way services and programs  
P.O. Box 202, Beaufort, SC 29901-0202  
843-982-3040  
[www.uwlowcountry.org](http://www.uwlowcountry.org)

# Prostheses & Accessories:

**PLEASE NOTE:** Medicare and South Carolina Medicaid both have programs to help with the cost of prostheses and bras. If you have questions for them, the general phone number is 803-898-2882.

## **Aftercare Medical Equipment and Supplies**

216 Lee Avenue, Hampton, SC 29924  
803-943-5584, Monday – Friday, 9:00 a.m. to 5:30 p.m.

## **Beaufort Medical Equipment**

2127 Boundary Street, Suite 14, Beaufort, SC 29902  
843-379-2800, Fittings by appointment  
24-hour emergency service available

## **Beaufort Memorial Hospital's LifeFit Community Health Department**

955 Ribaut Road, Beaufort, SC 29902-5454  
843-522-5570, Dixie Slichter, Fittings by Appointment

## **Burke's Main Street Pharmacy**

1101 Main Street, Hilton Head, SC 29926  
843-681-2622, 843-681-2652, Fittings by appointment

## **Hanger Prosthetics & Orthotics, Inc.**

Scott Webb  
1955 Ribaut Road #28, Beaufort, SC 29902  
843-986-9117

## **Okatie Pharmacy – located at the back gate of Sun City Hilton Head**

30 William Pope Drive, Suite 103, Bluffton, SC 29909  
843-705-4444 or 843.705.9871, Monday-Friday, 9:00 a.m. to 6:00 p.m.

## **The Palmetto Boutique – located at Palmetto Medical Services, Inc.**

1136 N. Jefferies Blvd., Walterboro, SC 29488  
843-549-2948

## **Positive Image Prosthetics and Orthotics, Inc.**

994 Ribaut Road, Beaufort, SC 29902  
843-470-5087, 912-354-7500; Beaufort store only open 3 days a week/call for an appointment

## **South Carolina Institute of Prosthetics, LLC**

300 New River Parkway, Building 6 Suite 12, Hardeeville, SC 29927  
843-208-2100, Call Cristina Stewart for an appointment.

# Support Groups:

Each of us has our own way of coping with illness. Some find comfort talking with friends or joining support or self-help groups. Some draw strength from solitude. Some take long walks, meditate, listen to music or soak in a warm tub. The most important method is the one that works for you.

## ***ALL TYPES OF CANCER:***

Cancer Support Group: Offers support to patients and caregivers dealing with all types of cancer. Meets at the Keyserling Cancer Center, 1680 Ribaut Road, Port Royal, SC, the 1<sup>st</sup> Wednesday of each month at 4:00 p.m. Facilitated by experienced registered nurses from Friends of Caroline Hospice. For more information contact 843-522-7807.

General Cancer Support Group – Offers support to patients and caregivers dealing with all types of cancer. Meets the third Tuesday of each month at 3:30 p.m. at the Bluffton-Okatie Outpatient Center, 40 Okatie Center Blvd., Bluffton. Call 843-681-6822 for more information.

Friends of Caroline Hospice, meetings held at 1110 13th St, Port Royal. Offered for persons with any form of cancer. This group meets on Wednesdays from 12 p.m. to 1 p.m. for 6 consecutive weeks. For additional information call 843-525-6257 in Beaufort and 843-815-4090 in Bluffton.

I Can Cope Support Group: Bluffton & Hilton Head 843-837-4731 or 843-842-9566.

First Presbyterian Church, 540 William Hilton Parkway, Hilton Head Island, every Tuesday from 5:30 p.m. to 6:30 p.m. Cancer survivors, families, friends and loved ones are welcome. For additional information please contact Jeanne Johnston at 843-842-5188.

South Carolina Telephone Support Group for Women with Cancer: 1-800-775-2287 or 803-434-3378.

## ***BREAST CANCER:***

Breast Cancer Support Group Bluffton & Hilton Head, 843-842-9566 & at HHRMC 843-689-8285.

Genesis – A free program for women who have been newly diagnosed with breast cancer. Provides an opportunity to meet in a small group setting. Meets the 4<sup>th</sup> Tuesday of each month at 11:30 a.m. in the Beaufort Medical Plaza 3<sup>rd</sup> floor classroom on the campus of Beaufort Memorial Hospital. For more information call 843-522-5570.

The Paula Williams Memorial Breast Cancer Support Group – A free program that provides cancer-related education and support for women. Meets the 4<sup>th</sup> Tuesday of each month at noon in the Beaufort Medical Plaza 3<sup>rd</sup> floor classroom located on the campus of Beaufort Memorial Hospital. Lunch is provided, however, reservations are necessary. For more information call 843-522-5570.

Hope and Healing: support group for newly diagnosed breast cancer patients. Noon to 1:15 p.m. first Tuesday at Hilton Head Women's Services, 843-689-8435.

Joy Club – Chinese breast cancer support group. Family and friends are welcome to attend. Meets the first Thursday monthly at 10 a.m. at the Bluffton-Okatie Outpatient Center, 40 Okatie Center Blvd., Bluffton, 29909. Call Gail Boggs at 843-705-7932 for more information.

Reach for Recovery - This group normally meets on the last Monday of every month at the All Saint's Episcopal Church, 3001 Meeting Street, Hilton Head, at noon. For additional information please contact Jeanne Johnston at 843-842-5188 or Reach to Recovery: 1-800-282-4914.

UPFRONT – Breast Cancer Support Group - A support group for women dealing with breast cancer. Held the first Tuesday monthly at Okatie Outpatient Center in Bluffton. Contact: Gail Boggs at 843-705-7932, Wendy Shephard at 843-705-5778 or Marylyn Harrison at 843-705-6878.

***LUNG CANCER:***

Support Group in Savannah, Trish Gordon, 912-819-5769.

***PROSTATE CANCER:***

African-American Men's Cancer Support: Hilton Head 843-470-4500.

Prostate Cancer Support Group - Every 4th Tuesday of the month at the Palmetto Electric building on Matthews Drive, Hilton Head, at 7 pm. For additional information please contact John Grauer at 843-681-5646 or Dan Ruth at 843-689-3129.

Prostate Cancer Group: Hilton Head 843-836-3527.

The Prostate Cancer Partnership of the Lowcountry provides education to men and women in all areas of the Lowcountry community about the dangers of prostate cancer and the need for men to have a prostate exam once every year. Coordinates free and low cost screening events quarterly throughout the lowcountry. Executive Director Bob Bedell, 843-671-4660, or e-mail him at [bedell@aol.com](mailto:bedell@aol.com) or [bob@prostatecancerpartners.org](mailto:bob@prostatecancerpartners.org).

***MYELOMA SUPPORT:***

Multiple Myeloma Support Group - For additional information please contact Lorraine Colabella 843-342-7693.

Leukemia, Lymphoma and Myeloma Support, Savannah, Jennifer Currin 912-350-7845.

***PANCREATIC CANCER:***

Support Group, Savannah, Jennifer Currin 912-350-7845.

# Websites:

The Internet is a powerful resource that can help you stay in touch with the most up-to-date information about cancer. Be aware that information on the Internet is not always accurate, and you should discuss any medical information you find with your doctor. If you do not own a computer or do not have access to the Internet in your home, visit your local community library, college campus, or feel free to use the Resource Room located in the Keyserling Cancer Center in Port Royal.

Listed below are sites recommended by the National Cancer Institute of the U.S. National Institutes of Health, as well as additional sites you may find helpful.

## Websites with General Cancer Information:

American Cancer Society: [www.cancer.org](http://www.cancer.org)

American Institute for Cancer Research: [www.aicr.org](http://www.aicr.org)

Association of Cancer Online Resources, Inc.: [www.aicr.org](http://www.aicr.org)

CancerCare: [www.cancercare.org](http://www.cancercare.org)

Cancer Education and Support: [www.cancereducation.com](http://www.cancereducation.com)

Duke Comprehensive Cancer Center: [www.cancer.duke.edu/patients/supprog.asp](http://www.cancer.duke.edu/patients/supprog.asp)

Lance Armstrong Foundation: [www.livestrong.org](http://www.livestrong.org)

National Cancer Institute Cancer Information Service: [www.nci.nih.gov](http://www.nci.nih.gov)

National Center for Complementary and Alternative Medicine: [www.nccam.nih.gov](http://www.nccam.nih.gov)

National Coalition for Cancer Survivorship: [www.canceradvocacy.org](http://www.canceradvocacy.org)

National Comprehensive Cancer Network: [www.nccn.org](http://www.nccn.org)

National Guideline Clearinghouse: [www.guideline.gov/](http://www.guideline.gov/)

National Institute on Aging: [nihseniorhealth.gov](http://nihseniorhealth.gov)

People Living With Cancer: [www.plwc.org/portal/site/PLWC](http://www.plwc.org/portal/site/PLWC)

South Carolina Cancer Alliance, resources by county: [www.sccanceralliance.org/cancer resources](http://www.sccanceralliance.org/cancer_resources)

U.S. Department of Health and Human Services: [www.healthfinder.gov](http://www.healthfinder.gov)

U.S. National Library of Medicine: [www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)

## Sites That Address Specific Cancers:

Amoena, [www.TheBreastCareSite.com](http://www.TheBreastCareSite.com)

The Breast Cancer Research Foundation: [www.bcrfure.org](http://www.bcrfure.org)

Cancer Treatment and Oral Health:

[www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/CancerTreatmentAndOralHealth/](http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/CancerTreatmentAndOralHealth/)

Candlelighters Childhood Cancer Foundation: [www.candlelighters.org](http://www.candlelighters.org)

Inflammatory Breast Cancer Research Foundation: [www.ibcresearch.org](http://www.ibcresearch.org)

John Hopkins, The Avon Foundation Breast Center: [www.hopkinsbreastcenter.org](http://www.hopkinsbreastcenter.org)

Leukemia and Lymphoma Society: [www.leukemia.org](http://www.leukemia.org)

Living Beyond Breast Cancer: [www.lbbc.org](http://www.lbbc.org)

Lowcountry Affiliate Susan G. Komen for the Cure: [www.komenlowcountry.org](http://www.komenlowcountry.org)

Lymphoma Research Foundation of America: [www.lymphoma.org](http://www.lymphoma.org)

National Brain Tumor Foundation: [www.braintumor.org](http://www.braintumor.org)

National Childhood Cancer Foundation: [www.curesearch.org](http://www.curesearch.org)

National Colorectal Cancer Research Alliance: [www.nccra.org](http://www.nccra.org)

National Lymphedema Network: [www.lymphnet.org](http://www.lymphnet.org)

National Marrow Donor Program: [www.marrow.org/](http://www.marrow.org/)

National Women's Health Resource Center: [www.healthywomen.org](http://www.healthywomen.org)

Pancreatic Cancer Research Map: [www.cancermap.org/pancreatic/index.jsp](http://www.cancermap.org/pancreatic/index.jsp)

Prostate Cancer Research Institute: [www.prostate-cancer.org](http://www.prostate-cancer.org)

Susan G. Komen Breast Cancer Foundation: <http://cms.komen.org/komen/index.htm>