

Brochures

- American Cancer Society. **"TLC" – Tender Loving Care.** Access online at: <http://www.tlcdirect.org>
- Shop Well with You . **Shop Well with You : Guide to Body Image and Cancer.** Access online at: <http://www.shopwellwithyou.org/>

Articles

- Wildasin, Kathleen. **Hair Today, Gone Tomorrow: Learning to Deal With Hair Loss, Trying Wigs and Rollercoasters.** Cure, Vol. 3, No. 2, Summer 2004 (p.34).

Audiovisual Materials

- American Cancer Society. **Just For You: A Step-by-Step Guide to Help You Look Good Feel Better During Cancer Treatment.** American Cancer Society, 2001.
The videotape features cancer survivors and volunteers discussing appearance-related side effects of cancer treatment, as well as detailed skincare information, "how to" makeup tips, wig information, and pointers on head coverings. The companion booklet also covers nail care. To order a free copy contact the Look Good Feel Better program at 1-800-395-LOOK or access online at: <http://www.lookgoodfeelbetter.org>
- **Scarves: a Fashionable Alternative.** Phi Mu Foundation.
This program features a breast cancer survivor, modeling and explaining how to select, tie and wear scarves after chemotherapy induces hair loss. The topics of makeup and skin care are also covered. Available at the PERC in DVD and VHS formats.

Books

- Gafni, Ramy. **Ramy Gafni's Beauty Therapy: The Ultimate Guide to Looking and Feeling Great while Living with Cancer.** New York, NY: M. Evans and Co, 2005.
- Ovitz, Lori, and Joanne Kabak. **Facing the Mirror with Cancer.** 1st ed. Chicago, IL: Belle Press, 2004.

The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at: http://www.cancer.med.umich.edu/support/information_guides.shtml

Web Resources

- **Look Good Feel Better**

Access at: <http://www.lookgoodfeelbetter.org>

The Look Good...Feel Better program helps cancer survivors deal with appearance changes. The site includes information about makeup, hair and coping with changes and provides separate sections for men, teens and family members and friends. The program finder helps users locate local Look Good Feel Better programs in the United States.

- **Physical Changes & Appearance** at the American Cancer Society Site

- Go to: <http://www.cancer.org>
- Click on "Patients, Family & Friends"
- Click on "Preparing for Treatment"
- Click on "Treatment Topics & Resources"
- Click on "Physical Changes & Appearance"

The articles on this page discuss appearance changes such as weight gain and loss, swelling, skin color changes, hair loss and prosthesis.

- **Shop Well With You**

Access at: <http://www.shopwellwithyou.org/>

The Web site offers guidance on how to use clothing and accessories to maintain a positive body-image during and after treatment. A directory of cancer-specific products such as swimsuits and head coverings helps users locate Web sites that offer these products.

Organizations

- **Look Good Feel Better**

Web site: <http://www.lookgoodfeelbetter.org/>

Phone (800) 395-LOOK

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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