



# Free Handbooks, Flyers, & More Publications You Can Download

at [www.thyca.org](http://www.thyca.org)

Here are many of the ThyCa: Thyroid Cancer Survivors' Association free downloadable handbooks and flyers. Materials are available in 11 languages: Arabic, Chinese, English, French, Greek, Hebrew, Italian, Japanese, Portuguese, Russian, and Spanish, as noted below.

You're welcome to print these. Or ask us to mail them. Send your complete mailing address to [thyca@thyca.org](mailto:thyca@thyca.org).

## Thyroid Cancer Information & Support

### Thyroid Cancer Basics Handbook

[www.thyca.org/TCBasics.pdf](http://www.thyca.org/TCBasics.pdf)

Also in Arabic, Chinese, Hebrew, Italian, Russian, and Spanish

### Anaplastic Thyroid Cancer Handbook

[www.thyca.org/atc/ATChandbook.pdf](http://www.thyca.org/atc/ATChandbook.pdf)

Also in Chinese and Spanish.

### Medullary Thyroid Cancer Handbook

<http://www.thyca.org/download/document/630/MTChandbook.pdf> Also in Chinese and Spanish

### Thyroid Nodules Handbook: Testing & Follow-Up

[www.thyca.org/download/document/880/Nodules.pdf](http://www.thyca.org/download/document/880/Nodules.pdf)

Also in Arabic

### Thyroid Cancer Facts

[www.thyca.org/ThyroidCancerFacts.pdf](http://www.thyca.org/ThyroidCancerFacts.pdf)

Also in Spanish, Chinese, and Japanese

### Know Your Pills

[www.thyca.org/Know%20Pills.pdf](http://www.thyca.org/Know%20Pills.pdf) Also in Spanish

### Support Groups: List of all groups and contacts

[www.thyca.org/TCSGList.pdf](http://www.thyca.org/TCSGList.pdf)

### Tim's Tips for Children & Teens with

### Thyroid Cancer

[www.thyca.org/pediatric/TipsfromTim.pdf](http://www.thyca.org/pediatric/TipsfromTim.pdf)

## Low Iodine Diet: Guidelines &

## Free Low-Iodine Cookbook

### Low-Iodine Diet - 1-page Guidelines

[www.thyca.org/Cookbook1pgEng.pdf](http://www.thyca.org/Cookbook1pgEng.pdf) Also in Spanish, Hebrew, and Japanese

### Low-Iodine Cookbook

[www.thyca.org/Cookbook.pdf](http://www.thyca.org/Cookbook.pdf)

Also in French, Portuguese and Spanish

### Flyer: Low-Iodine Cookbook

[www.thyca.org/CookbookCover.pdf](http://www.thyca.org/CookbookCover.pdf)

Also in Spanish

## Web Pages for More Information

**ThyCa Home Page** [www.thyca.org/index.htm](http://www.thyca.org/index.htm)

**Papillary/Follicular Thyroid Cancer Site Home Page**

<http://www.thyca.org/pap-fol/>

**Anaplastic Thyroid Cancer Site Home Page**

<http://www.thyca.org/atc/>

**Medullary Thyroid Cancer Site Home Page**

<http://www.thyca.org/mtc/>

**Pediatric Thyroid Cancer Site Home Page**

<http://www.thyca.org/pediatric/>

## Conferences, Workshops, Videos

### International Thyroid Cancer Survivors' Conference

Flyer, Speakers, Program, Registration, more

[www.thyca.org/conferences.htm](http://www.thyca.org/conferences.htm)

### Free Workshops with physician speakers

[www.thyca.org/conferences.htm](http://www.thyca.org/conferences.htm)

### Free Videos with experts. Watch/listen anytime.

<https://www.youtube.com/c/ThyCaThyroidCancerSurvivorsAssociationInc>

### Events Preview [www.thyca.org/calendar.pdf](http://www.thyca.org/calendar.pdf)

## Thyroid Cancer Awareness Materials

**About Thyroid Cancer** – Basic Facts, & Signs to discuss with your physician

[www.thyca.org/AboutThyroidCancer.pdf](http://www.thyca.org/AboutThyroidCancer.pdf)

### Three Things To Tell Your Friends about Thyroid Cancer

[www.thyca.org/tellfriends.pdf](http://www.thyca.org/tellfriends.pdf)

### Find it Early

[www.thyca.org/findearly.pdf](http://www.thyca.org/findearly.pdf)

### Know the Signs

[www.thyca.org/knowsigns.pdf](http://www.thyca.org/knowsigns.pdf)

**Many more flyers** available on our Raise Awareness and Thyroid Cancer Awareness Month page

[www.thyca.org/awareness.htm](http://www.thyca.org/awareness.htm)

## Ways To Help

### Volunteer

[www.thyca.org/Volunteer.pdf](http://www.thyca.org/Volunteer.pdf)

### Donate to the Rally for Research

Online: [www.thyca.org/donations.htm](http://www.thyca.org/donations.htm)

By Mail: [www.thyca.org/donate.pdf](http://www.thyca.org/donate.pdf)

### Get Spirit Items: Wristbands, Pins, & More

Online: [www.thyca.org/Spirit\\_Items.htm](http://www.thyca.org/Spirit_Items.htm)

By Mail: [www.thyca.org/Spirit.pdf](http://www.thyca.org/Spirit.pdf)

### Become a ThyCa Member - 1 year, 2 years, or lifetime

Online: <https://bit.ly/32ouul0>

By Mail: [www.thyca.org/MembershipApp.pdf](http://www.thyca.org/MembershipApp.pdf)

## Research Fundraising & Grants

**Get Involved in Research Fundraising**, ThyCa Research Grants, & list of grantees' institutions

[www.thyca.org/rally.htm](http://www.thyca.org/rally.htm)

### Annual Dinner Auction to Support Research

[www.thyca.org/conferences.htm](http://www.thyca.org/conferences.htm)