



ThyCa: Thyroid Cancer Survivors' Association, Inc.SM

A national non-profit 501 (c)(3) organization of thyroid cancer survivors, family members, and health care professionals, dedicated to support, communication, education, awareness for early detection, and thyroid cancer research fundraising and research grants

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www.thyca.org

Thyroid Cancer Resource List

Organizations

1. ThyCa: Thyroid Cancer Survivors' Association, Inc.SM, www.thyca.org, call toll-free 1-877-588-7904, e-mail to thyca@thyca.org, or write to ThyCa, PO Box 1545, NY, NY 10159-1545,
2. National Cancer Institute, Bethesda, MD 1-800-4-CANCER Information about all types of cancer.
3. American Cancer Society—www.cancer.org. 1-800-ACS-2345 Check phone book for local office.
4. Thyroid Foundation of America, Boston, MA. www.allthyroid.org. 1-800-832-8321. About all thyroid diseases.

Annual Conference and Regional Workshops

The **International Thyroid Cancer Survivors' Conference** offers a unique opportunity to learn from experts and share experiences and support with others coping with this disease. ThyCa's annual 3-day conference features leading physicians, other specialists, and thyroid cancer survivors and caregivers—more than 80 seminars and roundtables for thyroid cancer survivors, families, and friends. Also, each spring, ThyCa sponsors free one-day regional workshops. For updates, call 1-877-588-7904, e-mail to thyca@thyca.org, or visit www.thyca.org and visit the link titled Conferences/Workshops from the home page.

Free Publications—Flyers, Low-Iodine Cookbook, Booklets

ThyCa provides a wide variety of free materials—Thyroid Cancer Awareness Brochures, fact sheets, wallet cards, the downloadable Low-Iodine Cookbook, Fine Needle Aspiration booklet, and other materials. Many publications are on our web site. Many publications are available in Spanish. The booklet *What You Need To Know About Thyroid Cancer*, from NIH, is linked in the Newly Diagnosed section of ThyCa's web site.

Books

These in-depth reference books and resources were all submitted to ThyCa to receive content review by ThyCa's patient/caregiver review committee and by members of ThyCa's Medical Advisory Council.

1. **Thyroid Cancer: A Guide for Patients**, Douglas Van Nostrand, M.D., Gary Bloom, and Leonard Wartofsky, M.D., editors. Foreword by Ernest L. Mazzaferri, M.D., M.A.C.P. (336 pages, illustrated with photographs, charts, line drawings, Keystone Press, 2004, 336 pages). An in-depth reference. Chapter authors include 18 physicians from many specialties (including several ThyCa medical advisors), plus 5 other specialists, 4 thyroid cancer patients, and a caregiver. The chapter on Fine Needle Aspiration is available free in booklet form from ThyCa, in English and Spanish. Available from ThyCa and from www.amazon.com
2. **Free Low-Iodine Cookbook**, Leah Guljord, editor (Expanded 6th edition, 2007). Published by ThyCa: Thyroid Cancer Survivors' Association, Inc. 90 pages (8 1/2" x 11") with guidelines, tips, snack list, and more than 250 recipes contributed by more than 100 thyroid cancer survivors. Downloadable free from ThyCa web site (www.thyca.org). Also mailed for a small fee. Cookbook in Spanish also free and downloadable.
3. **Could It Be My Thyroid?** by Sheldon Rubinfeld, M.D. 3rd Edition, M. Evans and Co., 2004. Information about all thyroid diseases, including thyroid cancer.
4. **Your Thyroid: A Home Reference** by Lawrence Wood, M.D. David S. Cooper, M.D., and E. Chester Ridgway, M.D. 4th edition, Ballantine Books, 2005. About all thyroid diseases.
5. **The Harvard Medical School Guide to Overcoming Thyroid Problems** by Jeffrey R. Garber, M.D. with Sandra Sardella White. McGraw-Hill, 2005. About all thyroid diseases.
6. **Thyroid Cancer: A Comprehensive Guide to Clinical Management**, 2nd edition, Leonard Wartofsky, M.D., and Douglas Van Nostrand, M.D., editors. Medical Textbook, Humana Press, 2006.
7. **Cancer: Principles and Practice of Oncology**, 7th edition, Vincent T. DeVita, Jr., M.D., Samuel Hellman, M.D., Steven A. Rosenberg, M.D., editors. Medical Textbook, Lippincott Williams & Wilkins, 2005. (2,900 pages: cancer research, causes, treatments, prevention. Includes a chapter on thyroid cancer.)
8. **Surgery of the Thyroid and Parathyroid Glands**. Gregory W. Randolph, M.D., editor. Medical textbook with many chapters on thyroid cancer management. Saunders, an imprint of Elsevier Sciences, 2003.

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Free Local Support Groups

More than 60 communities in states coast to coast have free local support groups affiliated with ThyCa. Groups also in Costa Rica and Philippines. Visit www.thyca.org and select the link titled ThyCa Support Groups for a list or for help in starting a new group. Or call 1-877-588-7904. Many groups have guest speakers on thyroid cancer.

E-Mail One-To-One Support

One-to-One Peer Support, matched by thyroid cancer diagnosis— Visit the ThyCa web site to register for our free ThyCa Person-to-Person Network and to be matched with a peer for e-mail communications.

Internet—Web Sites

Selected web sites about thyroid cancer, reviewed by ThyCa's patient/caregiver review committee and, as appropriate, members of ThyCa's Medical Advisory Council:

- 1. ThyCa: Thyroid Cancer Survivors' Association, Inc.**SM Web site: www.thyca.org E-mail: thyca@thyca.org
ThyCa's web site has more than 650 pages, plus links to dozens of additional resources and information sources, as well all the research literature on thyroid cancer and medicine in general. Includes added sites on Anaplastic Thyroid Cancer and Pediatric Thyroid Cancer. The Medullary Thyroid Cancer site is in development. Numerous thyroid cancer specialists provide ongoing input and review of the medical content.
ThyCa's free services include local support groups, nine e-mail support groups for different types and situations with thyroid cancer, and the ThyCa Person-to-Person Network for one-to-one communications with a volunteer with the same diagnosis, the toll-free number, and our thyca@thyca.org e-mail response team.
More free resources include our free e-mail newsletters *ThyCa Journeys* and *ThyCa News Notes* (also on the web site), the annual international Thyroid Cancer Survivors' Conference, local speakers and workshops, low-iodine guidelines in English and Spanish, the free downloadable *Low-Iodine Cookbook*, *Membership Messenger* newsletter for members, free awareness brochures, and Thyroid Cancer Awareness Month each September.
ThyCa also raises funds for thyroid cancer research and awards independently peer-reviewed research grants.
ThyCa's award-winning educational web site has numerous downloadable fact sheets and information about thyroid cancer types and treatment, the low-iodine diet, radiation guidelines, clinical trials, a thyroid glossary of terms, sample questions to ask doctors, ThyCa membership, recent news, a calendar of coming events, survivors' stories, and much more. The medical information on ThyCa's web site has been reviewed by numerous specialists in thyroid cancer care. ThyCa's web site includes links to dozens of other medically reviewed/researched sources of information about thyroid cancer, including the ones below.
- 2. American Thyroid Association** www.thyroid.org. Treatment guidelines and patient education materials on thyroid cancer, hypothyroidism, and other topics. Has geographic list of thyroid specialist physicians.
- 3. American Association of Clinical Endocrinologists** (clinical guidelines for treatment of thyroid cancer, hyperthyroidism and hypothyroidism, and other endocrine disorders, plus list of specialists) www.aace.com
- 4. Hormone Foundation.** Public education affiliate of the professional association The Endocrine Society. Has list of specialists. www.hormone.org
- 5. Johns Hopkins Thyroid Cancer Center** www.thyroid-cancer.net
- 6. CancerNet: Information from the National Cancer Institute of the National Institutes of Health.** www.cancer.gov/cancer_information
- 7. PubMed: National Library of Medicine** of National Institutes of Health: www.ncbi.nlm.nih.gov/PubMed
- 8. American Cancer Society**— General cancer information, as well as information about thyroid cancer. www.cancer.org
- 9. Clinical Trials:** www.thyca.org/clinical_trials.htm. This page connects you with web sites and information about thyroid cancer clinical trials, as well as clinical trials for all diseases.

We hope that you find this information helpful.

Disclaimer: This information is intended for educational purposes only. It is not intended, nor should it be interpreted, as medical advice or directions of any kind. Persons viewing this information are strongly advised to consult their own medical doctor(s) for all matters involving their health and medical care.