



# 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 5 languages: English, Spanish, Chinese, French, and Japanese, 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:** 50-page Handbook

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

Also in Spanish and Chinese

**Anaplastic Thyroid Cancer:** 40-page Handbook

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

Spanish edition coming soon on [www.thyca.org](http://www.thyca.org)

**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 and 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 and Japanese

**Low-Iodine Cookbook**

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

Also in Spanish and French

**Flyer: Low-Iodine Cookbook**

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

Also in Spanish

## Research Fundraising & Grants

**Rally for Research, ThyCa Research Grants,  
& list of grantees' institutions, and how to get  
involved in Research Fundraising**

[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)

## Web Pages for More Information

Print out **ThyCa Home Page** as 2-pager

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

Also in Chinese

**Anaplastic Thyroid Cancer Site Home Page**

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

**Medullary Thyroid Cancer Site Home Page**

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

**Pediatric Thyroid Cancer Site Home Page**

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

## Conferences, Workshops, Webinars

**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 Webinars** with experts. Watch/listen anytime.

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

**Events Preview** — Flyer

[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 at

[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**

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

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

**Get Spirit Items:**

**Awareness Wristbands, Pins, & More**

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

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

**Become a ThyCa Member**

1 year, 2 years, or lifetime

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

or use the online form