

# Breast Cancer Support

---

You should know about support groups for patients with breast cancer. Studies show that support groups can have a positive effect on your physical improvement and chances of recovery.

There are groups for women who have had breast cancer to get together and talk about their experiences. These groups may be very helpful to you. To find out if these groups meet in your community, ask your nurse or call the Cancer Society. They can also tell you about other resources in your community. If you have internet access, check for sites that have chat groups for women with breast cancer.

Add these resources to the address book on your phone or post them on the refrigerator:

**American Cancer Society**  
**Breast Cancer Support Services**  
1-800-227-2345

**National Lymphedema Network**  
1-800-541-3259

Ask your nurse for other groups that can help:

---

---

---

---

---

---