

Colon Cancer Resources

March is Colon Cancer Awareness Month, marked by awareness campaigns, blue ribbons, and a push for colorectal cancer research. If you're looking for a way to become involved in colon cancer advocacy, or if you or someone you love needs a resource that can offer information about the disease, a community of survivors and advocates, and a fulfilling way to give back, check out these two national colorectal cancer advocacy groups.

COLON CANCER ALLIANCE

ccalliance.org

facebook.com/ColonCancerAlliance

twitter.com/ccalliance

(202) 628-0123

Mission

The Colon Cancer Alliance (CCA) is a community that provides hope and support to patients and their families while saving lives through screening, access, awareness, advocacy, and research.

Programs and Services

- Patient resources include the “Buddy Program,” which matches newly diagnosed patients with trained volunteers who can offer peer-to-peer support and the “My CRC Connections” online community, providing the opportunity for survivors and caregivers to connect with others facing similar diagnoses, read and share survivor stories, and learn about treatment, side effects, clinical trials, and financial resources. The organization also hosts a toll-free Helpline (877-422-2030), available from 9:30 a.m. to 4:30 p.m. eastern time, Monday through Friday.
- Events include the nationwide Undy 5000 5K race series, created to raise funds and awareness for colorectal cancer. Since its inception in 2008,

the Undy 5000 has raised almost \$2 million to support local colon cancer screening efforts and the CCA’s patient support services and awareness programs. Other events include “Dress in Blue Day” and the “Stars Go Blue” benefit concert to support the Blue Note Fund, which provides onetime grants to colorectal cancer patients in financial need who are currently in treatment.

“I became a Buddy with the CCA six months after my initial surgery and treatment. It opened up so many avenues to communicate with people who were experiencing the same things I was going through, and it helped alleviate my fears that the pain and other side effects weren’t normal. That was so reassuring to me when I needed it.”

—Fran Rauba
Riverside, California

“Why am I a CCA Buddy? So the people who will follow in my footsteps will never have to go it alone. There will be someone out there who can answer their questions, and they will know that someone does care about them.”

—Claudia Makowski
Mt. Clemons, Michigan

FIGHT COLORECTAL CANCER

fightcolorectalcancer.org

[Facebook.com/FightCRC](https://facebook.com/FightCRC)

twitter.com/FightCRC

(877) 427-2111

Mission

Fight Colorectal Cancer demands a cure for colon and rectal cancer. We educate and support patients, push for changes in policy that will increase and improve research, and empower survivors to raise their voices against the status quo.

Programs and Services

- Patient resources include information about treatment, side effects, research, clinical trials, advocacy, and other topics related to a colorectal cancer diagnosis through the organization’s website, via a quarterly print newsletter and a monthly e-newsletter, and through regular webinars. In addition the toll-free Fight Colorectal Cancer Answer Line (877-427-2111) is available from 9 a.m. to 5 p.m. eastern time, Monday through Friday.
- Advocacy opportunities include the annual Fight Colorectal Cancer Call-on Congress (fightcolorectalcancer.org/policy/call-on_congress), which

"I speak out for myself—a colorectal cancer survivor of 11 years—for those lost to colorectal cancer, and for those yet to be diagnosed. The enthusiasm and the passion shared by all advocates old and new and the training by Fight Colorectal Cancer ignite the hope and fire in each one of us to let our voices about colorectal cancer issues be heard." —Pam Seigo, Beaver, West Virginia



brings together survivors and loved ones who serve as a voice for those affected by the disease, speaking out to lawmakers in Washington, DC, in support of legislation that will benefit colorectal research and resources.

- Financial and strategic support of research efforts aims to increase

and improve the development of colorectal cancer treatments. The organization's Lisa Fund provides grants to researchers developing treatments for late-stage colorectal cancer patients. **CFThrive**

Ready for More *Cancer Fighters Thrive?*

Visit cfthrive.com for Web-exclusive features, recipes, additional photos, and more.



ADDITIONAL STORIES AND RESOURCES FOR CAREGIVERS are available at cfthrive.com, including a look at the unique issues that children and young adults face when they become caregivers and a resource listing for online services that can help friends and family organize support of a loved one.

CLINICAL TRIALS provide benefit for many patients. Learn more about the clinical trials process and how drugs are approved through additional content at cfthrive.com.

HUNGRY FOR MORE MOUTH-WATERING RECIPES? Visit cfthrive.com for another favorite baking recipe from Michell Janah, pastry chef at Cancer Treatment Centers of America® (CTCA) in Tulsa, Oklahoma, along with a recipe from the new CTCA cookbook, *Wholesome Temptation*.

VIEW MORE "PROUDEST MOMENTS" PHOTOS submitted by patients at cfthrive.com.

