



ThyCa: Thyroid Cancer Survivors' Association, Inc.SM

An all-volunteer 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 P.O. Box 1545, New York, NY 10159-1545

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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

ThyCa's annual 3-day International Thyroid Cancer Survivors' Conference features leading physicians, other specialists, and thyroid cancer survivors and caregivers leading more than 80 seminars and roundtables for thyroid cancer survivors, families, and friends. The **9th International Thyroid Cancer Survivors' Conference takes place October 27-29, 2006 in Orlando, Florida** at the Sheraton World, 10100 International Drive, Orlando, FL. 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 select the link titled Conferences from the left side of the home page.

Free Publications—Flyers, Low-Iodine Cookbook, Booklets

ThyCa provides 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. The 36-page *What You Need To Know About Thyroid Cancer*. (2001) is available from NIH, Bethesda, MD.

Books

These books were all submitted for review of content by ThyCa's patient/caregiver review committee and also 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 5th edition, 2005). Published by ThyCa: Thyroid Cancer Survivors' Association, Inc. 68 pages (8 1/2" x 11") with guidelines, tips, snack list, and more than 185 recipes created and contributed by more than 60 thyroid cancer survivors. Downloadable free from ThyCa web site (www.thyca.org). Also mailed for a small fee.
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, general chapters on 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 35 states coast to coast have free local support groups affiliated with ThyCa. 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 sponsor guest speakers who are experts on thyroid cancer.

E-Mail 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 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 500 pages, plus links to thousands more pages and all the research literature on thyroid cancer and about medicine in general.

ThyCa's free services and resources include local support groups coast to coast, plus nine e-mail support groups: a general group for papillary and follicular thyroid cancer, plus groups for medullary, anaplastic, pediatric, and advanced thyroid cancers; for long term survivors; for caregivers; the Love, Loss, and Legacy Group; and the Thyca Mental Challenges Group. Services also include the ThyCa Person-to-Person Network for one-on-one communications with a volunteer with the same diagnosis, our free e-mail newsletter *ThyCa Journeys* (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 research grants.

ThyCa's award-winning educational web site has 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 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. Patient education materials on thyroid cancer, treatment of hypothyroidism, and other topics.
- 3. American Association of Clinical Endocrinologists** (clinical guidelines for treatment of thyroid cancer, hyperthyroidism and hypothyroidism, and other endocrine disorders) www.aace.com
- 4. Johns Hopkins Thyroid Cancer Center** www.thyroid-cancer/net
- 5. CancerNet: Information from the National Cancer Institute of the National Institutes of Health.** www.cancer.gov/cancer_information
- 6. PubMed: National Library of Medicine** of National Institutes of Health: www.ncbi.nlm.nih.gov/PubMed
- 7. American Cancer Society**— General cancer information : www.cancer.org
Thyroid Cancer information: www.cancer.org/docroot/CRI/CRI_2_3x.asp?dt=43
- 8. Thyrogen** (information from Genzyme, the manufacturer, on possible alternative to withdrawal scanning: www.thyrogen.com

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.