



# 10 Holiday Resources for Patients

- **American Cancer Society** [www.cancer.org/latest-news/handling-a-serious-illness-during-the-holidays.html](http://www.cancer.org/latest-news/handling-a-serious-illness-during-the-holidays.html) tips for coping, nutrition, side effect management and more
- **Cancer.net** [www.cancer.net/search/site/holiday](http://www.cancer.net/search/site/holiday) holiday tips
- **CancerCare** [www.cancercare.org/](http://www.cancercare.org/) 800-813-HOPE (4673) free, professional support services including counseling, support groups, and information on holidays and cancer
- **Cancer Support Community** [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org) 888-793-9355
- **CDC: Holiday Health and Safety Tips** [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html)
- **Oley Foundation** <https://oley.org/> tips for people fed with tubes or IVs (TPN)
- **Oncolink Holiday Survival Guide** [www.oncolink.org/support/coping-with-cancer/oncolink-holiday-survival-guide](http://www.oncolink.org/support/coping-with-cancer/oncolink-holiday-survival-guide)
- **TSA Cares: Tips for Traveling with Cancer** [www.tsa.gov/videos/tsa-cares-tips-individuals-traveling-cancer-o](http://www.tsa.gov/videos/tsa-cares-tips-individuals-traveling-cancer-o)
- **Verywell: Tips, Safety, and Precautions when Traveling with Cancer** [www.verywellhealth.com/traveling-with-cancer-2249250](http://www.verywellhealth.com/traveling-with-cancer-2249250)
- **United Ostomy Association** [www.ostomy.org](http://www.ostomy.org) food chart, travel tips, discussion board, support group finder, and more for people living with an ostomy

