

New Connections

HELPING YOU FIND YOUR WAY AFTER TREATMENT



Issue 15



Just a click away:

Virtual support groups
offer help
at your fingertips

Online support groups offer many of the same benefits of face-to-face support groups, as well as additional benefits that face-to-face groups don't always offer.

Ease and convenience:

Now that you've completed treatment, you may be so busy getting back into your former routine that you may not leave time to attend a traditional face-to-face support group. Fortunately, these days, you can attend online, right from the comfort of your home, when it's most convenient for you.

Anonymity:

As discussed in our support group article in this newsletter, traditional support groups are not right for everyone. For people who feel the intimacy of a traditional support group is too much of an encroachment on their privacy, an online group can provide support without having to reveal anything you don't wish to, including your name.

Remember to be cautious.

There's often a temptation when participating in online groups and chat rooms to accept health advice or information from other members. Before following any such advice, be sure to discuss it with your doctor or health care team. As well-meaning as the other participants might be, their advice may not apply to your particular situation.

Also be aware that sometimes researchers are asked to monitor the conversations of a group. If you want privacy, use a pseudonym rather than your real name.

There are several sites you may wish to visit.

The American Cancer Society Cancer Survivors Network® (CSN)

The CSN was created as a forum to connect all survivors and those who love them. CSN is a virtual community that offers a warm, welcoming environment in which to share stories, voice concerns, express feelings, and continue to heal. To become a registered user, click [here](#).

The Association of Cancer Online Resources, Inc. (ACOR)

ACOR is a nonprofit patient advocacy organization. ACOR's mission is to develop, support, and represent Internet-based resources to cancer survivors and their families. ACOR supports approximately 70 online support groups on various cancer-related topics. To access the organization's site, click [here](#).

OncoChat

OncoChat is another peer support group for people with cancer who share similar experiences. To access the site, click [here](#).

OncoLink

OncoLink is an automated email discussion group provided by the University of Pennsylvania Cancer Center. By signing up

for this group, you can email others with similar interests. To sign up, click [here](#).

Because new support groups are coming online all the time, you can also call your American Cancer Society at 1-800-ACS-2345 for updated lists of online offerings.

[Learn More](#)

[Click here to get more information on this subject from the American Cancer Society's online bookstore.](#)

**For more cancer information, call 1-800-ACS-2345
or visit www.cancer.org, anytime, day or night.**

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