



AGENT RESOURCE GUIDE

Below you will find a table that lists specific resources and the helpful information that resource provides. The table is broken down by the topics of each lesson. These resources provide background information for agents who would like to do more preparation when offering these sessions.

For additional help, please reach out to the appropriate Extension specialist for the specific topic.

UNDERSTANDING THE BASICS OF CANCER

Contact: Natalie Jones (Natalie.jones@uky.edu)

Resource	Link	Helpful Information
Pathfinder	https://netapps.louisville.edu/PathFinder/	<ul style="list-style-type: none"> Covers all 120 Kentucky counties Links to help you find information and services for cancer prevention, screening, treatment, and support services.
American Cancer Society	https://www.cancer.org/	<ul style="list-style-type: none"> Basic information about cancer and its causes In-depth information on specific cancer types - including risk factors, early detection, diagnosis, and treatment options
Livestrong	https://www.livestrong.org/	<ul style="list-style-type: none"> Free, one-on-one navigation services

MANAGING NUTRITION DURING CANCER

Contact: Heather Norman-Burgdolf (heather.norman@uky.edu)

Resource	Link	Helpful Information
CancerCare	https://www.cancercare.org/publications/24-understanding_and_managing_chemotherapy_side_effects#!introduction	<ul style="list-style-type: none"> • Side effects of treatment
USDA	https://www.fda.gov/media/83710/download	<ul style="list-style-type: none"> • Food safety • Foodborne Illness
Academy of Nutrition and Dietetics	https://www.eatright.org/health/diseases-and-conditions/cancer/nutrition-during-and-after-cancer-treatment	<ul style="list-style-type: none"> • Importance of a registered dietitian nutritionist (RDN) • Nutrition after cancer treatment

TAKING CARE OF MENTAL HEALTH DURING CANCER

Contact: Kerri Ashurst (kerri.ashurst@uky.edu)

Resource	Link	Helpful Information
CancerCare	www.cancercare.org	<ul style="list-style-type: none"> • Counseling • Support groups • Financial assistance
Cancer Support Community	https://www.cancersupportcommunity.org/living-cancer-topics/managing-stress-cancer	<ul style="list-style-type: none"> • Managing stress • Videos and webinars
National Behavioral Health Network	https://www.bhthechange.org/resources/mental-health-impacts-of-a-cancer-diagnosis/	<ul style="list-style-type: none"> • Impacts on mental health • Marketing materials

CARING FOR SOMEONE WITH CANCER

Contact: Amy Kostelic (amy.kostelic@uky.edu)

Resource	Link	Helpful Information
American Cancer Society	https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/american-cancer-society-caregiver-resource-guide.pdf	<ul style="list-style-type: none"> • Downloadable resource guide: <i>"Caregiver Resource Guide: Caring for a Loved One with Cancer"</i>
American Cancer Society	https://www.cancer.org/treatment/caregivers/what-a-caregiver-does/who-and-what-are-caregivers.html	<ul style="list-style-type: none"> • Treatment and support • What a cancer caregiver does
American Cancer Society	https://www.cancer.org/treatment/caregivers.html	<ul style="list-style-type: none"> • Caregivers and family
Cancer.Net	https://www.cancer.net/coping-with-cancer/talking-with-family-and-friends/supporting-friend-who-has-cancer	<ul style="list-style-type: none"> • Supporting a friend who has cancer
Help for Cancer Caregivers.org	https://www.helpforcancercaregivers.org/content/caregiver-burnout	<ul style="list-style-type: none"> • Identifies caregiver stress • Helpful ways to improve caregiver well-being

INTERACTING WITH SOMEONE WITH CANCER

Contact: Amy Kostelic (amy.kostelic@uky.edu)

Resource	Link	Helpful Information
American Cancer Society	https://www.cancer.org/treatment/understanding-your-diagnosis/talking-about-cancer/when-someone-you-know-has-cancer.html	<ul style="list-style-type: none">• When someone you know has cancer
Cancer Treatment Centers of America	https://www.cancercenter.com/community/for-caregivers/cancer-etiquette	<ul style="list-style-type: none">• Cancer etiquette• Knowing what to say and other tips for caregivers• Intimacy• Talking to kids
American Cancer Society	https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/american-cancer-society-caregiver-resource-guide.pdf	<ul style="list-style-type: none">• Downloadable resource guide: <i>"Caregiver Resource Guide: Caring for a Loved One with Cancer"</i>