



# ThyCa: Thyroid Cancer Survivors' Association, Inc.<sup>SM</sup>

A national 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

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[www.thyca.org](http://www.thyca.org)

## Thyroid Cancer — Helpful Resources

### Organizations

1. ThyCa: Thyroid Cancer Survivors' Association, Inc.<sup>SM</sup>, [www.thyca.org](http://www.thyca.org), call toll-free 1-877-588-7904, e-mail to [thyca@thyca.org](mailto:thyca@thyca.org), or write to ThyCa, P.O. Box 1545, New York, NY 10159-1545.
2. National Cancer Institute, Bethesda, MD. [www.cancer.gov](http://www.cancer.gov). 1-800-4-CANCER. Information about all types of cancer.
3. American Cancer Society. [www.cancer.org](http://www.cancer.org). 1-800-ACS-2345. Check phone book for local office.

### Annual Conference, Regional Workshops, and Local Seminars

The **International Thyroid Cancer Survivors' Conference** offers a unique opportunity to learn the latest from experts and share experiences and support with others coping with this disease. ThyCa's annual 3-day conference features leading physicians, other specialists, and thyroid cancer survivors and caregivers. In addition, each spring, ThyCa sponsors free one-day regional workshops. Also, many local support groups sponsor seminars with guest speakers. For updates, call 1-877-588-7904, e-mail to [thyca@thyca.org](mailto:thyca@thyca.org), or visit [www.thyca.org](http://www.thyca.org) and go to the links titled Conferences/Workshops and Calendar from the home page.

### Free Publications—Flyers, Low-Iodine Cookbook, Booklets

ThyCa provides a wide variety of free materials to people and organizations worldwide. Many are downloadable from our web site: [www.thyca.org](http://www.thyca.org). Thyroid Cancer Awareness Brochures, fact sheets, wallet cards, AACE Neck Check cards, the downloadable Low-Iodine Cookbook (English, French, & Spanish), Tim's Tips for Children & Teens with Thyroid Cancer, Fine Needle Aspiration booklet, FNA Procedural Guide for Physicians, & many more.

### Books and a Video/DVD

In-depth reference books and resources.

1. **Thyroid Cancer: A Guide for Patients, A 434-page reference. Expanded 2nd Edition., 2010.** Douglas Van Nostrand, M.D., Leonard Wartofsky, M.D., Gary Bloom, & Kanchan Kulkarni, M.B.B.S., editors. Forewords by Ernest L. Mazzaferri, M.D., M.A.C.P., and R. Michael Tuttle, M.D. 40 authors and 40 chapters. Large format. More than 80 tables, checklists, and illustrations. Keystone Press, 2010. An in-depth reference. Chapter authors include 32 medical professionals (including several ThyCa medical advisors), plus thyroid cancer patients and a caregiver. The chapter on Fine Needle Aspiration is available free in booklet form from ThyCa, in English and Spanish. The reference book is available from ThyCa and from [www.amazon.com](http://www.amazon.com). Proceeds from books sent by ThyCa support our free services, outreach, and thyroid cancer research grants.
2. **Free Low-Iodine Cookbook**, Leah Guljord, editor. Expanded 7th edition, 2010. Published by ThyCa: Thyroid Cancer Survivors' Association, Inc. 123 pages (8 1/2" x 11") with guidelines, tips, snack list, and more than 340 recipes contributed by more than 150 thyroid cancer survivors and caregivers. Downloadable free from ThyCa web site at [www.thyca.org/Cookbook.pdf](http://www.thyca.org/Cookbook.pdf). Also downloadable in Spanish and French at [www.thyca.org](http://www.thyca.org).
3. **Thyroid Cancer's Magic Bullet: The Prep, The Pill, The Post.** Video/DVD (2010). 62-minute documentary by filmmaker Nick Isenberg. Physicians' visits and discussions about thyroid cancer care and radioactive iodine, preparing to receive RAI, the Radioactive Iodine treatment, and procedures after receiving the dose. [www.nickisenberg.com](http://www.nickisenberg.com)
4. **Could It Be My Thyroid?** by Sheldon Rubinfeld, M.D. 3rd Edition, M. Evans and Co., 2004. All thyroid diseases, including thyroid cancer.
5. **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. All thyroid diseases.
6. **The Harvard Medical School Guide to Overcoming Thyroid Problems** by Jeffrey R. Garber, M.D. with Sandra Sardella White. McGraw-Hill, 2005. All thyroid diseases.
7. **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.
8. **Cancer: Principles and Practice of Oncology**, 8th edition, Vincent T. DeVita, Jr., M.D., Samuel Hellman, M.D., Steven A. Rosenberg, M.D., editors. 2-Volume Medical Textbook, Lippincott Williams & Wilkins, 2008. (3,200 pages: cancer research, causes, treatments, prevention. Has chapter on thyroid cancer.)
9. **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 Support Groups

**Free local support groups** are available in more than 80 communities coast to coast in the United States, as well as in Canada, Costa Rica, and Philippines. Visit [www.thyca.org](http://www.thyca.org) and the link titled ThyCa Support Groups for a complete list or for help starting a new group. Or call 1-877-588-7904. Many groups have guest speakers. In addition, **12 e-mail support groups** plus the ThyCa Inspire online community offer support for people with different types of thyroid cancer, situations with thyroid cancer, as well as for caregivers, worldwide.

## Free One-To-One Support

Visit the ThyCa web site to learn about our free **ThyCa Person to Person Network** and to be matched with a peer with the same type of thyroid cancer for e-mail communications and support. Our **Toll-Free Number** and our **E-Mail Response Team** also offer one-to-one support and communications.

## Web Sites

Selected web sites about thyroid cancer, reviewed by ThyCa's patient/caregiver review committee and, as appropriate, members of ThyCa's Medical Advisory Council:

- 1. ThyCa: Thyroid Cancer Survivors' Association, Inc.**<sup>SM</sup> Web site: [www.thyca.org](http://www.thyca.org) • E-mail: [thyca@thyca.org](mailto:thyca@thyca.org)  
**ThyCa's web site has more than 650 pages**, plus links to dozens of additional resources and information sources, as well as research literature on thyroid cancer and medicine in general. It also connects visitors with all of ThyCa's free support services and the ThyCa Facebook page. The web site also includes added sites on Anaplastic Thyroid Cancer, Medullary Thyroid Cancer, and Pediatric Thyroid Cancer. The Caregivers' Site is in development. Numerous thyroid cancer specialists provide ongoing input and review of the medical content.  
**More free resources** include our free e-mail newsletters *ThyCa News Notes/Journeys* (also on the web site; the annual International Thyroid Cancer Survivors' Conference; seminars; workshops; low-iodine diet guidelines in English and Spanish; the free downloadable *Low-Iodine Cookbook*; pediatric backpacks and *Tim's Tips for Children and Teens with Thyroid Cancer*; free thyroid cancer awareness brochures, free AACE Neck Check cards, and Thyroid Cancer Awareness Month worldwide each September, a campaign ThyCa began in 2000.  
**ThyCa also raises funds for thyroid cancer research. Each year starting in 2003, ThyCa has awarded independently peer-reviewed research grants, toward our dream of cures for all thyroid cancer.**  
**ThyCa's award-winning educational web site has numerous free downloadable fact sheets** and information about thyroid cancer types and treatment, the low-iodine diet, guidelines regarding radioactive iodine, clinical trials, a glossary of thyroid terms, questions to ask doctors, recent news, a coming events calendar, survivors' stories, Spirit items, ThyCa membership, the Rally for Research, and much more. The medical information on ThyCa's web site has been reviewed by numerous specialists in thyroid cancer care. ThyCa's web site includes links to dozens of other medically reviewed/researched sources of information.
- 2. American Thyroid Association.** Treatment guidelines and patient education materials on thyroid cancer, hypothyroidism, and other topics. Has geographic list of thyroid specialist physicians. [www.thyroid.org](http://www.thyroid.org)
- 3. American Association of Clinical Endocrinologists.** Clinical guidelines for treatment of thyroid cancer, hyperthyroidism and hypothyroidism, and other endocrine disorders, plus list of specialists. [www.aace.com](http://www.aace.com)
- 4. Hormone Foundation.** Public education affiliate of the professional association The Endocrine Society. Has list of specialists. [www.hormone.org](http://www.hormone.org)
- 5. Johns Hopkins Thyroid Cancer Center.** [www.thyroid-cancer.net](http://www.thyroid-cancer.net)
- 6. CancerNet: Information from the National Cancer Institute of the National Institutes of Health.** [www.cancer.gov/cancer\\_information](http://www.cancer.gov/cancer_information)
- 7. PubMed: National Library of Medicine** of National Institutes of Health. [www.ncbi.nlm.nih.gov/PubMed](http://www.ncbi.nlm.nih.gov/PubMed)
- 8. American Cancer Society.** General cancer information, as well as information about thyroid cancer. [www.cancer.org](http://www.cancer.org)
- 9. National Cancer Institute, National Institutes of Health.** General cancer information, as well as thyroid cancer information. [www.cancer.gov](http://www.cancer.gov)
- 10. Clinical Trials.** This page connects you with web sites and information about thyroid cancer clinical trials for new treatments, as well as clinical trials for all diseases. [www.thyca.org/clinical\\_trials.htm](http://www.thyca.org/clinical_trials.htm)

*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.*