

RECOVERY GUIDE



RESOURCE GUIDE FOR THOSE
UNDERGOING BREAST SURGERY
DUE TO CANCER OR REDUCING
THEIR HEREDITARY CANCER RISK

BROUGHT TO YOU BY:
HEREDITARY CANCER FOUNDATION
&
CHAIRS TO RECOVERY

WHO WE ARE



HEREDITARY CANCER
FOUNDATION

WHAT WE DO

We are a non profit organization who's mission is to increase awareness about Hereditary Cancer and the importance of knowing your risk. Through donations we are able to provide Financial Assistance for genetic testing to those who meet criteria and provide funding for the Chairs to Recovery Program.

OUR MISSION

Our Mission is to help others navigate and know their Hereditary Cancer Risk.

HEREDITARY CANCER FOUNDATION OFFERS:

FINANCIAL ASSISTANCE

Do you need assistance paying for your Hereditary Cancer Testing? or know someone who does?

Go to: www.hereditarycancer.org



PROVIDES FUNDING FOR STITCHING & STUFF

For Supplies to make mastectomy pillows and Recovery Bags.

PROVIDES EDUCATION & AWARENESS ABOUT HEREDITARY CANCER RISK.

PROVIDES FUNDING FOR CHAIRS TO RECOVERY PROGRAM

For new chairs and upkeep of current chairs.

COMMUNITY TESTING EVENTS

CHAIRS TO RECOVERY OFFERS:



LIFT CHAIRS



RECOVERY BAG

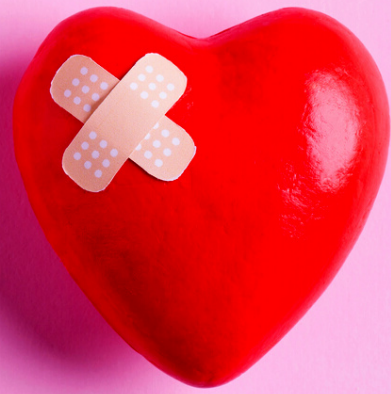
Includes:

- Mastectomy Pillow
- Reusable Cup
- Bag
- Drain Hoodie
- Blanket
- Digital Recovery Guide

Drain Hoodie Provided by our Partner- Pockets of Hope



OTHER RECOVERY ITEMS



These are some items that have been helpful to others. These are NOT provided.



DRY SHAMPOO



SPRAY DEODORANT

KLEENEX



BODY WIPES & MAKE UP WIPES



SLEEP MASK



SEATBELT CUSHION



FUZZY SOCKS

CHAPSTICK



LOTION

You are **LOVED**

You are **STRONG**

You are **AMAZING**

You are **BRAVE**

You are **NOT ALONE**

You are **A FIGHTER**

PROJECT PINK'D



If you have an active cancer, you can request a care package from your nurse navigator. They also provide many programs that you can check out at <https://projectpinkd.org/>



Nebraska Medicine Patient and Family Experience Fund
University of Nebraska Foundation

YOUR HOSPITAL NURSE NAVIGATORS

SCAREAWAYCANCER.ORG



NCAN: NEBRASKA CANCER NETWORK

Find out more about other local resources, sometimes specific to certain cancers. Go to: <https://necancernetwork.org/>



We have a Private Local Bright Pink Facebook Group, if you would like to join please email info@hereditarycancer.org

WAYS TO CONNECT



The Hereditary Cancer Foundation is run by Sarah Virus-BRCA Gene Carrier & Exectutive Director



531-600-8552



info@hereditarycancer.org
info@chairstorecovery.com



www.hereditarycancer.org
www.chairstorecovery.com



@HereditaryCancerFoundation
@chairstorecovery

GET OUR NEWSLETTER



SUBSCRIBE



The Hereditary Cancer Foundation is a non profit organization that relies on donations for us to continue to be able to grant financial aid funding, maintaining chairs to recovery supplies and chairs and ongoing education and awareness.

We would appreciate any help you could give. If you can't contribute financially, please spread the word and like us on social media.

DONATE HERE:



www.hereditarycancer.org/donate