



Necessities

Prosthesis, Special Garments, Wigs, Medical Products

Wigs are available for very little cost or up to several hundred dollars depending on the type of wig. Before purchasing a wig check with you doctor to determine if your treatment may cause hair loss.

American Cancer Society



*** No Cost**

Offers:

- wigs
- various mastectomy products

Offers:

walk-in, no appointment necessary; please register at the front desk

Serves:

any breast cancer patient

Phone:

336-834-0844

Hours:

Monday through Friday, 8:00 a.m. to 5:00 p.m. (*office*)

Address:

4A Oak Branch Dr., Greensboro

Childcare:

no

Translation:

no

Transportation:

on public transportation route

Website:

www.cancer.org



Network of Strength

*** No Cost**

Offers:

- wigs
- breast prostheses
- mastectomy bras

Affiliates throughout the country facilitate local Wig and Prosthesis Banks, often with salons where women can try on items before taking them home.

Offers:

wig care and styling tips, along with 24/7 support

Serves:

women with limited resources (approximately 500 women per year)

Phone:

1-800-221-2141 (English) interpreters in 150 languages

1-800-986-9505 (Español)

312-986-8338 Office

Hours:

seven days a week, 24 hours a day

Address:

NOT LOCAL

Website:

www.networkofstrength.org





Second to Nature

Fully accredited and board certified; provider with Medicare, Medicaid, BCBS, Cigna, Medcost, United Healthcare and other insurance carriers.

Offers:

- wigs
- bras
- breast prostheses
- bras for mastectomy
- bras for lumpectomy
- bras for reconstruction
- custom-made breast forms
- post-surgical camisoles
- swimsuits
- sleepwear
- specialty garments
- after breast surgery fashions

Offers: in-home fittings to homebound clients by appointment

Offers: translation for Spanish and French by appointment

Offers: to file insurance for customers

Contact: Ramona Hertzell, CFm, RFm, Ramona@secondtonatureboutique.com

Phone: 336-274-2003

Hours: Monday through Friday, 10:00 a.m. to 5:00 p.m.
Saturdays, after hours and home fittings by appointment, closed on Sundays

Address: 500-A State Street, Greensboro, NC 27405

Website: www.secondtonatureboutique.com



A Special Place Wig Boutique and Spa

Offers:

- cranial prostheses
- custom-fitted wigs
- hairpieces
- make-up
- replacement eyebrows and eyelashes
- head wraps
- specialty hats
- turbans
- scarves

Offers: free, private hair loss consultations available by appointment

Offers: translation for Spanish and French by appointment

Offers: to file insurance for customers

Contact: Jamela Hodgson, info@aspecialplacewigs.com

Phone: 336-574-0100

Hours: Monday through Friday, 10:00 a.m. to 5:00 p.m., Saturdays by appointment

Address: 500-C State St., Greensboro, NC 27405

Website: www.aspecialplacewigs.com





Wigs, Hats & Accessories

Offers:

- low cost wigs
- lace wigs
- petite wigs
- medical wigs
- custom wigs
- human hair wigs
- Remy hair wigs
- turbans
- hats

Offers: private area for fitting

Offers: Spanish

Contact: Melissa Alsup

Phone: 336-373-0706

Address: 2224 Golden Gate Shopping Center

Hours: Mon - Thurs 10:00 a.m. - 6:00 p.m., Fri, Sat 10:00 a.m. – 7:00 p.m.

Website: www.wigshatsandaccessories.com

E-mail: melissaalsup@wigshatsandaccessories.com



Guilford Medical Supply

Offers:

- | | | |
|-------------------------|-----------------|--------------------------|
| Post Surgical Camisoles | Mastectomy Bras | Lymphedema Sleeves |
| Prostheses | Bra Enhancers | Lymphedema Gloves |
| - weighted foam | Bust Cups | Swimform Prostheses |
| - light foam | Puff Pads | Swimsuits for Prostheses |
| - silicone | Shells | |

Offers: private fitting room

Offers: certified fitters

Offers: to file insurance for customers; accepts cash, credit cards, insurance, personal checks

Offers: Spanish translation

Offers: full medical supply store

Contact: Cathy Propst, R.N.

Phone: 336-574-1489

Address: 404 E. Cornwallis Dr., Greensboro, NC 27405

Hours: Monday-Friday, 9:00 a.m. to 5:30 p.m.

Website: www.guilfordmedicalsupply.com





Advanced Home Care

Offers:

- home health supplies
- nursing care supplies
- nutritional supplements
- medical equipment
- oxygen

Retail items DO NOT require a referral. A referral from your physician is required for all treatments.

Offers:

an on-site pharmacy

Offers:

to file insurance for customers; accepts cash, credit cards, and insurance

Offers:

Spanish translation

Phone:

336-883-8822

Address:

200 W. Wendover Ave. Greensboro, NC 27401

Hours:

Monday-Friday, 8:00 a.m. to 6:00 p.m.

Saturday, 8:00 a.m. to 5:00 p.m.

Sundays, business is available by phone until 3:00 p.m.

Website:

www.advancedhomecare.org





Other Options for Necessities

ONLINE SHOPPING

Still You (locally owned by Heather Kuzmier and Carole Torn, a survivor and a medical professional)

Carries: attractive and natural alternative post mastectomy wear, including a post-surgery camisole, lace camisoles, a tankini, nightgowns, loungewear and a comfortable step in bra; **NEW:** a revolutionary, comfortable breast prosthesis.

<http://www.stillyoufashions.com>

Phone: **1-800-325-4548**

info@StillYouFashions.com

(call for a store that carries Still You products)

WEBSITE RESOURCES

<http://www.shopwellwithyou.org>

Shop Well With You (SWY) is a body-image resource for women surviving cancer. Through its website, SWY focuses on helping women improve their self-image and quality of life. Site offers:

- customized clothing tips arranged by cancer-related treatments and side-effects
- a directory of cancer-specific products as well as where these items can be located,
- guidance on using products to maintain a positive body-image during and after treatment

Other Options for Breast Care Products and Wigs

Tricia's Pink Bowtique

Tricia Setzer

336-886-8464 (appointments preferred for fittings)

Tues – Fri, 10-4

1701 N. Main St., Suite H

High Point, NC 27262

Dignity Products

Ondrea Meredith, RN

336-760-4333 (appointments preferred)

Mon – Fri, 10-5

1409 Suite E Plaza West Rd.

Winston-Salem, NC

Lovely Lady

Darlene Gardener

919-469-4688

M, 10-2, TWTh, 10-4:30, Fri, 10-4, Sat, 10-2

404 E. Chatham St.

Cary, NC 27511

Belladonna's Wigs and Mastectomy Products

704-892-6546

M – S, 10-5

8301 Magnolia Estates Dr.

Magnolia Plaza, Suite 16

Cornelius, NC

Other Options Wigs Only

Gallery of Wigs

919-785-1085

M-F, 9:30-5, Sat, 10-3:00

3434 Edwards Mill Rd, #108

Raleigh, NC, 27612

15% off-cancer patients, private fitting rooms

Elizabeth Ashley Invisible Lace Wigs

919-800-0141

MWThF, 11-7, Tues 11-4, Sat, 10:30-5:30

4229 Louisburg Rd.

Raleigh, NC, 27604

10% off-cancer patients, private fitting rooms



For the Body Exercise

After Breast Cancer Exercise Class



Specifically designed exercise class to assist you in a safe recovery after having breast cancer surgery. **Goals of the class include:** (1) understanding specific stretches to improve the flexibility of your chest and shoulder; (2) learning ways to safely strengthen your upper body and improve your posture; (3) understanding the warning signs of infection and why you may be at risk for an arm infection; (4) learning about lymphedema and prevention.

- must register, **call 336-315-4760**
- one-time only
- open to any cancer patient or survivor in the Moses Cone Health System
- first Wednesday of the month
- from 11:00 a.m. to 12:00 p.m.
- Outpatient Rehabilitation Center, 603 Dolley Madison, #202, Greensboro, NC

*** No Cost**

A medical release signed by your doctor is needed prior to participation.

Tai Chi



Classes open to cancer patients, survivors, family members in the Moses Cone Health System.

- must register, **336-832-0364**
- Wednesdays
- 9:30 a.m. to 10:30 a.m.
- locations vary

*** No Cost**

For more information or to register, **call Terry Moore-Painter at 336-832-0364.**

Yoga



Free classes open to any cancer patient or survivor in the Moses Cone Health System.

- no registration is required, walk-in
- Wednesdays
- 6:00 p.m. to 7:00 p.m.
- Regional Cancer Center, 501 N. Elam Ave, Greensboro, 2nd floor conference rooms

*** No Cost**

For more information or to register, **call Terry Moore-Painter at 336-832-0364.**

Fitness by Design

Offers a class, ***Pilates for Cancer***, geared specifically for women who have or had cancer.

- **contact, Tonya Alston-Nettles (owner), 336-375-2939** or fitnessbydesign@earthlink.net
- contact to verify special rate for cancer survivors
- contact to verify class schedule
- 2710 Henry St., Greensboro, NC 27405-4961

For the Body Massage



Massage



Call 336-832-0894 for information

*** No Cost**

If you are a cancer patient **currently** going through treatment at the Moses Cone Regional Cancer Center and have not had any free massages before, then you may qualify for two free massages.

- most often they are given on the first and third Tuesday of the month
- most often massages are given in the 2nd floor Conference Room at the Regional Cancer Center
- please call to verify days, times, and location
- you must pick up your massage certificate prior to your massage appointment

Kneaded Energy

If you are a cancer patient, you can receive **one** free massage at the Kneaded Energy studio and, all additional massages will be at a discounted rate.

*** No Cost**

- **contact for information about this service** 336-273-1260 or kneadedenergy@aol.com
- 408 State St., Greensboro, NC 27405
- office open 7 days a week, Monday through Friday 9:00 a.m. to 9:00 p.m.
Saturday 10:00 a.m. to 8:00 p.m. and Sunday 12:00 p.m. to 8:00 p.m.
- contact for information about this service, 336-273-1260 or kneadedenergy@aol.com

Body Mind Bridges

Body awareness and relaxation techniques, therapeutic massage and bodywork; Trager work, using gentle rocking, stretching, movement and soothing touch teaching the body and mind what it is to feel lighter, freer, more open and integrated.

- **contact Betsy Oldenburg, 336-288-3145** or betsyotrager@earthlink.net
- discounted rate offered to people who have the *Journey* resource book
- the CPT code for specialized therapy may be accepted by some insurances
- by appointment Monday through Thursday, 10:00 a.m. to 6:00 p.m.
occasionally late afternoon Friday, evenings, and Saturdays
- 106 Lucas Park Dr., Greensboro (Lake Jeanette area)

