SYNDROMES: ATTEND A DAY-LONG CONFERENCE & SUPPORT GROUP FOR INDIVIDUALS WITH LYNNCH SYNDROME, THEIR FAMILY, AND CAREGIVERS.

LYNKED IN is a one-day, educational conference for individuals with Lynch syndrome and their families. The event features presentations on the latest research, support groups, and opportunities for networking. The conference will be held on Saturday, March 7, 2020, at the Dana Farber Cancer Institute. For more information or to register, please contact the Patient and Family Forum at Blum_Center@DFCI.Harvard.edu or call 617-632-3301.

RESOURCE HIGHLIGHTS:

1. **Insomnia:** This condition can cause fatigue and other side effects, making it difficult to maintain relationships with loved ones. The Dana Farber Cancer Institute offers resources to help patients manage their symptoms, such as meditation to improve psychological and physical well-being. Additionally, the institute uses the latest technology, including genetic understanding of young-onset colorectal cancer, to improve patient care.

2. **Fatigue:** Fatigue is a common side effect of chemotherapy treatments. Our young patients exemplify the statement above in leaps and bounds. We support their journey with interactive talks and small-group sessions. For more information, please visit the Dana Farber Cancer Institute website.

3. **Stress Management:** The Dana Farber Cancer Institute offers resources to help patients and their families manage stress, such as yoga and meditation.

4. **Support Groups:** The Dana Farber Cancer Institute offers support groups for patients and their families. These groups provide a safe space to share experiences and learn from others who are going through similar challenges.

5. **Clinical Trials:** The Dana Farber Cancer Institute offers clinical trials to help patients access new treatments and participate in research. For more information, please contact the Clinical Trials Office at 617-817-6280.

6. **Mentor Program:** The Dana Farber Cancer Institute offers a mentor program to connect people affected by colorectal cancer with younger mentors. These mentors provide valuable support and guidance as they navigate their cancer journey.

7. **Prevent Cancer Foundation:** The Prevent Cancer Foundation is a national nonprofit organization dedicated to preventing cancer through education, research, and advocacy. For more information, please visit the Prevent Cancer Foundation website.

8. **Yap:** The Prevent Cancer Foundation offers an app called Yap, which helps patients and their families monitor their health and connect with others who are going through similar experiences.

9. **Follow Us:** Follow the Prevent Cancer Foundation on Twitter at @DFarberYoungCRC to stay up to date on the latest news and resources.