

# Websites Worth Watching

Some helpful websites to look up if you or one of your loved ones is living with cancer.

June 17, 2019 By [Bob Barnett](#)

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## Patient True Talk

([patienttruetalk.com](http://patienttruetalk.com))

Melanoma survivor Dan Engel created this peer-to-peer site to match people with cancer with survivors to help them navigate treatment and beyond. Click [here](#) for more.

## National Sleep Foundation

([sleepfoundation.org](http://sleepfoundation.org))

While not cancer specific, the NSF offers practical, evidence-based tactics to conquer sleep problems, which are common during and after cancer treatment. Click [here](#) for more.

## American Institute for Cancer Research

([aicr.org](http://aicr.org))

Is soy safe if you are being treated for breast cancer? Should you go vegan? Avoid sugar? AICR supports diet research and helps interpret it for the public. Click [here](#) for more.

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