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# Breast Cancer

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A Resource Guide for Minority Women

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of Closing the Gap, a  
newsletter of the  
Office of Minority Health,  
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Health and Human  
Services.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Office of Public Health and Science  
*Office of Minority Health*

# ABOUT THIS GUIDE

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**T**he Office of Minority Health Resource Center (OMHRC) has compiled the following Resource Guide for those interested in breast cancer resources. The lists of organizations, documents, programs and other resources are relevant to persons with breast cancer, students, health care professionals and researchers. While OMHRC has taken great care in the preparation of this publication, it is not to be used as a substitute for the expertise of a qualified health care professional. It is the responsibility of the reader to review the materials to determine their appropriateness for the intended audience. Inclusion does not imply endorsement by the OMHRC, the Office of Minority Health, the Office of Public Health and Science, or the U.S. Department of Health and Human Services. Organizations included in this listing should be contacted directly to determine the cost and availability of materials.



# RISK FACTORS

A risk factor is anything that increases your chance of getting a disease, with different risk factors for different diseases. Some risk factors, like someone's race or gender, can't be changed. Other risk factors are behavioral choices, such as smoking, diet and physical activity. In some cases, there may not be any risk factors associated with getting sick. The risk of breast cancer is not the same for all women but here are some factors that may contribute to a woman's chance of developing the disease.

## Unchangeable Risk Factors

### Aging

Your risk of developing breast cancer increases as you get older. About 1 out of 8 invasive breast cancers are found in women younger than 45, while about 2 out of 3 invasive breast cancers are found in women age 55 or older.

### Family history of breast cancer

The risk of breast cancer is higher among women whose close blood relatives have this disease—mother, aunt, sister or grandmother. Having one first-degree relative (mother, sister or daughter) with breast cancer approximately doubles a woman's risk, and having two first-degree relatives increases her risk 5-fold. Anywhere from 20 to 30 percent of women with breast cancer have a family member with this disease.

### Gender

Being a woman is the main risk factor for developing breast cancer—about 100 times more common than breast cancer in men.

### Genetic risk factors

Mutations in certain genes, such as those in the breast cancer genes BRCA1 and BRCA2, increase some women's risk.

### Menstrual periods

Women who started menstruating before the age of 12 or who went through menopause after age 55 have a slightly higher risk of breast cancer.

### Personal history of breast cancer

A woman with cancer in one breast has a 3- to 4-fold increased risk of developing a new cancer in the other breast or in another part of the same breast. This is different from a recurrence (return) of the first cancer.

### Previous chest radiation therapy

Women who, as children or young adults, have had radiation therapy to the chest area as treatment for another cancer (such as Hodgkin's disease or non-Hodgkin's lymphoma) have a significantly increased risk for breast cancer.

### Race

White women are slightly more likely to develop breast cancer than African American women. But African American women are more likely to die of this cancer because their cancers are often diagnosed later and at an advanced stage when they are harder to treat and cure. There is also some question about whether African American women have more aggressive tumors. Asian, Hispanic and Native American women have a lower risk of developing breast cancer.

## Lifestyle-related Risk Factors

### Alcohol

Alcohol use is linked to a slightly increased risk of developing breast cancer. Compared with nondrinkers, women who consume one alcoholic drink a day have a very small increase in risk, and those who have 2 to 5 drinks daily have about 1.5 times the risk of women who drink no alcohol.

### Hormone replacement therapy

Long-term use of hormone replacement therapy (HRT) after menopause, particularly estrogens and progesterone combined, increase the risk of breast cancer.

### Not having children

Women who have had no children or who had their first child after age 30 have a slightly higher breast cancer risk.

### Obesity and high-fat diets

There are various factors involved with breast cancer and diet—age when weight gain occurred, excess fat in the waist or hips, type of diet and intake of saturated vs. polysaturated fats. While researchers have found differing results, it is agreed that a healthy diet and physical activity will help lower the risk of other diseases such as heart disease, high blood pressure and diabetes.

### Breastfeeding

Some studies suggest that breastfeeding may slightly lower breast cancer risk, especially if breastfeeding is continued for 1.5 to 2 years. Other studies found no impact on breast cancer risk.

### Smoking

To date, no studies have definitively linked cigarette smoking to breast cancer, however, smoking affects overall health and increased the risk for many other cancers, as well as heart disease. For additional information on risk factors go to: [http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_4\\_2X\\_What\\_are\\_the\\_risk\\_factors\\_for\\_breast\\_cancer\\_5.asp](http://www.cancer.org/docroot/CRI/content/CRI_2_4_2X_What_are_the_risk_factors_for_breast_cancer_5.asp)

Source: National Cancer Institute/American Cancer Society

# STATISTICS

## African Americans

- African American women have the highest breast cancer death rate among minority women—32.8 per 100,000 population.<sup>1</sup>
- African American women, ages 35-44, have a breast cancer death rate more than twice the rate of White women in the same age group—20.02 deaths per 100,000 compared to 10.2 deaths per 100,000, respectively.<sup>2</sup>
- African American females experience higher death rates from breast cancer than any other racial or ethnic group, even though Whites experience higher incidence rates.<sup>3</sup>
- African Americans are approximately 34 percent more likely to die of cancer than are Whites and more than two times more likely to die of cancer than are Asians or Pacific Islanders, American Indians and Hispanics.<sup>4</sup>
- The five-year survival rate for breast cancer among African American women is 75 percent compared to 89 percent among White women.<sup>5</sup>
- African American females have the highest age-adjusted breast cancer incidence rates among minority groups—a rate of 111.9 new cases per 100,000.<sup>6</sup>

## American Indians or Alaska Natives

- Among women of other racial and ethnic populations, American Indians or Alaska Native women have lower breast cancer death rate—15.2 per 100,000 population—than White and African American women.<sup>7</sup>
- Forty-nine percent of American Indian or Alaska Native only women (age adjusted, aged 40 years and over) report receiving a mammogram within a 2-year period.<sup>8</sup>
- American Indian or Alaska Native females have the third age-adjusted breast cancer incidence rates among minority groups—a rate of 97.2 new cases per 100,000.<sup>9</sup>
- American Indian women have the poorest survival rate from breast cancer than any other racial and ethnic group<sup>10</sup>

## Asian Americans or Pacific Islanders

- Asian American or Pacific Islander women have lower breast cancer mortality rates—12.2 per 100,000—than White, Hispanic, African American, and American Indian or Alaska Native women.<sup>11</sup>
- Breast cancer is the leading cause of death among Filipino women.<sup>12</sup>
- Native Hawaiians have the highest death rate from breast cancer than any group in the U.S.<sup>13</sup>
- Only 56 percent of Asian women, 40 years and older, report having a mammogram within a 2-year period.<sup>14</sup>
- Asian and Pacific Islander females have an age-adjusted breast cancer incidence rate 91.2 new cases per 100,000.<sup>15</sup>

## Hispanics

- Hispanic/Latina women have a breast cancer death rate of 15.0 per 100,000—third highest behind African American and White women.<sup>16</sup>
- Hispanic/Latina women have a breast cancer incidence rate of 89.7 per 100,000—third among minority women.<sup>17</sup>
- Uninsured Hispanic/Latina women are 2 to 3 times more likely to be diagnosed at a later stage.<sup>18</sup>
- Breast cancer is the most commonly diagnosed cancer and the leading cause of cancer death among Hispanic American/Latina women.<sup>19</sup>

Sources:  
See Reference page

## Breast Cancer Death Rates by Age, Race, Hispanic Origin

Age	AI/AN*	A/PI**	Hispanic	White	Black
35–44 years	—	6.7	8.0	10.2	20.2
45–54 years	12.9	18.5	20.0	26.2	50.0
55–64 years	21.0	35.0	34.7	52.4	81.1
65–74 years	65.8	32.1	46.9	79.3	96.2
75–84 years	117.4	52.2	73.3	120.7	126.6
85 years and over	—	62.0	95.1	179.1	201.8

— insufficient data, \* American Indian or Alaska Native, \*\* Asian American or Pacific Islander. Source: Death rates for malignant neoplasm of breast among females, by race, Hispanic origin, and age: United States, selected years 1950–2005, Health, United States 2008



# MAMMOGRAM INFORMATION

## The ABC's of a Mammography

### What is a mammogram?

A mammogram is a test that is done to look for any abnormalities, or problems, with a woman's breasts. The test uses a special x-ray machine to take pictures of both breasts. The results are recorded on film that your health care provider can examine.

Mammograms look for breast lumps and changes in breast tissue that may develop into problems over time. They can find small lumps or growths that a health care provider or woman can't feel when doing a physical breast exam.

Breast lumps or growths can be benign (not cancer) or malignant (cancer). If a lump is found, a health care provider will order a biopsy, a test where a small amount of tissue is taken from the lump and area around the lump.

The tissue is sent to a lab to look for cancer or changes that may mean cancer is likely to develop. Finding breast cancer early means that a woman has a better chance of surviving the disease. There are also more choices for treatment when breast cancer is found early.

### Who should get a mammogram?

Women over 40 should get a mammogram every 1 to 2 years. Women who have had breast cancer or breast problems, or with a family history of breast cancer may need to start having mammograms at a younger age or more often.

Talk to your health care provider about how often you should get a mammogram. Be aware that mammograms don't take the place of getting breast exams from a health care provider and examining your own breasts.

If you find a lump or see changes in your breast, talk to your health care provider right away no matter what your age. Your health care provider may order a mammogram for you to get a better look at your breast changes.

### Where can someone get a safe mammogram?

The Food and Drug Administration (FDA) is responsible for regulating the quality of all mammograms.

The Mammography Quality Standards Act (MQSA) helps ensure that mammography is safe and reliable and that consumers receive uniformly high-quality services from facilities throughout the United States.

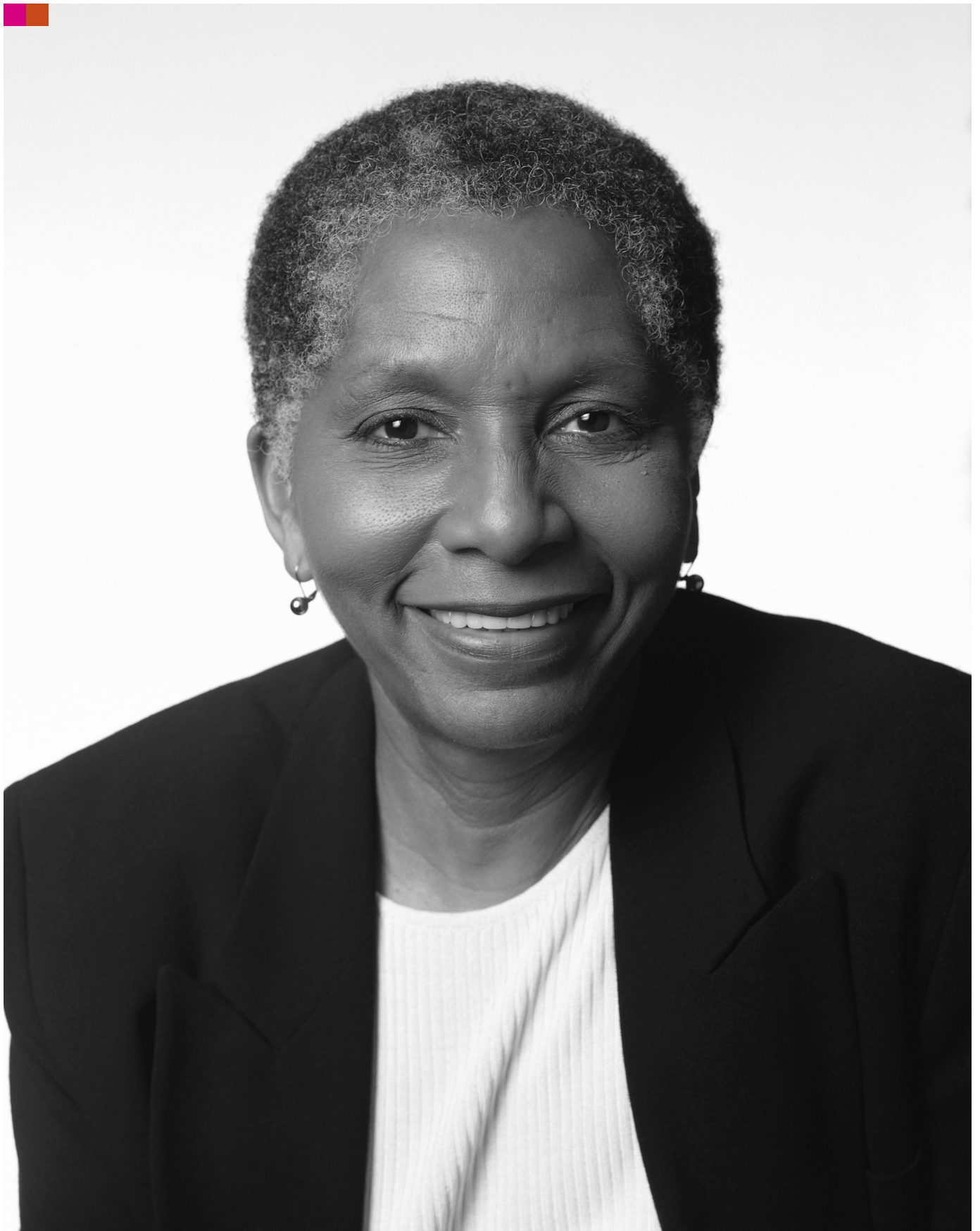
Be sure to get a mammogram from a facility certified by the FDA. These places must meet high standards for their x-ray machines and staff.

Check out the FDA's Web site on the Internet at [www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm118546.htm](http://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm118546.htm) for a list of FDA-certified mammography facilities. Some of these facilities also offer digital mammograms.

### Additional Information

- American Cancer Society at 800-ACS-2345 (800-227-2345) to find out about any low-cost or free mammography programs in your area.
- Breast and Cervical Cancer Early Detection Program, which is funded by the Centers for Disease Control and Prevention. Call 800-232-4636.
- National Cancer Institute's toll free number 800-422-6237 for information on no-cost or low-cost mammograms.
- YWCA's ENCOREplus Program for access to low-cost or free mammograms. Call 1-800-95E-PLUS (1-800-953-7587) or your local YWCA.
- Your health care provider, local medical clinic, or local or state health department can tell you where to get no-cost or low-cost mammograms.





# FEDERAL AGENCIES AND PROGRAMS

There are several agencies within the U.S. Department of Health and Human Services (HHS) that have programs targeting all aspects of breast cancer, including education, mammography, outreach, prevention, research and treatment. Below are descriptions of just a few. For more information on current or upcoming federal breast cancer programs, contact the Office of Minority Health Resource Center at 800-444-6472.

## Agency for Healthcare Research and Quality (AHRQ)

Office of Communications and Knowledge Transfer  
540 Gaither Road Suite 2000  
Rockville, MD 20850  
301-427-1364  
<http://www.ahrq.gov>

AHRQ is the lead agency charged with supporting research designed to improve the quality of health care, reduce its cost, improve patient safety, decrease medical errors and broaden access to essential services.

AHRQ sponsors and conducts research that provides evidence-based information on health care outcomes, quality, cost, use and access. The information helps health care decision makers—patients and clinicians, health system leaders and policymakers—make more informed decisions and improve the quality of health care services.

### ❖ Screening for Breast Cancer

<http://www.ahcpr.gov/clinic/3rduspstf/breastcancer>  
AHRQ oversees the U.S. Preventive Services Task Force (USPSTF), an independent panel of experts in primary care and prevention that systematically review the evidence of effectiveness and develops recommendations for clinical preventive services.

The Task Force published breast cancer screening recommendations, in 1989 and 1996, that both endorsed mammography for women over age 50. In 2002, the Task Force updated their previous policies and now recommends screening mammography, with or without clinical breast examination, every one to two years for women ages 40 and over.

### Web Site Offers Breast Cancer Information for Older Women

NIHSeniorHealth.gov, the Web site for older adults developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM), makes aging-related health information easily accessible for family members and friends seeking reliable, easy to understand online health information.

For breast cancer information helpful to older women, go to:  
<http://nihseniorhealth.gov/breastcancer/toc.html>

## Centers for Disease Control and Prevention (CDC)

1600 Clifton Road, N.E.  
Atlanta, GA 30333  
800-CDC-INFO (800-232-4636)  
404-639-3534  
<http://www.cdc.gov>  
[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

CDC is recognized as the lead federal agency for protecting the health and safety of people at home and abroad, provides credible information to enhance health decisions and promotes health through strong partnerships. The CDC serves as the national focus for developing and applying disease prevention and control, environmental health, and health promotion and education activities designed to improve the health of the people of the United States.

### ❖ Division of Cancer Prevention and Control

National Center for Chronic Disease Prevention  
and Health Promotion  
Centers for Disease Control and Prevention  
4770 Buford Highway, N.E.  
Mailstop K-64  
Atlanta, GA 30341-3717  
888-842-6355  
770-488-4751  
770-488-4760Fax  
<http://www.cdc.gov/cancer/>

The Division of Cancer Prevention and Control (DCPC) conducts, supports and promotes efforts to prevent cancer and to increase early detection of cancer. DCPC works with its partners—including states, tribes/tribal organizations, territorial health agencies, other federal agencies, voluntary and professional organizations, academia and businesses—to carry out the following activities: monitoring, conducting research and evaluation, building capacity and partnerships, education and training and information services.

### ♦ Health Disparities: Minority Cancer Awareness

<http://www.cdc.gov/cancer/minorityawareness/index.htm>  
DCPC works to eliminate barriers to screening and early detection of cancer among minorities; implementing community-based education programs targeting minorities; tracking cancer rates among minority populations; and conducting, supporting, and encouraging research including and targeting minority populations.



# FEDERAL AGENCIES AND PROGRAMS

## ◆ National Breast and Cervical Cancer Early Detection Program (NBCCEDP)

<http://www.cdc.gov/cancer/nbccedp/index.htm>

NBCCEDP builds the infrastructure for breast and cervical cancer early detection by supporting public and provider education, quality assurance, surveillance and evaluation activities critical to achieving maximum utilization of the screening, diagnostic and case management services. The program provides:

- Free mammograms as well as breast and cervical cancer screening services to women who are low income and to racial/ethnic minorities;
- Appropriate referrals, and when necessary, appropriate diagnostic follow-up, case management and assurances for medical treatment;
- Public information and education to increase the use of screening services;
- Education to health professionals to improve the screening process;
- Mechanisms to monitor the quality of the screening process;
- Appropriate surveillance and epidemiological systems; and
- Linkages with key partnerships.

## Centers for Medicare & Medicaid Services (CMS)

7500 Security Blvd.

Baltimore, MD 21244-1850

877-267-2323

<http://www.cms.hhs.gov>

CMS is the federal agency that runs Medicare, Medicaid and the State Children's Health Insurance Program (SCHIP)—three national health care programs that benefit over 80 million Americans.

## ❖ Breast and Cervical Cancer Prevention and Treatment (BC-CPTA)

[http://www.cms.hhs.gov/MedicaidSpecialCovCond/02\\_BreastandCervicalCancer\\_PreventionandTreatment.asp#TopOfPage](http://www.cms.hhs.gov/MedicaidSpecialCovCond/02_BreastandCervicalCancer_PreventionandTreatment.asp#TopOfPage)

This CMS Web site provides information on state Medicaid programs that provide medical services to eligible women diagnosed with breast or cervical cancer. The site also provides Web links to other federal sites that offer materials of interest to various audiences regarding the prevention and treatment of breast and cervical cancer.

## Food and Drug Administration (FDA)

10903 New Hampshire Ave.

Silver Spring, MD 20993

1-888-INFO-FDA (1-888-463-6332)

<http://www.fda.gov>

FDA is the federal agency responsible for ensuring the safety of the nation's blood supply; cosmetics; drug manufacturing standards; food labeling; safety of all food products (except meat and poultry); tracking reports of device malfunctioning and serious adverse reactions; radiation safety performance standards for microwave ovens, television receivers, diagnostic x-ray equipment, cabinet x-ray systems (such as baggage x-rays at airports); and accrediting and inspecting mammography facilities.

## ❖ Center for Drug Evaluation and Research (CDER)

<http://www.fda.gov/cder>

While the evaluation of new drugs is the best known responsibility of the FDA's Center for Drug Evaluation and Research (CDER), the center also promotes the public health by regulating the manufacture, labeling and advertising of drug products. CDER provides information on newly approved prescription drugs, clinical trials, as well as fact sheets on Tamoxifen, Faslodex and other breast cancer related drugs.

## ❖ CDER's Approved Oncology Drugs

<http://www.fda.gov/Drugs/default.htm>

This site contains information about approved cancer therapies, product labels, approval summaries, what drugs are approved for what diseases and considerations for making decisions about therapies. The site also includes advice on how to obtain access to unapproved drugs via clinical trials. A Web link to FDA Oncology Tools—<http://www.fda.gov/Drugs/default.htm>—is also available for searching different diseases, drugs, clinical trials and more.

# FEDERAL AGENCIES AND PROGRAMS



## ❖ FDA Mammography Program

<http://www.fda.gov/Radiation-EmittingProducts/MammographyQualityStandardsActandProgram/default.htm>

The FDA's Mammography Program within the Center for Devices and Radiological Health is designed to inform mammography facility personnel, inspectors and other interested individuals about the implementation of the Mammography Quality Standards Act of 1992 (MQSA). MQSA ensures that all women have access to safe and reliable mammography and that consumers receive uniformly high-quality services from facilities throughout the United States. Provides consumer information on where to find an FDA-accredited mammography facility as well as what the consumer needs to know about mammograms and breast health.

## ❖ The Office of Special Health Issues (OSHI) Cancer Liaison Program

<http://www.fda.gov/ForConsumers/ByAudience/ForPatientAdvocates/CancerLiaisonProgram/default.htm>

The staff in this office work closely with cancer patients and cancer patient advocacy programs, listening to their concerns and educating them about the FDA drug approval process, cancer clinical trials and access to investigational therapies. OSHI also runs the Cancer Drug Development Patient Consultant Program which incorporates the perspective of cancer patient advocates into the drug development process allowing them an opportunity to participate in the FDA drug review regulatory process. Cancer-related publications, new releases and clinical trials are also offered.

## Health Resources and Services Administration (HRSA)

5600 Fishers Lane, Room 14-45

Rockville, MD 20857

301-443-3376

888-ASK-HRSA

<http://www.hrsa.gov>

HRSA's mission is to improve and expand access to quality health care for all. HRSA's key program areas include HIV/AIDS services, the Ryan White CARE Act, primary health care, maternal and child health, health professions, special programs and rural health policy.

## ❖ Community Health Center (CHC) Program

<http://findahealthcenter.hrsa.gov/>

This program, run through HRSA's Bureau of Primary Health Care, provides primary and preventive care, including mammography and clinical breast exams, in underserved areas of the country. A large number of users are underserved women.

## National Institutes of Health (NIH)

9000 Rockville Pike

Bethesda, MD 20892

301-496-4000

<http://www.nih.gov>

Comprised of 27 separate components, mainly Institutes and Centers, the National Institutes of Health (NIH) are one of the world's foremost biomedical research centers, and the federal focal point for biomedical research in the United States.

NIH conducts research in its own laboratories; supports the research of non-federal scientists in universities, medical schools, hospitals, and research institutions throughout the country and abroad; helps in the training of research investigators; and fosters communication of medical information.

## ❖ National Cancer Institute (NCI)

Building 31, Room 10A03

31 Center Drive, MSC 2580

Bethesda, MD 20892-2580

800-4-CANCER

<http://cancer.gov>

The National Cancer Institute (NCI) is the nation's primary agency for conducting and coordinating federally-sponsored research on the diagnosis, treatment and prevention of cancer. NCI has established a cancer control effort that emphasizes smoking prevention and cessation, dietary modification to prevent cancer, early detection of cancer through effective screening and widespread application of the latest achievements in treatment research. Several of the services NCI offers include:

# FEDERAL AGENCIES AND PROGRAMS

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## ◆ **Cancer.gov**

NCI Public Inquiries Office  
Suite 3036A  
6116 Executive Blvd., MSC8322  
Bethesda, MD 20892-8322  
800-4-CANCER  
<http://cancer.gov>

The Cancer.gov Web site is a free gateway to reliable information about cancer for patients, health professionals, and people at risk for cancer. The site offers prepackaged pages on specific types of cancer with information on prevention, detection, treatment, statistics, coping and clinical trials. Cancer.gov also provides fact sheets, clinical trial information, the Cancer Genetics Services Directory of professionals who provide cancer genetics risk assessment, counseling and related services, as well as an expanded list of links to other, non-NCI cancer Web sites.

## ◆ **Cancer Information Service**

Building 31, Room 10A-16  
9000 Rockville Pike  
Bethesda, MD 20892  
800-4-CANCER  
<http://cis.nci.nih.gov>

The Cancer Information Service (CIS), a national information and education network, is the source for the latest, most accurate cancer information for patients, their families, the general public and health professionals. Consumer materials, in both Spanish and English, are available on the causes of cancer, cancer prevention, the immune system and research progress on various types of cancer. Patient education materials are available on the many different types of cancer, cancer treatment and cancer diagnosis. The CIS also responds to calls in English and Spanish.

## ◆ **Cancer Information Service of Hawaii**

UH Cancer Research Center of Hawaii  
1236 Lauhala St.  
Honolulu, HI 96813  
808-586-5853  
808-586-3009 Fax  
<http://cancer.gov>

The Cancer Information Service of Hawaii (CIS), located at the University of Hawaii Cancer Research Center, serves the people of Hawaii and U.S. Territories in the Pacific. The CIS Hawaii office works with national, regional and state agencies and organizations in building their capacity to deliver cancer control messages to Native Hawaiian and other Pacific Island populations, and can provide information on Hawaii-specific cancer data and statistics, cancer prevention and detection, current treatments and new research studies.

## ◆ **Center to Reduce Cancer Health Disparities**

National Cancer Institute  
6116 Executive Blvd.  
Suite 602, MSC 8341  
Rockville, MD 20852  
301-496-8589  
301-435-9225 Fax  
<http://crchd.nci.nih.gov>

The Center to Reduce Cancer Health Disparities (NRCHD) is responsible for directing and coordinating an NCI-wide plan to address disparity issues. The center directs the implementation of and supports initiatives that advance understanding of the causes of health disparities and develops and integrates effective interventions to reduce or eliminate these disparities. In an effort to reduce cancer health disparities, NRCHD aims to close the gap between research discovery and delivery of care to cancer patients; unite, lead, coordinate and foster innovation in research-based efforts to reduce health disparities; and identify and remove barriers that limit or prevent access to cancer care. Funds are used to further research into causes of cancer health disparities; define and monitor disparities; develop and implement new policy, community and clinical interventions, and evaluate their impact; and expand minority participation, both as investigators and as patients, in health disparities research and clinical trials.

## ◆ **Division of Cancer Control and Population Sciences**

National Cancer Institute  
6130 Executive Blvd.  
Executive Plaza North  
Rockville, MD 20852  
301-594-6776  
301-594-6787 Fax  
<http://cancercontrol.cancer.gov>

The Division of Cancer Control and Population Sciences (DCCPS) aims to reduce risk, incidence, and deaths from cancer as well as enhance the quality of life for cancer survivors. The division conducts and supports an integrated program of the highest quality genetic, epidemiologic, behavioral, social, applied, and surveillance cancer research. DCCPS-funded research aims to understand the causes and distribution of cancer in populations, support the development and implementation of effective interventions, and monitor and explain cancer trends in all segments of the population. DCCPS also offers surveillance reports, monographs and other resources on cancer, trends in health, research findings and more.

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## ◆ **statecancerprofiles.cancer.gov**

<http://statecancerprofiles.cancer.gov/>

The State Cancer Profiles Web site targets health planners, policy makers, and cancer information providers who need quick and easy access to descriptive cancer statistics in order to prioritize investments in cancer control. Epidemiologists may find this site useful for exploring cancer statistics to identify research opportunities. The “Links” section provides alternative resources for cancer and health statistics. In particular, “Finding Cancer Statistics” provides an introduction to cancer statistics and a guide to resources (<http://surveillance.cancer.gov/statistics>).

## ❖ **National Institute of Environmental Health Sciences (NIEHS)**

111 T.W. Alexander Dr  
Research Triangle Park, NC 27709  
919-541-3345

<http://www.niehs.nih.gov>

The mission of the National Institute of Environmental Health Sciences (NIEHS) is to reduce the burden of human illness and dysfunction from environmental causes through multidisciplinary biomedical research programs, prevention and intervention efforts, and communication strategies that encompass training, education, technology transfer and community outreach.

## ◆ **Breast Cancer and the Environment Research Centers**

<http://www.bcerc.org>

The Breast Cancer and the Environment Research Centers (BCERC) study the impact of prenatal-to-adult environmental exposures that may predispose a woman to breast cancer. Functioning as a consortium of basic scientists, epidemiologists, research translational units and community advocates within and across centers, BCERC investigates environmental agents that may influence breast cancer development in adulthood. The overall goals of the BCERC are to develop public health messages designed to educate young girls and women who are at high risk of breast cancer about the role(s) of specific environmental stressors in breast cancer and how to reduce exposures to those stressors. These public health messages will be based on the integration of the basic biological, toxicological and epidemiologic data.

## ❖ **National Library of Medicine**

8600 Rockville Pike  
Bethesda, MD 20894  
888-FIND-NLM

<http://www.nlm.nih.gov>

The National Library of Medicine (NLM) is the world's largest biomedical library that explores the uses of computer and communication technologies to improve the organization and use of biomedical information. NLM also supports a national network of local and regional medical libraries and educates users about available sources of information so they can conduct their own research on medical topics.

# FEDERAL AGENCIES AND PROGRAMS

## ◆ MEDLINEplus

<http://medlineplus.gov>

MEDLINEplus has extensive information from the National Institutes of Health and other trusted sources on over 600 diseases and conditions. There are also lists of hospitals and physicians, a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media and links to thousands of clinical trials.

## Office on Women's Health (OWH)

200 Independence Ave., S.W.

Room 712E

Washington, DC 20201

202-690-7650

<http://www.4woman.gov/owh>

The Office on Women's Health (OWH) in the Department of Health and Human Services (HHS) is the government's champion and focal point for women's health issues, and works to address inequities in research, health care services and education that have historically placed the health of women at risk.

OWH coordinates women's health efforts in HHS to eliminate disparities in health status and supports culturally sensitive educational programs that encourage women to take personal responsibility for their own health and wellness.

## ❖ National Centers of Excellence in Women's Health

200 Independence Ave., S.W.

Room 712E

Washington, DC 20201

202-690-7650

<http://www.4woman.gov/COE>

The National Centers of Excellence in Women's Health (CoEs) serve as demonstration models for the nation to provide innovative, comprehensive, multidisciplinary and integrated health care systems for women. The CoEs provide for the special needs of women, including the underserved and minorities, by uniting women's health research, medical training, clinical care, public health education, community outreach and the promotion of women in academic medicine around a common mission—improve the health status of diverse women across the life span.

## ◆ The Virtual Resource Center

<http://www.4woman.gov/COE/programs/index.cfm>

This online site contains descriptions of programs, activities, seminars, and community collaborations developed by the CoEs and Community Centers of Excellence, that includes a wide variety of breast cancer-related programs.

## MEDLINEplus Cancer Links

### Alternative Therapy

<http://www.nlm.nih.gov/medlineplus/canceralternativetherapy.html>

### Breast Cancer

<http://www.nlm.nih.gov/medlineplus/breastcancer.html>

### Cancer

<http://www.nlm.nih.gov/medlineplus/cancer.html>

### Cancer Chemotherapy

<http://www.nlm.nih.gov/medlineplus/cancerchemotherapy.html>

### Living with Cancer

<http://www.nlm.nih.gov/medlineplus/cancerlivingwithcancer.html>

### Mammography

<http://www.nlm.nih.gov/medlineplus/mammography.html>

### MEDLINEplus Minority Health Links

#### African American Health

<http://www.nlm.nih.gov/medlineplus/africanamericanhealth.html>

#### Asian and Pacific Islander Health

<http://www.nlm.nih.gov/medlineplus/asianamericanhealth.html>

#### American Indian and Alaska Native Health

<http://www.nlm.nih.gov/medlineplus/nativeamericanhealth.html>

#### Hispanic Health

<http://www.nlm.nih.gov/medlineplus/hispanicamericanhealth.html>

## ❖ National Women's Health Information Center (NWHIC)

8550 Arlington Blvd., Suite 300

Fairfax, VA 22031

800-994-WOMAN

703-560-6598 Fax

<http://www.4woman.gov>

The National Women's Health Information Center (NWHIC) provides health information to help advance women's health research, services, and public and health professional education. Provides information on breast cancer in minority women, breast self-examination, mammography, as well as other health topics and Spanish-language materials.



# NATIONAL ORGANIZATIONS/PROGRAMS

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**B**elow are descriptions of just a few of the many national organizations in the United States that provide breast cancer-related information—education, mammograms, outreach, prevention, research and treatment. Inclusion does not imply endorsement by the Office of Minority Health Resource Center, the Office of Minority Health, or the U.S. Department of Health and Human Services. For more information on national programs near you, contact the Office of Minority Health Resource Center at 800-444-6472.

## **African American Breast Cancer Alliance**

P. O. Box 8981  
Minneapolis, MN 55408  
612-825-3675  
<http://aabcainc.org>

The African American Breast Cancer Alliance (AABCA) was founded by African American women who have experienced breast cancer. AABCA is a member-supported advocacy group for women with breast cancer, their families and the African American community. AABCA has formed coalitions with a variety of groups working toward increasing the survival rates of women affected by breast cancer. AABCA's efforts extend beyond Minnesota to include regional and national networks. Some activities include coalition building, co-sponsorship of a major local cultural health fair, and participation in numerous community events and focus groups.

## **American Cancer Society**

1599 Clifton Road, N.E.  
Atlanta, GA 30329  
800-227-2345  
<http://www.cancer.org>

The American Cancer Society (ACS) is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

ACS' prevention programs focus on tobacco control, sun protection, diet and nutrition, comprehensive school health education, early detection and treatment. A variety of service and rehabilitation programs are available to patients and their families. Through its advocacy program, ACS educates policymakers about cancer and how it affects the individuals and families they represent. ACS has developed prevention, detection and service-related education materials including pamphlets, posters, handbooks and audiovisuals that are ethnically sensitive. In addition, Spanish-language and Asian-language materials have been prepared on topics such as smoking, prostate cancer, breast self-examination, breast cancer and skin cancer.

## **American Society of Plastic and Reconstructive Surgeons**

444 East Algonquin Road  
Arlington Heights, IL 60005  
888-228-9900  
<http://www.plasticsurgery.org>

The American Society of Plastic and Reconstructive Surgeons (ASPS) is composed of board-certified plastic surgeons who perform cosmetic and reconstructive surgery. Their goal is to advance quality care to plastic surgery patients through training, ethics, physician practice and research in plastic surgery. ASPS publishes brochures and provides public education about plastic surgery on the Web site. The site also offers information about breast cancer, breast reconstruction and a list of links to other online breast cancer support organizations.

## **Asian American Network for Cancer Awareness, Research and Training**

University of California, Davis  
Cancer Center/EPM  
4800 2nd St  
Suite 2200  
Sacramento, CA 95817  
916-734-5105  
<http://www.aancart.org>  
[admin@aancart.org](mailto:admin@aancart.org)

The Asian American Network for Cancer Awareness, Research and Training (AANCART) is a cooperative agreement between the National Cancer Institute (NCI) and the University of California, Davis. It is a national cancer awareness research and training infrastructure intended to address Asian American concerns. AANCART seeks to build partnerships to increase cancer awareness, to promote greater accrual of Asian Americans in clinical studies, to increase training opportunities for Asian Americans and to develop pilot programs in four targeted regions: Los Angeles, New York, San Francisco and Seattle.

# NATIONAL ORGANIZATIONS/PROGRAMS

## **Asian American Pacific Islander Cancer Survivors Capacity Building Project**

c/o Asian & Pacific Islander American Health Forum  
450 Sutter St., Suite 600  
San Francisco, CA 94108  
415-954-9988  
415-954-9999 Fax

<http://www.apiahf.org/index.php/programs/hiv/capacity-building-assistance.html>

The AAPI Cancer Survivors Capacity Building Project serves the AAPI cancer survivor population through the facilitation of a network of cancer support groups and coordination of resources. The project coordinates communications between existing AAPI cancer support groups and AAPI cancer programs, hosts strategy exchanges, shares best practices, facilitates support group forums and advocates for research within the AAPI cancer survivor community.

In addition, the project collaborates with local, state and national organizations to reach and involve those working with AAPI communities. The project provides capacity building assistance to organizations interested in developing and strengthening support services for AAPI cancer survivors.

## **Avon Breast Cancer Crusade**

Avon Foundation  
1345 Avenue of the Americas  
New York, NY 10105  
1866-505-AVON or 212-282-5531

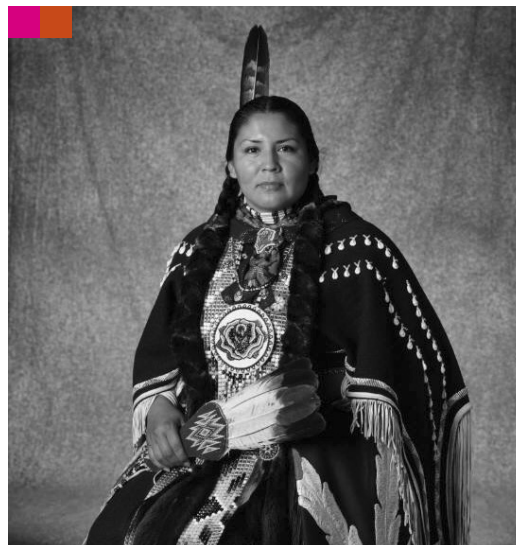
<http://www.avoncompany.com/women/avoncrusade/index.html>  
The Avon Foundation supports programs for breast cancer and other vital women's health issues in 50 countries around the world. The Foundation's Avon Breast Cancer Crusade is to benefit all women through research, clinical care, support services, education and early detection, but there is special emphasis on reaching medically underserved women, including low-income, elderly and minority women, and women without adequate health insurance.

## **Black Women's Health Imperative**

1726 M st., NW  
Suite. 300  
Washington, DC 20036  
202-548-4000  
202-543-9743 Fax

<http://www.blackwomenshealth.org>  
[info@blackwomenshealth.org](mailto:info@blackwomenshealth.org)

The Black Women's Health Imperative (BWHI) is a health education, research, advocacy and leadership development institution that promotes optimum health for African American women across the life span—physically, mentally and spiritually. BWHI seeks to develop and communicate highly effective and beneficial health information, products and programs to African American women.



## **Cancer and Careers.org**

c/o Cosmetic Executive Women, Inc.  
21 East 40th St.  
Suite 1700  
New York, NY 10016  
212-685-5955

<http://www.cancerandcareers.org>

Cancer and Careers is a web-based resource for working women with cancer, their employers, coworkers and caregivers offering articles, news, charts, checklists, tips and a community of experts, patients and survivors. The site is sponsored by Cosmetic Executive Women, Inc., a non-profit trade organization of approximately 2,500 executives in the beauty, cosmetics, fragrance and related industries.

## **CancerCare**

275 Seventh Ave.  
New York, NY 10001  
800-813-HOPE  
212-712-8400

<http://www.cancercare.org>  
[info@cancercare.org](mailto:info@cancercare.org)

CancerCare is a national non-profit agency offering help to cancer patients and their loved ones. The agency assists with the emotional, social, and financial burdens of cancer through a toll-free counseling line, teleconference programs, office-based services, health materials and the Internet. All services are provided free of charge and are available to people of all ages, with all types of cancer, at any stage of the disease.

# NATIONAL ORGANIZATIONS/PROGRAMS

## **Cancer Research and Prevention Foundation**

1600 Duke St., Suite 500

Alexandria, VA 22314

703-836-4412

703-836-4413 Fax

<http://www.preventcancer.org>

The Cancer Research and Prevention Foundation is a national, non-profit health foundation whose mission is the prevention and early detection of cancer through scientific research and education. The foundation focuses its energies and resources on those cancers—including lung, breast, prostate, colorectal, cervical, skin, oral and testicular—that can be prevented through lifestyle changes or detection and treatment in their early stages.

## **The Celebrating Life Foundation**

P. O. Box 224076

Dallas, TX 75222-4076

800-207-0992

<http://www.celebratinglife.org/>

[info@celebratinglife.org](mailto:info@celebratinglife.org)

The Celebrating Life Foundation promotes breast cancer awareness specifically targeting African American women and women of color. The primary purpose is the promotion of charitable endeavors that encourage the advancement of knowledge and awareness of breast cancer risk and prevention in the African American community and for women of color.

## **Circle of Life**

For more information, contact your local American Cancer Society or the national office at 800-ACS-2345.

<http://www.cancer.org>

The Circle of Life program trains women in Native American and Alaska Native areas to contact friends about the importance of having regular mammograms. The program guidelines were developed to respect the values of native communities, and in particular, to gain the support of tribal leaders for every phase. The name of the educational program denotes the belief that “all women should be able to complete the full circle of their lives.” The program includes a training kit with guides, information and a video.

## **Additional National Organizations**

**American Breast Cancer Fund:** <http://www.abcf.org/>

**National Breast Cancer Foundation:** <http://www.nationalbreastcancer.org>

**National Hospice & Palliative Care Organization:** <http://www.nhpco.org>

**OncoLink:** <http://www.oncolink.org/types>

**SusanLoveMD:** <http://www.susanlovemd.com>

**Young Survival Coalition:** [www.youngsurvival.org](http://www.youngsurvival.org)

## **ENCOREplus® Breast and Cervical Cancer Program of the YWCA**

Contact EncorePlus at 800-95E-PLUS or contact your local YWCA for programs and resources in your area.

<http://www.ywca.org>

The ENCOREplus® Breast and Cervical Cancer Program of the YWCA is a community-based program designed for women in need of early detection education and breast and cervical cancer screening and support services. It also provides women under treatment and recovering from breast cancer with a unique, combined peer group support and exercise program. The ENCOREplus® program is designed to eliminate inequalities in health care experienced by many women by removing barriers to access and promoting effective community-based outreach, education, referral to clinical services and support systems. The program includes community outreach and breast health education; referral to low or no-cost breast and cervical screening; resources; information and advocacy; peer group support; and exercise for women under treatment and recovering from breast cancer.

## **Intercultural Cancer Council**

Baylor College of Medicine

Suite #1025

1709 Dryden Road

Houston, TX 77030-3411

Tel: 713.798.4614

Fax: 713.798.3990

<http://iccnetwork.org>

[icc@bcm.edu](mailto:icc@bcm.edu)

The Intercultural Cancer Council (ICC) promotes policies, programs, partnerships and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations in the United States and its associated territories.

## **Look Good...Feel Better**

c/o CTFA Foundation

1101 17th St., N.W.

Washington, DC 20036

800-395-LOOK

202-331-1770

<http://www.lookgoodfeelbetter.org>

Look Good...Feel Better (LGFB) is a free, non-medical, brand-neutral, national public service program founded in 1989 and supported by corporate donors to help women offset appearance-related changes from cancer treatment. There are now three versions:

## **Look Good...Feel Better**

Group programs and other services for women in English in all 50 states and the District of Columbia. (International LGFB programs are also offered by its sister organizations).

# NATIONAL ORGANIZATIONS/PROGRAMS

## **Luzca Bien...Siéntase Mejor**

Bilingual group programs (English and Spanish) for Hispanic women in 14 locations: Albuquerque, N.M.; Brownsville, Texas; Chicago; Dallas; Denver; Houston; Los Angeles; Miami; New York City; Phoenix; San Antonio; San Diego; San Francisco and Washington, DC. Spanish-language materials are available nationwide upon request.

## **Look Good...Feel Better for Teens**

Group programs for teen girls and guys in 13 cities—Boston; Columbus, Ohio; Denver; Durham, N.C.; Houston; Memphis; New Haven; New York City; Palo Alto, Calif.; Philadelphia; Rochester, Minn.; Tampa and Washington, DC—plus the 2bMe Web site with online demos and more.

## **The Mautner Project for Lesbians with Cancer**

1875 Connecticut Ave, NW

Suite 710

Washington, DC 20009

Toll Free # 1866-MAUTNER (628-8637)

202-332-0662 Fax

<http://www.mautnerproject.org>

The Mautner Project coordinates individualized peer and family assistance programs that provide emotional and practical support; operates support groups, a resource center and outreach and education programs for lesbians and health care providers; provides referrals to lesbian-friendly health care professionals and other services; and advocates for breast cancer issues that affect lesbians and non-lesbians alike.

The Spirit Health Education Circle (SHE-Circle) Program—targeting African American lesbian women—provides comprehensive cancer education that addresses all aspects of prevention, including behavioral risk factors and screening in a setting that encourages cancer prevention as part of a healthy lifestyle.

## **The Mayors' Campaign Against Breast Cancer**

U.S. Conference of Mayors

1620 I st., NW

4th Floor

Washington, DC 20006

202-861-6707

202-293-2352 Fax

<http://www.usmayors.org/cancer>

[cswann@usmayors.org](mailto:cswann@usmayors.org)

The United States Conference of Mayors (USCM) addresses the public health problem of breast cancer through the Mayors' Campaign Against Breast Cancer, and focuses on raising awareness and encouraging women to take advantage of mammography. The Campaign emphasizes outreach to women who are at greatest risk—those who are over fifty, low-income, uninsured or underinsured and members of racial/ethnic minorities. Mayors exchange information



and take advantage of each other's experience in promoting breast cancer awareness. Each October these Mayors join their colleagues across the country to observe National Breast Cancer Awareness Month, an event that USCM has promoted for more than a decade.

## **Men Against Breast Cancer**

P. O. Box 150

Adamstown, MD 21710-0150

866-547-MABC (6222)

301-874-8657 Fax

<http://www.menagainstbreastcancer.org>

[info@menagainstbreastcancer.org](mailto:info@menagainstbreastcancer.org)

Men Against Breast Cancer (MABC) is a national non-profit organization established to target and mobilize men in the fight against breast cancer. MABC recognizes that breast cancer affects the entire family and emphasizes the important role of the husband or partner in caring for the breast cancer patient. MABC works with breast cancer patients and their husbands and partners, and with doctors and other medical staff to educate them on the role they play in the woman's treatment and recovery. The Partners in Survival Program teaches skills to male partners of cancer survivors that will improve their ability to care for and support their partners. This program targets African American, American Indian and Hispanic women and their partners.

## **National Asian Women's Health Organization (NAWHO)**

4900 Hpyard RD

Suite 100

Pleasantown, CA 94588

923-468-4120

923-468-4824

<http://www.nawho.org>

[info@nawho.org](mailto:info@nawho.org)

The National Asian Women's Health Organization (NAWHO) is a non-profit, community-based health advocacy organization committed to improving the health status of Asian women and girls.

Communicating Across Boundaries: the Asian American Women's Breast and Cervical Cancer Program seeks to eliminate the threat of these diseases in Asian American communities nationwide by



# NATIONAL ORGANIZATIONS/PROGRAMS

increasing provider awareness of and responsiveness to the health needs of Asian American women. The program's centerpiece is a training for health care professionals entitled "Communicating Across Boundaries: A Cultural Competency Training on Breast and Cervical Cancers in Asian American Women." It is designed to build provider knowledge and skills to better serve Asian American women for early detection screening. It creates an indispensable forum for providers to understand the unique health barriers that exist for Asian American women, and teaches proven strategies for overcoming such challenges.

NAWHO has established a national toll-free information and referral number to provide Asian American women with breast and cervical cancer information in English and four Asian languages: Laotian, Korean, Vietnamese and Cantonese.

## **National Breast Cancer Awareness Month**

P. O. Box 15437  
Wilmington, DE 19850-5437  
877-88-NBCAM  
<http://www.nbcam.org>

The National Breast Cancer Awareness Month (NBCAM) campaign celebrates more than 18 years of educating women about breast cancer, especially the importance of detecting the disease in its earliest stages through screening mammography, clinical breast examination, and for women 20 years of age and older, breast self-examination.

NBCAM's Web site, a year round resource for information about breast cancer, offers a number of educational documents, pamphlets, posters and other breast-cancer related materials.

NBCAM is comprised of more than 15 national public service organizations, professional medical associations, and government agencies working in partnership to raise awareness and provide access to screening services.

## **National Breast Cancer Coalition**

1101 17th St., N.W.  
Suite 1300  
Washington, DC 20036  
800-622-2838  
202-296-7477  
202-265-6854 Fax  
<http://www.stopbreastcancer.org>

The National Breast Cancer Coalition (NBCC) is a breast cancer advocacy group, with more than 600 member organizations and 70,000 individual members and supporters. Committed to ending breast cancer, NBCC and its sister organization, the National Breast Cancer Coalition Fund, work to educate and train individuals to be effective activists and to influence the public policies that affect breast cancer research and treatment. NBCC has initiatives in the international realm, clinical trials, the environment, research and

quality care. Other programs include the Aspen Project (annual breast cancer think-tank meetings at the Aspen Institute in Aspen, Colo.), and Project LEAD® (a science training course designed to help breast cancer activists influence research and public policy processes).

## **National Coalition for Cancer Survivorship (NCCS)**

1010 Wayne Ave.  
Suite 770  
Silver Spring, MD 20910  
888-650-9127  
<http://www.canceradvocacy.org>  
[info@canceradvocacy.org](mailto:info@canceradvocacy.org)

National Coalition for Cancer Survivorship (NCCS) identifies and addresses issues that affect the quality of life for cancer survivors. It offers information, advocacy, conferences, publications, a speakers' bureau and technical assistance for individuals who want to start self-help groups. NCCS serves as a clearinghouse for credible information about survivorship, empowers cancer survivors through its publications and programs, convenes other national cancer-related organizations and advocates for policy issues that affect survivors' quality of life.

## **National Indian Women's Health Resource Center**

228 S. Muskogee Ave.  
Tahlequah, OK 74464  
918-456-6094  
1-866-4-NIWHRC  
918-456-8128 Fax  
<http://www.niwhrc.org>

National Indian Women's Health Resource Center (NIWHRC) is a national Indian women's health network that promotes advocacy, education, policy, development, appropriate research and encouragement of healthy lifestyle behaviors within cultural class. NIWHRC provides technical assistance to the CDC-funded National Breast and Cervical Cancer Early Detection Program tribal programs and to the state health agencies with a significant Indian population in their state. The outcome is to increase the number of American Indian/Alaska Native women being screened for breast and cervical cancer.

## **Looking for information?**

**Office of Minority Health Resource Center**  
**800-444-6472 • [www.omhrc.gov](http://www.omhrc.gov)**



# NATIONAL ORGANIZATIONS/PROGRAMS

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## **National Women's Health Network**

1413 K St., NW  
4th Floor  
Washington, DC 20005  
202-682-2640  
202-682-2648

<http://www.womenshealthnetwork.org>

The National Women's Health Network advocates for national policies that protect and promote all women's health and to provide evidence-based, independent information to assist women in making fully informed health decisions. The network's advocacy covers a wide spectrum of topics in women's health, including breast cancer, reproductive health, access to quality health care services, menopause, safety of drugs and devices for women and many other issues.

## **Native American Cancer Research**

3022 South Nova Road  
Pine, CO 80470-7830  
303-838-9359  
303-838-7629 Fax

<http://natamcancer.org>

Native American Cancer Research (NACR) is a Native-owned and operated non-profit whose goal is to reduce Native American cancer incidence and mortality, and to increase survival from cancer among Native Americans. To accomplish this goal, NACR implements cancer primary prevention, secondary prevention, risk reduction, screening (early detection), education, training, research, diagnoses, control, treatment, support, quality of life and/or studies of cancer among Native Americans. NACR projects and studies are primarily supported by federal agencies and national organizations.

## **Native American Women's Health Education Resource Center**

Native American Community Board  
P. O. Box 572  
Lake Andes, SD 57356  
605-487-7072  
605-487-7964 Fax

<http://www.nativeshop.org/nawherc.html>

The Native American Women's Health Education Resource Center offers health education information and activities. The Resource Center provides a facility in which women can organize around issues of concern and social change. Education and information on the following subjects are provided: fetal alcohol syndrome; family planning; AIDS awareness; sexually transmitted diseases; nutrition; child development; domestic violence and self help. The resource center publishes brochures and posters on AIDS and breast cancer.

## **Native C.I.R.C.L.E**

Charlton 6, Room 282  
200 First St., S.W.  
Rochester, MN 55905  
877-372-1617  
507-538-0504 Fax

<http://www.nativeamericanprograms.org/index.html>

The American Indian/Alaska Native Cancer Information Resource Center and Learning Exchange (Native C.I.R.C.L.E.) exists to stimulate, develop, maintain and disseminate culturally appropriate cancer information materials to health care professionals and lay people involved in the education, care and treatment of American Indians and Alaska Natives.

## **People Living With Cancer**

American Society of Clinical Oncology  
2318 Mill RD  
Suite 800  
571-483-1780  
Free# 888-651-3038  
571-366-9537 Fax

<http://www.cancer.net/portal/site/patient>

People Living With Cancer, the patient information Web site of the American Society of Clinical Oncology, provides oncologist-approved information on more than 50 types of cancer and their treatments, clinical trials, coping, and side effects. Additional resources include a Find an Oncologist database, live chats, message boards, a drug database and links to patient support organizations. Information in Spanish is also available. The site is designed to help people with cancer make informed health care decisions.

## **Reach to Recovery Program**

Contact your local American Cancer Society (ACS) or contact the national ACS for information at 800-227-2345.

<http://www.cancer.org>

The Reach to Recovery Program is a volunteer visitation program. Volunteers are trained to give support and up-to-date information, including literature for spouses, children, friends, and other loved ones. Volunteers can also, when appropriate, provide breast cancer patients with a temporary breast form and information on types of permanent prostheses, as well as lists of where those items are available within a patient's community.

# NATIONAL ORGANIZATIONS/PROGRAMS

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## **Redes En Acción**

Chronic Disease Prevention and Control Research Center  
Baylor College of Medicine  
8207 Callaghan Road  
Suite 110  
San Antonio, TX 78230  
210-562-6500  
210-348-0554 fax  
<http://redesenaccion.org>  
[redesenaccion@uthscsa.edu](mailto:redesenaccion@uthscsa.edu)

Redes En Acción: The National Hispanic/Latino Cancer Network is a National Cancer Institute-funded initiative to combat cancer among Latinos. A multifaceted approach to cancer prevention and control, Redes En Acción is building a nationwide network of community-based organizations, research institutions, government health agencies and the public. Core activities include promoting training and research opportunities for Latino students and researchers, generating research projects on key Latino cancer issues, and supporting cancer awareness activities within the Latino community.

Regional Network Center (RNC) staff around the country have raised awareness of the program and its objectives, particularly in the area of Latino cancer education, at more than 350 regional and local community events. These events included health fairs, children's anti-smoking campaigns, breast cancer awareness efforts, and participation at neighborhood health centers and school events. In addition, RNC staff have given informal talks and presentations, typically in small-group sessions with children, parents and other interested audiences.

## **Salud En Acción:**

### **National Hispanic/Latino Health Communication Research**

Chronic Disease Prevention and Control Research Center  
Baylor College of Medicine  
8207 Callaghan Road  
Suite 110  
San Antonio, TX 78230  
210-348-0255  
210-348-0554 Fax  
<http://ihpr.uthscsa.edu>

Salud En Acción: National Health Communication Research has extensive expertise in the fields of public health promotion, health research, health communication and community networking with regard to working with the Hispanic/Latino community. Through coalition building, collaborative partnerships with national, regional and local research organizations, as well as its national network connections.

Salud En Acción addresses the health disparities and issues of concern for the Hispanic/Latino population. Areas of focus include breast cancer projects, community-based multi-risk-factor cancer

control studies, genetics education, clinical trials recruitment and tobacco prevention and control.

## **Sisters Network**

2922 Rosedale St  
Houston, TX 77004  
713-781-0255  
713-780-8998 Fax  
<http://www.sistersnetworkinc.org>  
[infonet@sistersnetworkinc.org](mailto:infonet@sistersnetworkinc.org)

Sisters Network is a national African American breast cancer survivors support group. The organization was established in 1994 by several African American breast cancer survivors. The Network provides emotional and psychological support, resources for medical research, community cancer education and awareness programs, a speakers bureau and a national newsletter.

## **Susan G. Komen for The Cure**

5005 LBJ Freeway, Suite 250  
Dallas, TX 75244  
1-877-GO-KOMEN (1-877-465-6636)  
<http://www.komen.org>

The Susan G. Komen Foundation was established in 1982 by Nancy Brinker to honor the memory of her sister, who died from breast cancer. The Foundation has become a national organization with a network of volunteers working throughout 32 states and the District of Columbia, fighting to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment. The foundation distributes Hispanic breast health videos and fact sheets on Hispanic Women and Breast Cancer and African American Women and Breast Cancer.

## **Breast Cancer Network of Strength**

135 S. LaSalle St.  
Suite 2000  
Chicago, IL 60603  
Tel: 312-986-8338  
Fax: 312-294-8597  
1-800-221-2141 (English)\*  
1-800-986-9505 (Español)  
<http://www.networkofstrength.org/>

Founded in 1978, Y-ME is a non-profit consumer-oriented organization that provides information, referrals, and emotional support to individuals concerned about or diagnosed with breast cancer. Its national toll-free hotline is operated by trained staff and volunteers who have experienced breast cancer. Y-ME promotes breast cancer awareness through educational workshops and its bimonthly, award-winning newsletter, Y-ME HOTLINE. A wig and prosthesis bank is available for those in need. A twelve-minute video describing the Y-ME program is also available.

# STATE PROGRAMS

The National Breast and Cervical Cancer Early Detection Program builds the infrastructure for breast and cervical cancer early detection by supporting public and provider education, quality assurance, surveillance and evaluation activities critical to achieving maximum utilization of the screening, diagnostic and case management services. To find out where free or low-cost mammograms and Pap smear tests are available, contact your state/local breast and cervical cancer program by using the information below or calling toll-free 1-888-842-6355, select option 7. For more information on the National Breast and Cervical Cancer Early Detection Program, go to <http://www.cdc.gov/cancer/nbccedp/index.htm>. For additional contact numbers, go to <http://apps.nccd.cdc.gov/cancercontacts/nbccedp/contacts.asp>.

## Alabama

877-252-3324  
334-206-5851

## Alaska

800-410-6266 In State  
907-269-3491 Out of State

## American Samoa

011-684-633-2135

## Arizona

888-257-8502

## Arkansas

877-670-2273

## California

800-511-2300 In State  
916-449-5300

## Colorado

866-951-WELL (9355)

## Connecticut

860-509-7804

## Delaware

800-464-4357

## District of Columbia

202-442-5900

## Florida

800-227-2345

## Georgia

404-657-6611

## Guam

850-245-4455  
671-735-7174  
671-735-7168

## Hawaii

808-692-7460

## Idaho

800-926-2588

## Illinois

888-522-1282

## Indiana

317-233-7405

## Iowa

800-369-2229

## Kansas

877-277-1368

## Kentucky

1-800-462-6122  
1-800-4-CANCER

## Louisiana

888-599-1073

## Maine

800-350-5180 In State  
207-287-8068

## Maryland

800-477-9774

## Massachusetts

877-414-4447

## Michigan

800-922-MAMM (6266)

## Minnesota

888-643-2584

## Mississippi

800-721-7222

## Missouri

573-522-2845

## Montana

888-803-9343

## Nebraska

800-532-2227  
Outside Lincoln, NE

402-471-0929

Inside Lincoln, NE

800-833-7352 (TDD)

## Nevada

888-463-8942  
In State

775-684-5936

Out of State

## New Hampshire

800-852-3345,  
ext. 4931  
In State

603-271-4931

## New Jersey

800-328-3838

## New Mexico

877-852-2585  
505-841-5860

## New York

866-442-CANCER (2262)

## North Carolina

919-715-0111

800-4-CANCER

In State

## North Dakota

800-449-6636  
In State

701-328-2333

Out of State

## Northern Mariana Islands

011-670-234-1184  
670-236-8703

## Ohio

614-466-2144

## Oklahoma

888-669-5934  
405-271-4072

## Oregon

971-673-0581  
877-255-7070

## Pennsylvania

800-215-7494

## Puerto Rico

787-772-8300 ext. 232

## Republic of Palau

011-680-488-4612

## Rhode Island

401-222-4324

## South Carolina

800-227-2345

## South Dakota

800-738-2301

## Tennessee

877-969-6636

# STATE PROGRAMS

## Texas

512-458-7796

## Utah

800-717-1811

## Vermont

800-508-2222

## Virginia

866-EWL-4YOU  
866-395-4988  
804-867-7761 Out of State

## Washington

888-438-2247

## West Virginia

800-642-8522

## Wisconsin

608-261-6872

## Wyoming

800-264-1296

One initiative of the National Breast and Cervical Cancer Early Detection Program (NBCCEDP) is to directly fund American Indian/Alaska Native organizations that can establish comprehensive screening programs to improve outreach to American Indian/Alaska Native women. For more information on the National Breast and Cervical Cancer Early Detection Program, go to <http://www.cdc.gov/cancer/nbccedp/index.htm>. For additional contact numbers, go to <http://apps.nccd.cdc.gov/cancercontacts/nbccedp/contacts.asp>.

To find out where NBCCEDP offers free or low-cost mammograms and Pap smear tests for American Indian/Alaska Native women, contact the tribal organizations below.

### Arctic Slope Native Association Limited

Breast and Cervical Cancer  
Early Detection Program  
800-478-6606, Ext. 270

### Mississippi Band of Choctaw Indians

Breast and Cervical Cancer  
Early Detection Program  
601-389-6326

### South East Alaska Regional Health Consortium

Breast and Cervical Cancer  
Early Detection Program  
888-388-8782

### Cherokee Nation

Breast and Cervical Cancer  
Early Detection Program  
918-458-4491

### Native American Rehabilitation Association of the Northwest, Inc.

Breast and Cervical Cancer  
Early Detection Program  
503-230-9857 ext. 251

### South Puget Intertribal Planning Agency

Breast and Cervical Cancer  
Early Detection Program  
800-924-3984

### Cheyenne River Sioux Tribe

Breast and Cervical Cancer  
Early Detection Program  
605-964-8921

### Navajo Nation

Breast and Cervical Cancer  
Early Detection Program  
928-871-6249 ext. 23

### Southcentral Foundation

Breast and Cervical Cancer  
Early Detection Program  
907-729-8891

### Hopi Tribe

Breast and Cervical Cancer  
Early Detection Program  
928-734-1150

### Poarch Band of Creek Indians

Breast and Cervical Cancer  
Early Detection Program  
251-368-8630

### Yukon-Kuskokwim Health Consortium

Breast and Cervical Cancer  
Early Detection Program  
907-543-6996

### Kaw Nation of Oklahoma

Kaw Women's Health Program  
580-362-1039 ext 228

## Did you know?

Established in 1991, the National Breast and Cervical Cancer Early Detection Program is currently implemented in all 50 states, 4 U.S. territories, the District of Columbia, and 13 American Indian/Alaska Native organizations. To date, it has:

- ❖ Screened 3.3 million women;
- ❖ Provided 8.0 million screening examinations; and
- ❖ Diagnosed approximately 37,117 breast cancers, 121,500 precancerous cervical lesions and 2,324 cervical cancers.

For more information visit: <http://www.cdc.gov/cancer/nbccedp/index.htm>

# COMMUNITY PROGRAMS

**B**elow are descriptions of just a few of the many community-based organizations in the United States that provide breast cancer-related information—education, mammograms, outreach, prevention, research and treatment. Inclusion does not imply endorsement by the Office of Minority Health Resource Center, the Office of Minority Health, the U.S. Department of Health and Human Services. For more information on national programs near you, contact the Office of Minority Health Resource Center at 800-444-6472.

## **Asian American Cancer Support Network**

P. O. Box 2919  
Sunnyvale, CA 94087  
408-735-7890  
408-716-2771 fax  
<http://www.aacsn.org>

The Asian American Cancer Support Network (AACSN) is a San Francisco Bay Area-based community resource network serving Asian Americans affected by cancer through non-medical, social supportive programs and fundraising. AACSN provides complimentary care baskets to newly diagnosed patients, hosts educational workshops for cancer patients and their caregivers, networks with other cancer organizations and offers Asian-language materials. AACSN supports breast cancer patients/survivors, as well as those with other types of cancer.

## **Barrio Comprehensive Family Health Care Center, Inc.**

3066 East Commerce Street  
San Antonio, Texas 78220  
210.233.7070  
<http://www.communicaresa.org>

Barrio Comprehensive Family Health Care Center, Inc., (BCFHCC) is a non-profit, federally qualified health care clinic serving the San Antonio community. BCFHCC provides primary health care in areas of the city that have been clearly designated as medically underserved—the majority of the residents in this service area are Hispanic and African American.

The Center, comprised of five service delivery sites, provides a comprehensive array of services to area residents—health education, dental, mental health counseling, nutrition education, general and family care, pediatrics, internal medicine and women's health. Breast and cervical cancer screenings are also available.

## **Breast Cancer Resource Center YWCA Princeton**

59 Paul Robeson Place  
Princeton, NJ 08540  
609-497-2100 Office Ext. 346 or 349  
609-497-2126 Breast Cancer Helpline  
609-497-1211  
<http://www.bcrcnj.org>

The Breast Cancer Resource Center (BCRC) is a non-profit program of the YWCA Princeton. BCRC is dedicated to increasing breast cancer awareness in the community, and to providing information and support to women and families affected by breast cancer. The center promotes the importance of early detection by providing breast cancer awareness talks to community organizations, schools, corporations, churches, women's groups and by participating in health fairs/exhibitions and coordinating an annual breast health seminar.

BCRC provides current, reliable, easy-to-understand information on all aspects of breast cancer and survivorship through a resource library, a breast cancer helpline, a guest speaker series, a newsletter and a Web site. Emotional and physical support is provided in the form of support groups, a woman-to-woman telephone network, wellness programs and a prosthesis and wig bank. Financial support to offset breast cancer treatment-related costs may be available to uninsured and underinsured women through the Special Needs Project. All BCRC programs and services are provided free of charge.





# COMMUNITY PROGRAMS

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## **Cancer Prevention and Control**

National Conference of State Legislatures  
444 North Capitol St., N.W.  
Suite 515  
Washington, DC 20001  
202-624-5400  
202-737-1069 Fax

<http://www.ncsl.org/programs/health/cancerweb.htm>

This Web page provides current information on statistics, legislation, research, programming and other policies affecting cancer prevention and control. Find up-to-date information on state actions, including funding and amendments to Medicaid plans, as well as a comprehensive chart of all introduced legislation relating to breast and cervical cancer.

## **Circle of Friends: Women Telling Women About Breast and Cervical Cancer**

National Caucus and Center on Black Aged, Inc.,  
1220 L St., N.W.  
Suite 800  
Washington, DC 20005  
202-637-8400  
202-347-0895 Fax

<http://www.ncba-aged.org>

Circle of Friends, a Breast and Cervical Cancer Health Education Intervention for Mature African American Women, is a community-based breast and cervical cancer education and screening program model for mature African American women. Program activities include culturally appropriate traditional and non-traditional approaches to encourage older African American women to recognize risk factors and the need for participation in early detection and screening activities. Program materials include a start-up kit, brochures, video tapes, place mats and bookmarks.

## **Women's Wellness Connection**

PSD-WWC-A-5  
4300 Cherry Creek Drive South  
Denver, CO 80246-1530  
303-692-2581 – General WWC Questions  
866-951-WELL (9355) – Patient Referral Hotline  
303-691-7900 Fax

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

<http://www.cdphe.state.co.us/pp/cwcci/cwccihom.asp>

The Colorado Women's Cancer Control Initiative (CWCCI) is a program administered by the Colorado Department of Public Health and Environment. It is part of the National Breast and Cervical Cancer Early Detection Program funded through the Centers for Disease Control and Prevention. The goal of the program is to reduce breast and cervical cancer mortality through the promotion of compliance with routine screening guidelines and timely, state-of-the-art diagnostic evaluation and treatment of screen-detected abnormalities. The CWCCI provides breast and cervical cancer screening (mammograms, clinical breast exams, Pap tests and pelvic exams) and selected diagnostic services at 120 sites through cooperative efforts of 46 providers. These exams are provided free of charge to uninsured or underinsured, low income women 40-64 years of age, with emphasis on women age 50 to 64. Special priority is placed upon screening women of color, women with disabilities, lesbians and hard to reach urban and rural women. The program conducts public education and outreach activities to recruit eligible women into screening, as well as providing up to date breast and cervical cancer information to health care professionals.

## **Hawaii Department of Health**

Breast and Cervical Cancer Control Program  
601 Kamokila Blvd.  
Room 344  
Kapolei, HI 96707  
808-692-7460  
808-692-7478 Fax

<http://www.hawaii.gov/health/family-child-health/chronic-disease/chronic-disease/cancer/index.html>

The Hawaii Department of Health's Breast and Cervical Cancer Control Program (BCCCCP) provides no-cost breast and cervical screening services to women ages 50 to 64, who are low income and have no or insufficient health insurance, particularly Native Hawaiian and Filipino women. The program activities include increasing participation in breast and cervical cancer screening activities, establishing appropriate referrals and follow-up services for all women screened in the program, and reducing the risk of developing breast and cervical cancer by implementing effective public and professional education programs.

# COMMUNITY PROGRAMS

## **The Rosemary Williams Mammoday Program**

2041 Georgia Ave., N.W.  
Washington, DC 20060  
202-865-4655  
<http://cancer.howard.edu>

The Low-Cost Mammogram and Breast Examination Program early detection program is offered periodically to offset cost barriers to breast cancer screening. Eligibility criteria for participation in this program are to be at least thirty-five years of age, have a low income and no health insurance. Services provided include a low-cost mammogram and breast examination. Women are also provided with educational materials. Language interpretation is available for Spanish-speaking participants.

## **`Imi Hale**

894 Queen St.  
Honolulu, HI 96813  
808-597-6558  
808-597-6552  
<http://www.imihale.org>

The `Imi Hale project seeks to launch culturally-appropriate research activities aimed at all aspects of Native Hawaiian cancer issues. Activities include Malama Pu`uwai, a breast care program that supports Native Hawaiian women diagnosed with breast cancer; a series of booklets based on 12 Native Hawaiian breast cancer survivors' own stories; a bead necklace kit, created as a three-dimensional tool to increase early breast and cervical cancer detection by Native Hawaiian women; the Ka Lokahi Wahine program that helps physicians to communicate better with Native Hawaiian women; and breast exam shower cards that incorporate local images and language with traditional methods of communication.

## **Kettering Breast Evaluation Center**

580 Lincoln Park Blvd.  
Suite 200  
Kettering, OH 45429  
937-299-0099 or 800-373-2160  
<http://www.kmcnetwork.org>

Through the "Walk for Women's Wellness" fund, the Kettering Breast Evaluation Center offers free mammograms, ultrasounds and prostheses to qualifying patients. Educational seminars on breast self-examination are also available.



## **La Maestra Community Health Centers**

4185 Fairmount Ave.  
San Diego, CA 92105  
619-584-1612  
619-281-6738 Fax  
<http://www.lamaestra.org>

La Maestra offers several programs that motivate Latino and minority refugee populations to participate in breast cancer health education, screening, Pap smear and mammogram services. All day clinics are done quarterly in collaboration with the Y-ME program.

## **Living Beyond Breast Cancer**

354 West Lancaster Avenue  
Suite 224  
Haverford, PA 19041  
610-645-4567 or 484-708-1550  
610-645-4573 Fax

Living Beyond Breast Cancer (LBBC) is a non-profit educational organization committed to empowering all women affected by breast cancer to live as long as possible with the best quality of life. Programs include semiannual large scale educational conferences, outreach to medically underserved women, the Paul A. Seidman Library and Resource Center, Young Survivors support and networking group, the Survivors' Helpline and a Web site. These resources combine to help women and families affected by breast cancer take an active role in their ongoing recovery from the disease regardless of educational background, social support or financial resources. LBBC also offers a consumer-focused booklet specifically designed for African American women affected by breast cancer as well as a bilingual resource guide for Latina women.

# COMMUNITY PROGRAMS

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## **Native American Breast Cancer Survivor's Network**

Native American Cancer Initiatives, Inc.

3022 S. Nova Road

Pine, CO 80470-7830

303-838-9359

303-838-7629 Fax

<http://natamcancer.org/index.html>

The Native American Breast Cancer Survivor's Network is a project designed to improve the survival from breast cancer and quality of life after being diagnosed with breast cancer for both the patient and her loved ones. The project addresses support issues for Native Americans who are dealing with breast cancer in the family. Examples of support include, but are not limited to: telephone support system, breast cancer patient printed and video support materials, breast cancer information and support materials for family members, diagnostic treatment information, copies of medical records and a database to learn more about how breast cancer is affecting Native American communities.

## **Nueva Vida**

Support Group for Latin Women with Cancer

2000 P St., N.W.

Suite 620

Washington, DC 20036

202-223-9100

202-223-9600 Fax

<http://www.nueva-vida.org>

The mission of Nueva Vida is to inform, support and empower Latinas whose lives are affected by cancer, and to advocate for and facilitate the timely access of state of the art cancer care, including screening, diagnosis, treatment and care for all Latinas.

Founded by a group of Latina breast cancer survivors and health care professionals, Nueva Vida provides culturally sensitive cancer support services for Latinas in the Washington, DC, metropolitan area through its survivorship and support access programs and serves as the voice of Latinas with cancer nationally through its advocacy efforts. Individual and peer-to-peer counseling assists not only those who have been recently diagnosed with cancer but also Latinas who have transitioned into the "survivorship" phase of the disease.

The Access Support Program provides individualized assistance to Latinas in need of access to health care resources for breast and cervical cancer screening, detection, treatment and care.

The Survivorship Access Program addresses the long term implications of cancer through individual and group support activities. The support groups meet weekly, addressing issues as varied as total health care while undergoing cancer treatments, spirituality, or creating the emotional support within the family of the cancer patient.

## **Office of Native Cancer Survivorship**

13790 Davis

Anchorage, AK 99516

907-333-2071

<http://www.oncs.org>

The goal of the Office of Native Cancer Survivorship (ONCS) is to improve delivery and quality of cancer care and survivor support for American Indians and Alaska Natives. ONCS partners with local, regional and national organizations to help ease the burden of any cancer diagnosis and improve overall quality of care. These services may include transportation and escort travel, medical care coverage, financial assistance, end of life care and caregiver support. Specialized support and materials relevant to individual patient needs as well as working with survivors to initiate programs are also provided.

## **Project WISH-Women Into Staying Healthy**

825 North Capitol St., N.E.

3rd Floor

Washington, DC 20002

202-442-9128 Pra Espanol

202-442-5900

202-442-4825 Fax

[http://www.dchealth.dc.gov/services/administration\\_offices/phsa/bccedp/faqs.shtm](http://www.dchealth.dc.gov/services/administration_offices/phsa/bccedp/faqs.shtm)

Project WISH-Women Into Staying Healthy is the screening component of the DC Breast and Cervical Cancer Early Detection program. Through this free program, eligible women with limited insurance or no health insurance, or limited income or financial resources are provided with annual Pap tests, pelvic exams and clinical breast exams. Women age 40 and over are also provided with free mammograms. A similar component is outreach and recruitment. Project WISH undertakes intensive outreach in October, which is Breast Cancer Awareness month. Shelters and health fairs are visited every three months.

# COMMUNITY PROGRAMS

## **SHARE: Self Help for Women with Breast or Ovarian Cancer**

1501 Broadway  
Suite 704A  
New York, NY 10036  
866-891-2392  
212-719-0364  
212-869-3431 Fax

<http://www.sharecancersupport.org>

SHARE: Self Help for Women with Breast or Ovarian Cancer, founded in 1976, provides self help support services free of charge at the time of diagnosis, during treatment and for the weeks, months, and years of post treatment for women with breast or ovarian cancer and their families and friends. The purpose of SHARE is to help women cope with ovarian and breast cancer and to help women make informed medical decisions. SHAREAWALK is the program's annual special event. SHARE also has information in Spanish—click on the LatinaSHARE button on the homepage.

## **Southeast Asian Health Program**

Family Health and Social Service Center  
26 Queen St.  
Worcester, MA 01610  
508-860-7700  
508-860-7792 Fax  
508-860-7750 TDD

<http://www.fhcv.org/seap.htm>

Southeast Asian Health Program is a community-based health promotion and disease prevention program for the Southeast Asians. Program goals are to educate the community on the importance of preventive care and early detection, particularly on the topics of tuberculosis, hepatitis B, smoking-related illnesses, breast cancer and cervical cancer. The program also assists people with finding health care and referrals for early detection screening.

## **Witness Project™**

College of Public Health  
4301 West Markham  
Slot 820  
Little Rock, AR 72205  
800-275-1183  
501-661-9603

The Witness Project is an educational and outreach program of the Arkansas Cancer Research Center's Cancer Education Department. It is a culturally competent, community-based, breast and cervical cancer education and outreach program, through which cancer survivors and lay health advisors increase awareness, knowledge, access to screening and early detection in the African American population in an effort to reduce mortality and morbidity from cancer. Currently available in more than 20 states, the program can be replicated through local churches and community centers.



## **Women's Health Outreach Program of the Onondaga County Health Department**

421 Montgomery St.  
9th Floor  
Syracuse, NY 13202  
315-435-3653  
315-435-2835 Fax

<http://www.ongov.net/Health/community.html#who>

Women's Health Outreach is a preventive health program providing education, screenings, referrals and follow-up for women who are unserved or underserved by regular medical care. This program serves as an entry point into health care for women and offers no cost and low cost physical exams, mammograms and Pap smears to women, generally 40 years of age and older.

# RESOURCES

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**H**ighlighted below are just a few sources of breast cancer materials for health care professionals, consumers or researchers. Because resources are routinely updated, sold out, and online links change, it is advisable to contact the organizations in this listing directly to determine availability and cost. It is the responsibility of the reader to review the materials to determine their appropriateness for the intended audience. Inclusion does not imply endorsement by the Office of Minority Health Resource Center, the Office of Minority Health, or the U.S. Department of Health and Human Services.

## Internet Tutorials

**MEDLINEplus Internet** tutorials are interactive health education resources from the Patient Education Institute. Using animated graphics, each tutorial explains a procedure or condition in easy-to-read language and online audio.

### **Breast Cancer**

<http://www.nlm.nih.gov/medlineplus/tutorials/breastcancer.html>

### **Breast Lump Biopsy**

<http://www.nlm.nih.gov/medlineplus/tutorials/breastlumps-biopsy.html>

### **Susan G. Komen Breast Cancer Foundation's Breast Self Awareness**

<http://ww5.komen.org/BreastCancer/BreastSelfAwareness.html?ecid=vanityurl:28>

This multimedia interactive tool from the Susan G. Komen Foundation demonstrates BSE (breast self-examination) and provides step-by-step instruction in BSE using real women, animation and voice-over audio clips. Clips feature the importance of breast self examinations, what breast changes to look for, how to exam augmented, large or small breasts, as well as self examination for those women who have had mastectomies. This tool allows women to learn this important self test in the privacy of their own home and features different women performing routine BSEs in the mirror so there is an online instructor to follow. The viewer has the option to hear the audio in English or Spanish. The topics include: Early Detection, Information about BSE, Looking as Part of BSE, Feeling as Part of BSE, Variations of BSE, Conclusion as well as an interactive self-test. This is an ideal resource for breast cancer presentations and health fairs.

## Professional Journals

### **Breast Cancer Research**

<http://breast-cancer-research.com>

Breast Cancer Research is a multidisciplinary journal that offers the latest research, commentaries on current issues, recent research findings and clinical applications; in-depth reviews, including multi-author thematic reviews coordinated by leading authorities in the field; peer-reviewed biological and translational research with open access for all readers; and up-to-date reports of international meetings, books and recently published papers.

### **CA: A Cancer Journal for Clinicians**

<http://caonline.amcancersoc.org>

This peer-reviewed journal provides primary care physicians; medical, surgical, and radiation oncologists; nurses; other health care and public health professionals; and students in various health care fields with up-to-date information on all aspects of cancer diagnosis, prevention, early detection, treatment of all forms, palliation, advocacy issues, quality-of-life topics and more.

### **CANCER**

[http://www.cancer.org/docroot/PUB/content/PUB\\_3\\_1\\_Cancer.asp](http://www.cancer.org/docroot/PUB/content/PUB_3_1_Cancer.asp)

This journal integrates scientific information from worldwide sources for all oncologic specialties. Topics covered include, but are not limited to biologic response modifiers (such as growth factors, interferons, interleukins, lymphotoxins), clinical observations, chemotherapy, clinical trials, detection, epidemiology, ethical issues, etiology, genetics and cytogenetics, imaging, immunology and immunotherapy, oncogenes, pathology and clinicopathologic correlations, prevention, psychosocial studies, radiation therapy, screening, staging and surgical therapy.

### **Journal of the American Medical Association**

[http://jama.ama-assn.org/cgi/collection/breast\\_cancer](http://jama.ama-assn.org/cgi/collection/breast_cancer)

The Breast Cancer collection publishes reports, research, articles and original findings related to breast cancer—mortality, incidence, treatment, mammography, detection and more.



## **Journal of the National Cancer Institute**

<http://jnci.oxfordjournals.org/>

This journal publishes peer-reviewed original research from around the world and is internationally acclaimed as the source for the most up-to-date news and information from the rapidly changing fields of cancer research and treatment.

## **New England Journal of Medicine**

[http://content.nejm.org/cgi/collection/breast\\_cancer](http://content.nejm.org/cgi/collection/breast_cancer)

The Breast Cancer collection covers topics such as BRCA, mammograms, tamoxifen, surgery, radiation and chemotherapy, and includes research articles, case reports, reviews and editorial commentary.

## Publications

### **A Woman's Guide to Breast Care**

<http://www.networkofstrength.org/information/publications/generalpubs/womensguide.pdf>

Available from Y-ME in both English and Spanish. Information for women about mammography, breast self exams and clinical exams.

### **Breast Cancer Facts & Figures 2003-2004**

<http://www.cancer.org/downloads/STT/CAFF2005BrF.pdf>

American Cancer Society's publication provides estimates of new breast cancer cases and deaths for 2003, as well as information on factors that influence survival, known risk factors for the disease, prevention details, early detection and treatment methods and research currently being conducted on breast cancer.

### **Breast Health Resource Guide**

<http://www.avoncompany.com/women/avoncrusade/bccguide.pdf>  
[http://www.avoncompany.com/women/avoncrusade/bccguide\\_espanol.pdf](http://www.avoncompany.com/women/avoncrusade/bccguide_espanol.pdf)

This free download, from the Avon Breast Cancer Crusade, is available in both English and Spanish.

### **Cancer Facts & Figures for African-Americans 2008**

[http://www.cancer.org/downloads/STT/CAFF2005AAv4\\_PWSecured.pdf](http://www.cancer.org/downloads/STT/CAFF2005AAv4_PWSecured.pdf)

American Cancer Society's publication estimates the number of new cancer cases and deaths for 2005 for African Americans and provides the most recent statistics on cancer incidence, mortality and five-year relative survival. Also includes sections on cancer risk factors such as tobacco use, physical activity and the use of cancer screening examinations.

### **Cancer Facts & Figures for Hispanic/Latinos 2006-2008**

<http://www.cancer.org/downloads/STT/CAFF2003HispPWSecured.pdf>

American Cancer Society's publication summarizes recent information on cancer occurrence and cancer screening in the Hispanic/Latino population, estimating the number of new cancer cases and deaths for 2003. Includes sections on use of cancer screening examinations, and cancer risk factors such as tobacco use and low physical activity. Available in Spanish from <http://www.cancer.org/downloads/STT/862301.pdf>

### **Do It for Yourself. Do It for Family.**

<http://nci.nih.gov/cancerinfo/breasthealth>

Developed by the National Cancer Institute and the Center for Medicare and Medicaid Services, this brochure informs women about the benefits of mammography and encourages women in their forties and older to get a mammogram every 1 to 2 years. These brochures are written in Chinese, Vietnamese, Tagalog and English.

### **Staying Strong**

<http://www.networkofstrength.org/information/publications/generalpubs/stayingstrong.pdf>

Y-ME's guide gives 'every' woman helpful insight to everyday problems encountered when facing breast cancer.

### **Get on the Path to Breast Cancer**

<http://natamcancer.org/page142.html>

One in a series of online health curricula, the Get on the Path to Breast Cancer curriculum from Native American Cancer Research offers a breast cancer health curriculum that has been tested and validated with Native American communities.

### **"Just for You" self-help kits**

<http://www.lookgoodfeelbetter.org>

These self-help kits from Look Good...Feel Better (LGFB) are available in English or Spanish and include a 30-minute video and a booklet on make-over tips. The kits are offered free to patients who cannot locally access LGFB. Call 800-395-LOOK to request a kit.

### **The Living and Working with Cancer Workbook**

<http://www.cancerandcareers.org>

This booklet from cancerandcareers.org contains medical history charts, insurance logs, questions to ask doctors and tips on combining work and treatment. Also available in Spanish.

### **MAMM.com - Women Cancer and Community**

<http://www.mamm.com/>

MAMM is a consumer publication for women living with breast and reproductive cancers. Information is available not only for the patient, but for their families and health care providers as well.

# RESOURCES

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## **Mammograms...Not Just Once, But For a Lifetime**

<https://cissecure.nci.nih.gov/ncipubs/details.asp?pid=72>

From the National Cancer Institute, this series of easy-to-read pamphlets, bookmarks and posters define mammography, tells who needs this important examination, and describes the procedure.

[www.redesenaccion.org/files/nuestras-historias/historias.pdf](http://www.redesenaccion.org/files/nuestras-historias/historias.pdf)

## **Nuestras Historias: Mujeres Hispans Sobreviviendo el Cáncer del Seno (Our Stories: Hispanic Women Surviving Breast Cancer)**

<http://www.redesenaccion.org/Historias/default.htm>

Through the stories of the women, this book from Redes En Acción: National Hispanic/Latino Cancer Network relates the influence of the Hispanic/Latino culture on the breast cancer experience and on the coping skills used by many of the Latina women in battling the disease.

## **Pathways to a Healthy Life**

<http://mayoresearch.mayo.edu/mayo/research/cancercenter/breast-broch.cfm>

Available from the Native C.I.R.C.L.E. this brochure was developed to provide American Indian women with information on breast cancer, early detection, treatment and how to communicate with patients

[www.nativeamericanprograms.org/downloads/native-circle-catalogue.pdf](http://www.nativeamericanprograms.org/downloads/native-circle-catalogue.pdf)

## **What You Need To Know About™ Breast Cancer**

<http://cancer.gov/cancerinfo/wyntk/breast>

This National Cancer Institute booklet has important information about breast cancer, including possible causes, screening, symptoms, diagnosis, treatment and recovery. It also has information to help women with breast cancer cope with the disease.

[www.cancer.gov/cancertopics/wyntklbreast](http://www.cancer.gov/cancertopics/wyntklbreast)

## Research Tools

### **Breast Cancer Risk Assessment Tool**

<http://bcra.nci.nih.gov/brc>

This tool was developed by scientists at the National Cancer Institute and the National Surgical Adjuvant Breast and Bowel Project (NSABP) to assist health care providers in discussing breast cancer risk and tamoxifen with their female patients. The tool allows one to project a woman's individual estimate of breast cancer risk over a 5-year period of time and over her lifetime. It also compares the woman's risk calculation with the average risk for a woman of the same age. Information about the risks and benefits of taking tamoxifen are included.

[www.cancer.gov/bcristoolk](http://www.cancer.gov/bcristoolk)

## **Cancer Control PLANET**

<http://cancercontrolplanet.cancer.gov>

Cancer Control PLANET contains Web-based tools for health educators and health practitioners. The PLANET (Plan, Link, Act, Network with Evidence-based Tools) portal brings together new evidence-based tools that can help communities to better understand and address their cancer burden.

## **Cancer Mortality Maps & Graphs**

<http://www3.cancer.gov/atlasplus>

Interactive mortality charts and graphs, including rates by cancer, five-year rates over time and rates by state. Statistics: Trends of mortality rates for the time period 1950-1994.

## **Fast Stats**

<http://seer.cancer.gov/faststats>

Links to tables, charts, and graphs of cancer statistics for all major cancer sites by age, sex, race and geographic area. Statistics include incidence, mortality, prevalence and the probability of developing or dying from cancer.

## **PDQ (Physician Data Query)**

<http://cancer.gov/cancerinfo/pdq>

PDQ (Physician Data Query) is NCI's comprehensive cancer database. It contains peer-reviewed summaries on cancer treatment, screening, prevention, genetics, supportive care and complementary and alternative medicine; a registry of approximately 2,000 open and 13,000 closed cancer clinical trials from around the world; and directories of physicians, professionals who provide genetics services and organizations that provide cancer care.

## **SEER Cancer Statistics Review, 1975-2002**

[http://seer.cancer.gov/csr/1975\\_2002](http://seer.cancer.gov/csr/1975_2002)

The SEER Cancer Statistics Review (CSR), a report of the most recent cancer incidence, mortality, survival, prevalence and lifetime risk statistics, is published annually by the Cancer Statistics Branch of the National Cancer Institute. Search for pages in the CSR by specifying statistic type, cancer site and race/ethnicity then view individual pages or merge pages into one custom-built PDF. Statistics include incidence, mortality, survival, prevalence and lifetime risk statistics for the time period 1975-2002.

## **State Cancer Profiles**

<http://statecancerprofiles.cancer.gov>

Interactive graphics and maps provide quick and easy access to cancer statistics at the national, state and county level. Statistics are displayed by geographic region, race/ethnicity, cancer site, age and sex. Statistics: Incidence and mortality by geographic region.

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