Breast Cancer

A Resource Guide for Minority Women | October 2015

OMH RESOURCE CENTER

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Overview of Breast Cancer

Breast cancer is the most common cancer among women in the U.S. and the second leading cause of cancer death among women. Every year, about 200,000 new cases of breast cancer are reported nationwide and more than 40,000 women die from the disease. Getting mammograms regularly can help prevent breast cancer.

Minority women are most likely to have advanced breast cancer when the cancer is first discovered.

Minority women are most likely to have advanced breast cancer when the cancer is first discovered. Although white women are more likely to get breast cancer, African American women are the most likely to die from it. Women of other ethnic backgrounds (Asian, Hispanic and Native American) have a lower risk of developing and dying from breast cancer than white women and African American women.

It is thought that social determinants such as access to care, living conditions and poverty, as well as cancer risk and genetic factors, all contribute to this disparity. Early detection, diagnosis and treatment is a vital tool in reducing breast cancer deaths in minority women.

About This Guide

The goal of this guide is to provide information that informs and provides a source for needed services that can be accessed by women of color.

The lists of organizations, documents, programs and other resources are relevant to people with breast cancer, students, health care professionals and researchers.

The 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 people with breast cancer, students, health care professionals and researchers.

While OMHRC has taken great care in the preparation of this publication, it is not intended 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 information to determine their appropriateness for the intended audience.

Inclusion does not imply endorsement by the OMHRC, the Office of Minority Health 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 services and information.

Risk Factors

A risk factor is anything that increases your chance of getting a disease. Different diseases have different risk factors. Some risk factors like gender or genetic makeup can't be changed. Other risk factors such as smoking, diet and physical activity can be controlled via behavioral choices.

Most women have some risk factors and most women do not get breast cancer. However, it is possible to have breast cancer without having any of the known risk factors.

The risk of breast cancer is not the same for all women. Having a risk factor does not mean you will get the disease, and not all risk factors affect your risk to the same extent. Most women have some risk factors and most women do not get breast cancer. However, be advised it is possible to have breast cancer without having any of the known risk factors.

The infographic found in the following link and on the next page illustrates the risks for breast cancer: **http://www.cdc.gov/cancer/breast/basic_info/infographic.htm**

Risk Factors continued on next page.

Breast Cancer: Know the Risks

Many things can increase the chance that you'll get breast cancer. They're called **risk factors**. Some things you can change. Others you can't.

Lifestyle

Get at least 4 hours of exercise each week.

Keep a healthy weight, especially after menopause.

Limit alcoholic drinks to one per day.

Menstruation

Starting your period before age 12.

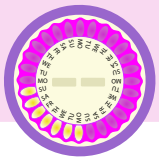
Starting menopause (the "change of life") after age 55.

Motherhood

Having children after age 35 or never having children.

Not breastfeeding your babies.

Hormones



If you're taking hormone replacement therapy (HRT), ask your doctor if you need it.

Some types of HRT increase your risk for breast cancer and can cause "dense breasts" (more breast tissue than fat tissue). Dense breasts increase your risk for breast cancer and make it harder for a mammogram to find cancer.

Family History & Genetics

Relatives with breast cancer or ovarian cancer at a young age.

Changes in the BRCA1 or BRCA2 genes related to breast cancer.

Other Risk Factors

Getting older.

Radiation treatment to the chest area.

Breast cancer or certain other breast problems in the past.

Having one or more of these risks doesn't mean you'll get breast cancer. Also, some women have breast cancer even when they don't have any of these risks. So, talk to your doctor about what you can do to lower your risk, and the right screening for you.

No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control

More information about breast cancer: www.cdc.gov/cancer/breast/

Statistics

African Americans

- African American females have the highest age-adjusted breast cancer incidence rates among all minority groups—a rate of 127.3 new cases per 100,000.[1]

127.3 new cases per 100,000

- African American females have the highest breast cancer death rate among all women—28.3 per 100,000 population.[2]

Death rate of 28.3 per 100,000

- African American females experience higher death rates from breast cancer than any other racial or ethnic group, even though whites experience higher incidence rates.[3]
- Cancer is the second leading cause of death for African American females , who are more likely than other females to die from breast and cervical cancers. This is usually because abnormal cells or tumors are found at a later, more advanced stage.[4]
- African Americans females are more likely to die of cancer than are whites and more than two times more likely to die of cancer than are Asians, Pacific Islanders, American Indians/Alaska Natives and Hispanics.[5]
- The overall five-year survival rate for breast cancer among African American females has improved from approximately 27 percent since the 1960s. However, African Americans continue to have a lower five-year survival rate than whites overall (60 percent vs. 69 percent).[6]

American Indians or Alaska Natives

- American Indian and Alaska Native females have the third highest age-adjusted breast cancer incidence rates among minority groups—a rate of 104.0 new cases per 100,000.[7]

104 new cases per 100,000

- 62.6 percent of American Indian and Alaska Native females (age adjusted, aged 40 years and over) report receiving a mammogram within a two-year period.[8]

Death rate of 10.1 per 100,000

- American Indian and Alaska Native females have a lower breast cancer death rate— 10.1 per 100,000 population – than white and African American females.[9]

Asian Americans or Pacific Islanders

- Asian and Pacific Islander females have an age-adjusted breast cancer incidence rate of 100.8 new cases per 100,000.[10]

100.8 new cases per 100,000

- Only 56 percent of Asian females 40 years and older report having a mammogram within a two-year period.[11]

Death rate of 11.1 per 100,000

- Asian American and Pacific Islander females have lower breast cancer mortality rates—11.1 per 100,000— than white, Hispanic, African American, American Indian and Alaska Native females.[12]
- Native Hawaiians have the highest death rate from breast cancer than any group in the U.S.[13]

See page 36 for references.

Statistics continued on next page.

Statistics

Hispanics

- Hispanic/Latina females have a breast cancer incidence rate of 95.0 per 100,000—fourth among minority females. [14]
- Hispanic/Latina females have a breast cancer death rate of 14.6 per 100,000—third highest behind African American and white females. [15]
- Five-year cause-specific survival rates for local, regional and distant-stage breast cancer diagnosed in Hispanic females are 96 percent, 83 percent and 26 percent, respectively. [16]

95.5 new cases per 100,000

Death rate of 14.6 per 100,000

See page 36 for references.

To see additional statistics on breast cancer in minority populations, visit the Office of Minority Health website at www.minorityhealth.hhs.gov.

- **African Americans: http://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=16**
- **American Indians/Alaska Natives: http://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=31**
- **Asian Americans: http://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=63**
- **Hispanic Americans: http://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=61**
- **Native Hawaiians and Other Pacific Islanders: http://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=76**

Breast cancer may occur in males.

Males at any age may develop breast cancer, but it is usually detected (found) in males between 60 and 70 years of age. Males make up less than 1 percent of all cases of breast cancer. (Source: http://www.cancer.gov/types/breast/patient/male-breast-treatment-pdq).

For more information on breast cancer in males please review the following links:

American Cancer Association:
http://www.cancer.org/cancer/breastcancerinmen/

Breastcancer.org:
http://www.breastcancer.org/symptoms/types/male_bc

His Breast Cancer Awareness:
http://www.hisbreastcancer.org/

Mammogram Information

Getting a Mammogram

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When breast cancer is found early, many women go on to live long and healthy lives.

Mammograms for women over age 40 are covered under the Affordable Care Act. Depending on your insurance plan, you may be able to get mammograms at no cost to you. Talk to your insurance provider, or learn more at: **www.Healthcare.gov**

- Try not to have your mammogram the week before you get your period or during your period. Your breasts may be tender or swollen then.
- On the day of your mammogram, don't wear deodorant, perfume or powder. These products can show up as white spots on the X-ray.
- Some women prefer to wear a top with a skirt or pants, instead of a dress. You will need to undress from your waist up for the mammogram.

How is a mammogram done?

You will stand in front of a special X-ray machine. A technologist will place your breast on a clear plastic plate. Another plate will firmly press your breast from above.

The plates will flatten the breast, holding it still while the X-ray is being taken. You will feel some pressure. The other breast will be X-rayed in the same way.

The steps are then repeated to make a side view of each breast. You will then wait while the technologist checks the four X-rays to make sure the pictures do not need to be re-done. Keep in mind that the technologist cannot tell you the results of your mammogram.

What does having a mammogram feel like?

Having a mammogram is uncomfortable for most women. Some women find it painful.

A mammogram takes only a few moments, though, and the discomfort is over soon. What you feel depends on the skill of the technologist, the size of your breasts and how much they need to be pressed. Your breasts may be more sensitive if you are about to get or have your period.

A doctor with special training, called a radiologist, will read the mammogram. He or she will look at the X-ray for early signs of breast cancer or other problems.

When will I get the results of my mammogram?

You will usually get the results within a few weeks, although it depends on the facility. A radiologist reads your mammogram and then reports the results to you or your doctor.

If there is a concern, you will hear from the mammography facility earlier. Contact your health professional or the mammography facility if you do not receive a report of your results within 30 days.

What happens if my mammogram is normal?

Continue to get regular mammograms.

Mammograms work best when they can be compared with previous ones. This allows your doctor to compare them to look for changes in your breasts over time.

Mammografy Information continued on next page.

Mammogram Information

What happens if my mammogram is abnormal?

If it is abnormal, do not panic.

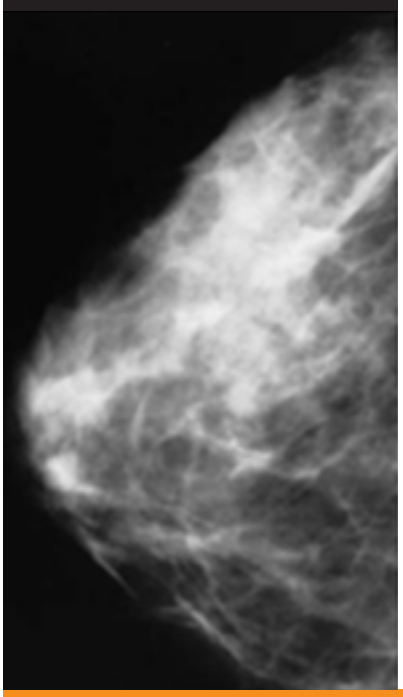
An abnormal mammogram does not always mean that there is cancer. But you will need to have additional mammograms, tests or exams before the doctor can tell for sure.

You may also be referred to a breast specialist or a surgeon. These doctors are experts in diagnosing breast problems. It does not necessarily mean you have cancer or need surgery.

Where can I get a mammogram and who can I talk to if I have questions?

- If you have a regular doctor, talk to him or her.
- Call the National Cancer Institute's Cancer Information Service (CIS) at 1-800-4-CANCER (1-800-422-6237). TTY: 1-800-332-8615.
- For Medicare information, you can call 1-800 MEDICARE (1-800-633-4227) or visit **https://www.medicare.gov/**
- CDC's National Breast and Cervical Cancer Early Detection Program works with health departments and other groups to provide low-cost or free mammograms to women who qualify. Find out if you qualify.

Source CDC: **http://www.cdc.gov/cancer/breast/basic_info/mammograms.htm**



An example of a normal mammogram. Each woman's mammogram may look a little different because all breasts are a little different.

Mammografy Information continued on next page.

Percent of women having a mammogram within the past 2 years as of 2013. 40 years and over, crude:

	1987	1993	1994	2000	2003	2005	2008	2010	2013
White only	29.6	60.0	60.6	71.4	70.1	70.1	67.9	67.4	66.8
Black or African American only	24.0	59.1	64.3	67.8	70.4	70.4	68.0	67.9	67.1
American Indian or Alaska Native only	*	49.8	65.8	47.4	63.1	63.1	62.7	71.2	62.6
Asian only	*	55.1	55.8	53.5	57.6	57.6	66.1	62.4	66.6
Hispanic/Latina	18.3	50.9	51.9	61.2	65.0	65.0	61.2	64.2	61.4
Native Hawaiian or Other Pacific Islander only	—	—	—	*	*	*	*	*	*
2 or more races	—	—	—	69.2	65.3	65.3	55.2	51.4	65.4

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) of 20 percent–30 percent. Data not shown have an RSE greater than 30%.

— Data not available

Source: Health US 2014, Table 76 (page 1 of 3). Use of mammography among women aged 40 and over, by selected characteristics: United States, selected years 1987-2013.
http://www.cdc.gov/nchs/data/hus/hus14.pdf

Mammografy Information continued on next page.

Additional Source for Native Hawaiian or Other Pacific Islander only: Native Hawaiian Data Book 2013 Mammograms among Women by Race-Ethnicity and Age Group in Hawai'i: 2012 Table 7.80a Updated

Race	Aged 18+ ever had a mammogram	Last mammogram within 2 yrs	Aged 40+ ever had a mammogram	Most recent mammogram within 2 yrs
White	67.1	52.1	93.9	74.3
Hawaiian	57.9	48.3	89.2	74.1
Filipino	60.4	50.7	93.0	81.3
Japanese	81.5	67.3	96.7	80.8

Source: Hawai'i State Department of Health. Behavior Risk Factor Surveillance System: **http://www.ohadatabook.com/T07-80a-13u.pdf**

More information on American women and mammogram utilization can be found at this interactive site: http://www.healthypeople.gov/

Data 2020, the Healthy People 2020 interactive tool, allows users to explore data and technical information related to Health People 2020 objectives. Screening such as mammography is effective as a preventive tool in early detection of breast cancer.

Chart source: Women receiving a mammogram within past 2 years (age adjusted, percent, 50–74 years) By Race/Ethnicity: http://www.healthypeople.gov/2020/data/Chart/4055?category=3&by=Race/Ethnicity&fips=-1&years%5b2%5d=2013

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 several programs.

Inclusion does not imply endorsement by the OMHRC, the Office of Minority Health 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 services and information. For more information on federal breast cancer programs, contact the Office of Minority Resource Center at 800-444-6472 or email **info@minorityhealth.hhs.gov.**

Agency for Healthcare Research and Quality (AHRQ)
Office of Communications and Knowledge Transfer
540 Gaither Road
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— including patients, clinicians, health system leaders and policymakers—make more informed decisions and improve the quality of health care services.

Centers for Disease Control and Prevention (CDC)
1600 Clifton Road
Atlanta, GA 30333
800-CDC-INFO (800-232-4636)
404-639-3311
http://www.cdc.gov

CDC, 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.

Federal Agencies and Programs continued on next page.

Federal Agencies and Programs

CDC resources continued.

❖ **Division of Cancer Prevention and Control**
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
3719 N Peachtree Road
Bldg. 100
MS F-76
Chamblee, GA 30341
888-842-6355
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, training and information services.

❖ **Health Disparities: Minority Cancer Awareness**
http://ww.cdc.gov/cancer/healthdisparities

DCPC works to eliminate barriers to screening and early detection of cancer among minorities by implementing community-based education programs targeting minorities, tracking cancer among minorities, implementing community-based education programs targeting minorities, tracking cancer rates among minority populations, and conducting, supporting and encouraging research that includes minority populations.

❖ **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 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
- Linkages with key partnerships

NIHSeniorHealth.gov, the website 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

Federal Agencies and Programs continued on next page.

Federal Agencies and Programs

Food and Drug Administration (FDA)
10903 New Hampshire Avenue
Silver Spring, MD 20993
888-INFO-FDA (1-888-463-6332)
http://www.fda.gov

FDA is the federal agency responsible for protecting the public's health by assuring the safety, effectiveness, quality and security of human and veterinary drugs, vaccines and other biological products, and medical devices. The FDA is also responsible for the safety and security of most of our nation's food supply, all cosmetics, dietary supplements and products that give off radiation.

- **FDA-Approved Drugs**
  http://www.fda.gov/Drugs/InformationOndrugs/approvedDrugs/ucm279174.htm

  This webpage contains information about approved Hematology/Oncology (Cancer) Approvals & Safety Notifications. The site also includes advice on how to obtain access to unapproved drugs via clinical trials.

- **Pink Ribbon Sunday Mammography Awareness Program**
  http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/TakeTimetoCareProgram/UCM338926.pdf

  The FDA Office of Women's Health launched the Pink Ribbon Sunday Mammography Awareness Program to educate African American and Hispanic women about early detection of breast cancer through mammography.

  The program strives to reduce breast cancer health disparities by providing community leaders with free resources to develop mammography awareness programs tailored to the needs of their region.

- **FDA Mammography Program**
  http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfMQSA/mqsa.cfm

  FDA regulates the standards for mammography machines and training for the people who give mammograms. FDA also certifies the places that give mammograms in the U.S., under the Mammography Quality Standards Act (MQSA). FDA keeps a list of all certified places where you can get a mammogram.

Health Resources and Services Administration (HRSA)
5600 Fishers Lane, Room 14-45
Rockville, MD 20857
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.

- **HRSA 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.

Federal Agencies and Programs continued on next page.

Federal Agencies and Programs

NIH resources continued.

❖ **National Cancer Institute (NCI)**
9000 Rockville Pike
Bethesda, MD 20892-2580
800-4-CANCER (800-422-6237)
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.

The NCI web site contains reliable information about cancer for patients, health professionals and people at-risk for cancer. The site offers information on specific types of cancer with information on prevention, detection, treatment, statistics, coping and clinical trials. Cancer.gov also provides fact sheets and clinical trial information.

❖ **NCI Cancer Genetics Services Directory**
http://www.cancer.gov/about-cancer/causes-prevention/genetics/directory/description

This is a directory of individuals who provide services related to cancer genetics.
These services include:

- Cancer genetics risk assessment
- Genetic counseling
- Genetic susceptibility testing

❖ **NCI Contact Center-Cancer Information Service**
800 4 CANCER
http://www.cancer.gov/contact/contact-center

The NCI Contact Center (also known as NCI's Cancer Information Service) is a federally funded cancer education program that was established in 1975 as an essential part of NCI's mission and information efforts. The CIS also responds to calls in English and Spanish, Monday through Friday 8:00 a.m. to 8:00 p.m. ET. They also respond to email (**http://www.cancer.gov/contact/email-us**) and live chat (**http://www.cancer.gov/contact**) is available in English only 8:00 a.m. to 11:00 p.m. ET.

❖ **University of Hawai'i Cancer Center**
701 Ilalo Street, Suite 600
Honolulu, HI 96813
808-586-3010
808-586-3052 Fax
http://www.uhcancercenter.org/

The University of Hawai'i Cancer Center is the only NCI-designated center in Hawai'i and the Pacific. The center's mission is to reduce the burden of cancer through research, education and patient care with an emphasis on the unique ethnic, cultural and environmental characteristics of Hawai'i and the Pacific. The center is a research organization affiliated with the University of Hawai'i at Manoa with facilities located in downtown Honolulu and Kaka'ako.

❖ **NCI Center to Reduce Cancer Health Disparities (CRCHD)**
National Cancer Institute
9609 Medical Center Drive
MSC 9746
6th Floor, West Tower
Bethesda, MD 20892
240-276-6170
240-276-7862 Fax
http://www.cancer.gov/about-nci/organization/crchd

The Center to Reduce Cancer Health Disparities (CRCHD) is central to NCI's efforts to reduce the unequal burden of cancer in our society via basic and community research, as well as networks, and to train the next generation of competitive researchers from diverse populations in cancer and cancer health disparities research.

❖ **Division of Cancer Control and Population Sciences**
9609 Medical Center Drive
MSC 9769
Bethesda, MD 20892
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.

Federal Agencies and Programs continued on next page.

Federal Agencies and Programs

NIH resources continued.

❖ **State Cancer Profiles**
http://statecancerprofiles.cancer.gov/

The State Cancer Profiles website is a comprehensive system of interactive maps and graphs enabling the investigation of cancer trends at the national, state and county level. The goal of the site is to provide statistics to help guide and prioritize cancer control activities at the state and local levels. It is a collaboration between the NCI and the Centers for Disease Control & Prevention (CDC).

❖ **National Institute of Environmental Health Sciences (NIEHS)**
11 T.W. Alexander Drive
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 discover how the environment affects people in order to promote healthier lives.

❖ **Breast Cancer and the Environment Research Program**
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 are 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.

❖ **MEDLINEplus**
http://medlineplus.gov

MEDLINEplus has extensive information from the National Institutes of Health and other trusted sources about more than 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 Avenue, S.W.
Room 712E
Washington, DC 20201
800-994-9662
202-690-7650
http://womenshealth.gov/index.html

The Office on Women's Health provides national leadership and coordination to improve the health of women and girls through policy, education and model programs.

Federal Agencies and Programs continued on next page.

Federal Agencies and 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 Organizations/Programs

Below 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 or email **info@minorityhealth.hhs.gov**.

African American Breast Cancer Alliance
P. O. Box 8981
Minneapolis, MN 55408
612-825-3675
888-228-9900
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. AABCA's efforts extend beyond Minnesota to include regional and national networks. Some activities include coalition building, co-sponsorship of a major cultural health fair, and participation in numerous community events and focus groups.

After Breast Cancer Diagnosis (ABCD)
5775 N Glen Park Road. Suite 201
Glendale, WI 53209
800-977-4121
414-977-1780 Fax
http://www.abcdbreastcancersupport.org/
abcdinc@abcdmentor.org

After Breast Cancer Diagnosis was founded by a group of women who realized that having breast cancer is about much more than biopsies, surgery and chemotherapy. Most of ABCD's founders are breast cancer survivors who discovered that the most valuable information and support came from others in similar life circumstances with similar experiences with the disease. ABCD provides free, personalized information and one-to-one support to people affected by breast cancer – patients, families and friends.

National Organizations/Programs continued on next page.

National Organizations/Programs

American Cancer Society
Division of Research and Training
1599 Clifton Road NE
Atlanta, GA 30329
800-227-2345
http://www.cancer.org

The American Cancer Society (ACS) is a 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's prevention programs focus on tobacco control, sun protection, diet and nutrition, comprehensive school health education, early detection and treatment. 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.

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/treatment/supportprograms-services/reach-to-recovery

Reach To Recovery volunteers are specially trained to help people through their experience by offering a measure of comfort and an opportunity for emotional grounding and informed decision making. As breast cancer survivors, our volunteers give patients and family members an opportunity to express feelings, talk about fears and concerns, and ask questions of someone who has been there. Most importantly, Reach To Recovery volunteers offer understanding, support and hope because they themselves have survived breast cancer and gone on to live productive lives. Program volunteers do not provide medical advice.

American Society of Plastic and Reconstructive Surgeons
444 East Algonquin Road
Arlington Heights, IL 60005
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 their website. 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
University of California, Davis
Cancer Center/EPM
2450 48th Avenue
Suite 1600
Sacramento, CA 95817
916-734-5371
http://www.aancart.org
admin@aancart.org

The Asian American Network for Cancer Awareness, Research and Training (AANCART), established in 2000, is privileged to be the National Cancer Institute's newly designated National Center for Reducing Asian American Cancer Health Disparities. AANCART's focus is on reducing the unique, unusual and unnecessary cancer burden affecting Asian Americans.

AANCART serves Asian Americans in the many different regions of the United States, with its National Headquarters housed within the UC Davis Comprehensive Cancer Center. With its wide-reach and growing networks, AANCART currently serves:

- Sacramento, CA
- San Francisco, CA
- Los Angeles, CA
- Honolulu, HI
- Seattle, WA (ex-officio)

During the past ten years, AANCART has focused specifically on assessing and reducing cancer risks among Americans of Cambodian, Chinese, Filipino, Hmong, Korean and Vietnamese ancestry.

National Organizations/Programs continued on next page.

National Organizations/Programs

Asian and Pacific Islander National Cancer Survivors Network
c/o Asian & Pacific Islander American Health Forum
450 Sutter Street, Suite 600
San Francisco, CA 94108
415-954-9988
415-954-9999 Fax
http://www.apiahf.org/programs/chronic-diseases/api-national-cancer-survivors-network

The Asian and Pacific Islander National Cancer Survivors Network (APINCSN) is a network of cancer survivors, their family members, health care providers, researchers, health advocates, community members and organizations who are concerned about the issue of cancer and survivorship in Asian American, Native Hawaiian and Pacific Islander communities. APINCSN links Asian Americans, Native Hawaiians and Pacific Islanders with critical resources, such as contact with other survivors, referrals to cancer support and survivorship services, access to multi-lingual cancer materials, and supportive and educational networking opportunities. APINCSN is also a national advocacy coalition, working to promote education and advocacy through speaking events, online networking and promoting cancer survivors into national policymaking and research committees.

Avon Breast Cancer Crusade
Avon Foundation
777 3rd Avenue
New York, NY 10017
866-505-AVON
212-282-5531
http://www.avonfoundation.org/causes/breast-cancer-crusade/

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 serves to benefit all women through research, clinical care, support services, education and early detection, with a 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 Street, NW
Suite 300
Washington, DC 20036
202-548-4000
http://www.bwhi.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.

Breast Cancer Research Foundation
60 East 56th Street
8th Floor
New York, NY 10022
866-FIND-A-CURE
646-497-2600
http://www.bcrfcure.org

The Breast Cancer Research Foundation is a nonprofit organization committed to achieving prevention and a cure for breast cancer. The foundation provides critical funding for cancer research worldwide to fuel advances in tumor biology, genetics, prevention, treatment, metastasis and survivorship.

Cancer + Careers.org
c/o Cosmetic Executive Women Foundation
169 W. 25th Street
5th Floor
New York, NY 10001
212-685-5955
http://www.cancerandcareers.org

Cancer and Careers is a web-based resource for working women with cancer, their employers, co-workers 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 nonprofit trade organization of approximately 2,500 executives in the beauty, cosmetics, fragrance and related industries.

National Organizations/Programs continued on next page.

National Organizations/Programs

CancerCare
275 Seventh Avenue
New York, NY 10001
800-813-HOPE
212-712-8400
http://www.cancercare.org
info@cancercare.org

CancerCare is a national nonprofit 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.

Circle of Life
http://www.cancer.org/circleoflife/app/index

Circle of Life is a program of the American Cancer Society. The Circle of Life provides cancer education and resources to help community health representatives and health educators work within American Indian and Alaska Native communities.

These resources provide ways for communities, families and individuals to get well, stay well, find cancer cures and continue on their journey.

Prevent Cancer Foundation
1600 Duke Street
Suite 500
Alexandria, VA 22314
703-836-4412
703-836-4413 Fax
http://www.preventcancer.org

The Prevent Foundation is a national, nonprofit 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
12100 Ford Road
Suite 100
Dallas, TX 75234
http://www.celebratinglife.org/

The Celebrating Life Foundation is a nonprofit organization devoted to educating the African American community and women of color about the risk of breast cancer, to encouraging advancements in the early detection and treatment, and to improving survival rates among these women.

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
- **Susan Love Research Foundation:**
  http://dslrf.org/actwithlove
- **Young Survival Coalition:**
  http://www.youngsurvival.org/

National Organizations/Programs continued on next page.

National Organizations/Programs

ENCOREplus® Breast and Cervical Cancer Program of the YWCA
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, 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.

Look Better Feel Better
http://lookgoodfeelbetter.org/

Look Good Feel Better is a non-medical, brand-neutral public service program that teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment.

Look Good Feel Better group programs are open to all women with cancer who are undergoing chemotherapy, radiation or other forms of treatment.Look Good Feel Better also has programs for teens aged 13-17 to help them deal with the appearance, health and social side effects of cancer treatment, as well as information for men undergoing cancer treatment and recovery.

Intercultural Cancer Council
Baylor College of Medicine
1 Baylor Plaza
MS620
Houston, TX 77030
713-798-4614
713-798-3990 Fax
http://iccnetwork.org
icc@uh.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.

Mautner Project of Whitman Walker Health
1875 Connecticut Ave NW # 710
Washington, DC 20009
202-797-3570
http://www.whitmanwalker.org/service/community-health/mautner-project/
jbrooks@whitman-walker.org

The Mautner Project provides direct client services to LGBT people with cancer, providing health education and workshops to the community, and educating health care professionals about the unique health needs of the LGBT community. The project offers direct practical and support to patients and their families who have been affected by cancer.
The project's caring volunteers and staff help support clients in the Washington, DC, metro area with a wide variety of services including, but not limited to:

- Cancer prevention and education
- Assistance navigating cancer care
- Transportation to cancer treatment and other medical appointments
- Peer support
- Referrals to local resources

National Organizations/Programs continued on next page.

National Organizations/Programs

The Mayors' Campaign Against Breast Cancer
U.S. Conference of Mayors
1620 I Street, NW
4th Floor
Washington, DC 20006
202-861-6707
202-293-2352 Fax
http://www.usmayors.org/cancer
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, which 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 50, people with low incomes, people who are uninsured or underinsured and members of racial/ethnic minorities. Mayors exchange information and learn from each other's experience promoting breast cancer awareness. Each October, USCM members 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

Men Against Breast Cancer (MABC) is the first and only national 501 (c)(3) nonprofit organization designed to provide targeted support services that educate and empower men to be effective caregivers when breast cancer strikes. Since their founding in 1999, MABC has mobilized men across America, including under-served populations, to be active participants in the fight against breast cancer. Their philosophy is to leverage the support of the whole family to help the patient, with special emphasis on the important role of men in caring for the women they love. Men against Breast Cancer works in partnership with a variety of groups such as internationally recognized medical experts who specialize in the psycho-social aspects of coping with cancer, leading medical facilities, CDC, state and local governments, and corporate partners.

National Breast Cancer Foundation
2600 Network Boulevard
Suite 300
Frisco, Texas 75034
www.nationalbreastcancer.org

The National Breast Cancer Foundation's mission is to provide help and inspire hope to those affected by breast cancer through early detection, education and support services. NBCF provides free mammograms to women in all 50 states through their network of hospitals.

National Breast Cancer Coalition
1010 Vermont Avenue, NW
Suite 900
Washington, DC 20005
800-622-2838
202-296-7477
202-265-6854 Fax
http://www.breastcancerdeadline2020.org
info@breastcancerdeadline2020.org

The National Breast Cancer Coalition (NBCC) is a breast cancer advocacy group 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 three primary goals: research, access to care and influence.

On September 20, 2010, The National Breast Cancer Coalition launched Breast Cancer Deadline 2020®—a call to action for policymakers, researchers, breast cancer advocates and other stakeholders to know how to end the disease by 2020.

National Coalition for Cancer Survivorship (NCCS)
1010 Wayne Avenue
Suite 315
Silver Spring, MD 20910
877-NCCS-YES
http://www.canceradvocacy.org
info@canceradvocacy.org

NCCS's mission is to advocate for quality cancer care for all people touched by cancer. Founded by and for cancer survivors, NCCS created the widely accepted definition of survivorship and defines someone as a cancer survivor from the time of diagnosis and for the balance of life.

National Organizations/Programs continued on next page.

National Organizations/Programs

NCCS continued.

NCCS represents the millions of Americans who share a common experience – the survivorship experience – living with, through and beyond a cancer diagnosis. That experience has value and can be a transforming, positive force. NCCS also knows that cancer survivors and those who care for them face many challenges.

National Indian Women's Health Resource Center
228 S. Muskogee Avenue
Tahlequah, OK 74464
918-456-6094
866-4-NIWHRC
918-456-8128 Fax
http://www.niwhrc.org

The National Indian Women's Health Resource Center (NIWHRC), is a national nonprofit organization whose mission is "to assist American Indian and Alaska Native women achieve optimal health and well being throughout their lifetime."

The NIWHRC is a national voice supporting the efforts of the Tribal and Urban Indian programs, providing them with a focal point for resources and dissemination of women's health information.

The NIWHRC is committed to sharing information with Indian programs through the expertise of the board members and promoting new women's health related research.

National Women's Health Network
1413 K Street, NW
4th Floor
Washington, DC 20005
202-682-2640
202-682-2648 Fax
http://nwhn.org

The National Women's Health Network (NWHN) improves the health of all women by developing and promoting a critical analysis of health issues in order to affect policy and support consumer decision-making. The NWHN monitors health research and regulatory agencies, practices in health care and health industry trends; identifies and exposes abuses; and catalyzes grassroots action for change.

The NWHN believes that with the right information, all women can make good decisions about their health care. It is their goal to provide women with the tools they need to make these decisions.

Native American Cancer Research
3022 South Nova Road
Pine, CO 80470-7830
303-838-9359
http://natamcancer.org

Native American Cancer Research (NACR) is a Native-owned and -operated nonprofit whose mission 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 research projects involving: prevention, health screening, education, training, control, treatment options and support.

Native American Women's Health Education Resource Center
Native American Community
PO Box 572
Lake Andes, SD 57356-0572
http://www.nativeshop.org/

The Native American Women's Health Education Resource Center (NAWHERC) provides direct services to Native women and families in South Dakota and advocates for Native women at the community, national and international levels to protect reproductive health and rights.

NAWHERC is a project of the NACB (the NACB is the governing board). NAWHERC's activities range from community education to preserve Native culture, campaigns to end violence against Indigenous women, coalition building to fight for reproductive justice and environmental justice.

Native C.I.R.C.L.E
Gonda Building, Cancer Education Center
200 First Street SW
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.

National Organizations/Programs continued on next page.

National Organizations/Programs

Sisters Network
2922 Rosedale Street
Houston, TX 77004
713-781-0255
713-780-8998 Fax
http://www.sistersnetworkinc.org
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 speaker's bureau and a national newsletter.

Susan G. Komen for The Cure
5005 LBJ Freeway, Suite 250
Dallas, TX 75244 877-GO-KOMEN (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.

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.

Inclusion does not imply endorsement by the OMHRC, the Office of Minority Health 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 services and information. 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 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**.

Alabama
877-252-3324
334-206-5851

Alaska
800-410-6266 In State
907-269-3476 Out of State

American Samoa
011-684-633-2135

Arizona
888-257-8502

California
800-511-2300 In State
916-449-5300 Out of State

Colorado
866-951-9355

Connecticut
860-509-7804

Delaware
800-509-4357

District of Columbia
202-42-5900 English
202-442-9128 Spanish

Florida
800-227-2345

Georgia
404-657-7735

Guam
671-735-0671

Hawai'i
808-692-7480

Idaho
800-926-2588
208-332-7311

Illinois
888-522-1282

State Programs continued on next page.

State Programs

Indiana
800-433-0746
317-233-7405

Iowa
800-369-2229
515-242-6067

Kansas
877-277-1368
785-296-1207

Kentucky
800-462-6122
502-564-3336

Louisiana
888-599-1073

Maine
800-350-5180 In State
207-287-8068 Out of State

Maryland
800-466-9774

Massachusetts
877-414-4447
617-624-5424/5992

Michigan
800-922-6266
517-335-80049

Minnesota
888-643-2584
651-201-5618

Mississippi
800-721-7222
601-576-7466

Missouri
573-522-2845

Montana
888-803-934
406-444-0063

Nebraska
888-532-2227 Outside Lincoln NE
402-471-0929 Inside Lincoln NE

Nevada
87-385-2345
775-284-8989
702-489-3400

New Hampshire
800-852-3345, Ext. 4931 In State
603-271-4886

New Jersey
800-328-3838
609-292-8540

New Mexico
866-852-2585
505-841-5860

New York
866-42-2262
518-474-1222

North Carolina
919-707-5300

North Dakota
800-449-6636 In State
701-328-2306 Out of State

Commonwealth of Northern Mariana Islands
670-236-8703

Ohio
800-4-CANCER
614-728-2177

Oklahoma
888-669-5934
405-272-4072

Oregon
877-255-7070
971-673-0581

Pennsylvania
800-215-7494

Puerto Rico
787-772-8330 ext. 1122

Republic of Palau
011-680-488-4612

Rhode Island
401-222-4324
401-222-1171

South Carolina
800-227-2345
803-898-1602

South Dakota
800-738-2301 In State
605-73-5728

Tennessee
877-969-6636

Texas
512-776-7796

Utah
800-717-1811

Vermont
800-508-2222
800-319-3141 TDD
802-863-7331

Virginia
866-395-4968
804-864-7763 Out of State

Washington
888-438-2247
360-236-3672

West Virginia
800-642-8522
304-558-5388

Wisconsin
608-266-8311

Wyoming
800-264-1296
301-777-6006

Tribal Programs

The National Breast and Cervical Cancer Early Detection Program (NBCCEDP) funds American Indian/Alaska Native organizations to 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**.

Inclusion does not imply endorsement by the OMHRC, the Office of Minority Health 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 services and information.

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
907-852-5880

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

Cheyenne River Sioux Tribe
Breast and Cervical Cancer Early Detection Program
605-964-0556

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

Kaw Nation of Oklahoma Kaw Nation Programs and Services- Kanza Health Clinic
580-362-1039 ext. 228

Native American Rehabilitation Association of the Northwest Inc.
Women's Wellness Program
503-230-9857 ext. 251

Navajo Nation
Breast and Cervical CancerEarly Detection Program
928-871-6249 ext. 23

Southeast Alaska Regional Health Consortium
Breast and Cervical Cancer Early Detection Program
888-388-8782

South Puget Intertribal Planning Agency
Breast and Cervical Cancer Early Detection Program
800-924-2984

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

Yukon-Kuskokwin Health Corporation
Breast and Cervical Cancer Early Detection Program
907-543-6996

Did you know?

Since 1991, NBCCEDP-funded programs have served more than 4.8 million women, provided more than 12 million breast and cervical cancer screening examinations, and diagnosed more than 67,959 breast cancers, 3,715 invasive cervical cancers, and 171,174 premalignant cervical lesions, of which 40 percent were high-grade.*

In program year 2014, the NBCCEDP:

- **Screened 298,726 women for breast cancer with mammography and diagnosed 5,312 breast cancers**
- **Screened 179,533 women for cervical cancer with the Pap test and diagnosed 236 cervical cancers and 7,873 premalignant cervical lesions, of which 38 percent were high-grade***

*** High-grade tumors tend to grow faster and spread quicker which may require more aggressive and immediate attention.**

For more Information: http://www.cdc.gov/cancer/nbccedp/about.htm.

Community-Based Programs

Below 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 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 or email **info@minorityhealth.hhs.gov**.

ALAS-WINGS
Associacion Latina de Asistencia y Prevencion del Cancer de Mama
1343 W. Irving Park Road
Suite 184
Chicago, IL 60613
http://alas-wings.org/

ALAS-WINGS, a 501(c)(3) non-for profit organization, is dedicated to empowering Hispanic/Latina women about breast cancer awareness through comprehensive education and support for all women faced with breast cancer diagnosis and survivorship.

ALAS differentiates itself from other breast cancer organizations by offering face-to-face tangible services in every phase of the breast cancer process, from diagnosis to survivorship. In addition to providing emotional counseling through support groups, health education and breast cancer screenings,

ALAS works with the community to provide bras, wigs and prostheses; arranges for free transportation to hospitals for mammograms and other diagnostic services; and provides mentoring to clients about the complex medical processes involved with cancer treatment.

Asian American Cancer Support Network
P. O. Box 2919
Sunnyvale, CA 94087
650-968-8488
http://www.aacsn.org
info@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.

Community-Based Programs continued on next page.

Community-Based Programs

Breast Cancer Resource Center YWCA Princeton
59 Paul Robeson Place
Princeton, NJ 08540
609-497-2100,Ext. 346 or 349
609-924-8699 Fax
http://www.ywcaprinceton.org/about_BCRC.cfm

The Breast Cancer Resource Center (BCRC) is a nonprofit 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 and 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 website. 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.

Barrio Comprehensive Family Health Care Center, Inc., (BCFHCC)
c/o CommuniCare Health Centers
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 nonprofit, 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.

Women's Wellness Connection
Colorado Dept. of Public Health and Environment/Prevention Services Division
4300 Cherry Creek Drive South
Denver, CO 80246-1530
866-951-WELL (9355) – Patient Referral Hotline
www.colorado.gov/pacific/cdphe/womens-wellness-connection
Cdphe_wwe@state.co.us

The program is 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 (CDC). 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.

Hawai'i Department of Health
Breast and Cervical Cancer Control Program
601 Kamokila Boulevard
Room 344
Kapolei, HI 96707
808-692-7480
808-692-7460
http://health.hawaii.gov/cancer/home/bcccp

The Hawai'i Department of Health's Breast and Cervical Cancer Control Program (BCCCP) 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. 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-Based Programs continued on next page.

Community-Based Programs

The Rosemary Williams Mammogram Program
Howard University Cancer Center
2041 Georgia Avenue, NW
Suite 220
Washington, DC 20060
202-865-4655
http://cancer.howard.edu/patients/Mammoday-HowardUniversity.htm

The program offers free breast cancer screening and diagnostic tests for uninsured, undersinsured and underserved Washington, D.C. area women age 35 and older. All women receive a clinical breast examination and mammogram at no cost as well as educational materials about breast health. Women with screening abnormalities are also offered patient navigation services.

`Imi Hale
894 Queen Street
Honolulu, HI 96813
808-526-1700
http://www.imihale.org

The `Imi Hale project seeks to launch culturally appropriate research activities aimed at all aspects of Native Hawaiian cancer issues. Resources include a series of booklets based on 12 Native Hawaiian breast cancer survivors' stories; a bead necklace kit, created as a three-dimensional tool to increase early breast and cervical cancer detection by Native Hawaiian women, and culturally tailored information on cancer treatment and services.

La Maestra Community Health Centers
4060 Fairmount Avenue
San Diego, CA 92105
619-280-4213
619-284-4731 Fax
http://www.lamaestra.org
http://www.lamaestra.org/breast-health-education-and-early-detection-program/default.html

La Maestra Community Health Centers has partnered with the Cancer Detection Program: Every Woman Counts to ensure that every woman in California has access to breast health services. The program provides free breast and cervical screenings for low-income women 40 and older residing in California who are uninsured or under-insured.

La Maestra's early breast cancer detection program utilizes the **promotora de salud** model to educate women who might not otherwise receive breast health education or be screened at community events, faith-based and educational institutions.

Living Beyond Breast Cancer
40 Monument Road
Suite 104
Bala Cynwyd, PA 19004
855-807-6386
http://www.lbbc.org

Living Beyond Breast Cancer (LBBC) is a nonprofit 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 semi-annual large scale educational conferences, outreach to medically underserved women and the Breast Cancer Helpline, which provides peer support services from volunteers with a personal history of breast cancer. 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.

Nueva Vida
430 S. Broadway
Baltimore, MD 21231
410-916-2150
443-573-6100 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, D.C., Baltimore, MD, and Richmond, VA, metropolitan areas.

Nueva Vida prides itself on being the only independent cancer care organization for Latino families in the Mid-Atlantic region and one of the few in the nation. Every year, the organization serves over 3,500 individuals and their families, and reaches countless more as a resource to local and national health care partners seeking to improve their care for Latina families.

Community-Based Programs continued on next page.

Community-Based Programs

Project WISH-Women Into Staying Healthy
Breast and Cervical Cancer Program
899 North Capitol Street, NE
Washington, DC 20002
202-442-5900
http://doh.dc.gov/service/breast-and-cervical-cancer-program-project-wish

The District of Columbia provides free breast and cervical cancer screening and diagnostic follow-up for eligible women through Project Women Into Staying Healthy (WISH). Project WISH also provides patient navigation, transportation assistance and cancer education to all women enrolled in the project. District of Columbia women who are uninsured and underinsured and between the ages of 21 and 64 are eligible for Project WISH.

SHARE: Self-Help for Women Facing Breast or Ovarian Cancer
165 W. 46th Street
Suite 712
New York, NY 10036
844-275-7427
http://www.sharecancersupport.org

SHARE: Self-Help for Women Facing 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. SHARE also has information in Spanish.

Family Health Center of Worcester
Lois B. Green Breast Health Center
26 Queen Street
Worcester, MA 01610
508-860-7717
http://www.fhcw.org

The Family Health Center of Worcester is the home of The Lois B. Green Breast Health Center, which is dedicated to addressing significant disparities in mammography rates and cancer mortality among low-income women in Central Massachusetts by increasing access to breast health education and cancer screening services.

Services available include:

- Breast health education
- Breast cancer screening
- Digital mammography
- Early breast cancer detection

Resources

Highlighted below are just a few sources of breast cancer materials for health care professionals, consumers or researchers. **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.**

Online

Office of Minority Health Resource Center (OMHRC)
www.minorityhealth.hhs.gov/

The OMHRC Knowledge Center contains a collection of 50,000 documents, books, journal articles and media related to the health status of racial and ethnic minority populations. The library collection also includes sources of consumer health material in more than 35 languages. The online catalog is a very useful tool in the search for cancer-related information for minority groups.

MedlinePlus
https://www.nlm.nih.gov/medlineplus/

MedlinePlus has information on a variety of topics including breast cancer. The breast cancer page includes information from federal and credible non-federal sources that cover information on all aspects of breast cancer. The page also contains videos on breast cancer diagnosis and treatment.

Susan G. Komen Breast Cancer Foundation's Breast Self-Awareness
http://ww5.komen.org/BreastCancer/ToolsandResources/ToolsResources.html

Susan G. Komen Foundation has multimedia interactive tools and educational materials to educate women on all aspects of breast cancer. Educational materials are available in a variety of languages. The materials, which can be downloaded for free, are written in plain language and are culturally appropriate.

The foundation also has 17 downloadable topic cards that contain pertinent questions for women to discuss with their doctor regarding a specific cancer topic.

These topic cards are a valuable tool for women who have been recently diagnosed with breast cancer, who may be too overwhelmed to even know where to begin to start gathering information. The topic cards are also available in Spanish.

The foundation also has breast cancer education toolkits that aid organizations and individuals in educating communities in a culturally and linguistically responsive manner about breast cancer.

The Tools and Resources webpage also contains a breast cancer glossary and a list of breast cancer acronyms to help patients become familiar with the language of breast cancer treatment.

Professional Journals

Cancer Research
http://breast-cancer-research.com

Breast Cancer Research is a multi-disciplinary 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.canceronlinejournal.com

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.

Resources continued on next page.

Resources

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
www.nejm.org/medical-research/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.

Lay Publications

Breast Cancer Facts & Figures 2013-2014
http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-042725.pdf

This publication provides statistics about the occurrence of breast cancer, as well as information about risk factors, prevention, early detection and treatment.

Cancer Facts & Figures for African-Americans, 2013-2014
http://www.cancer.org/acs/groups/content/@epidemiologysurveilance/documents/document/acspc-036921.pdf

African Americans have the highest death rate and shortest survival of any racial/ethnic group in the U.S. for most cancers. This publication provides the estimated numbers of new cancer cases and deaths for African Americans, as well as the most recent statistics on cancer occurrence and information on cancer risk factors (e.g., tobacco use, obesity and physical inactivity) and the use of cancer screening tests.

Cancer Facts & Figures for Hispanic/Latinos 2012-2014
http://www.cancer.org/acs/groups/content/@epidemiologysurveilance/documents/document/acspc-034778.pdf

This publication, also available in Spanish, provides estimated numbers of new cancer cases and deaths for Hispanics/Latinos, as well as the most recent statistics on cancer occurrence and information on cancer risk factors (e.g., tobacco use, obesity and alcohol consumption) and the use of cancer screening tests.

Cancer Facts and Figures 2015
http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2015/index

This annual report provides the estimated numbers of new cancer cases and deaths in 2015, as well as current cancer incidence, mortality and survival statistics, and information on cancer symptoms, risk factors, early detection and treatment. There is also a special section on breast carcinoma in situ. This year's special section reviews breast carcinoma in situ, including incidence rates and trends, risk factors, prognostic characteristics and treatment patterns. It is intended to inform anyone interested in learning more about breast carcinoma in situ, including policy makers, researchers, clinicians, cancer control advocates, patients and caregivers.

Understanding Breast Changes: A Health Guide for Women
http://www.cancer.gov/publications/patient-education/understanding-breast-changes

Developed by the National Cancer Institute, this brochure informs women about mammogram results, related medical exams, breast conditions and follow-up care along with additional resources.

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 created by the Native American Cancer Research offers a breast cancer health curriculum that has been tested and validated with Native American communities.

Research Tools

Breast Cancer Risk Assessment Tool
http://www.cancer.gov/bcrisktool/

The Breast Cancer Risk Assessment Tool is an interactive tool designed by scientists at the National Cancer Institute and the National Surgical Adjuvant Breast and Bowel Project to estimate a woman's risk of developing invasive breast cancer.

Resources continued on next page.

Resources

Cancer Control PLANET
http://cancercontrolplanet.cancer.gov/breast_cancer.html

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://ratecalc.cancer.gov/

This site features interactive mortality charts and graphs, including rates by cancer and rates by state.

Fast Stats
http://seer.cancer.gov/faststats

Fast Stats include 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/publications/pdq

PDQ (Physician Data Query) is the National Cancer Institute'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 and professionals who provide genetics services and organizations that provide cancer care.

SEER Cancer Statistics Review, 1975-2002
http://seer.cancer.gov/csr/1975_2012

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 Data Analysis and Interpretation Branch of the National Cancer Institute. This edition includes statistics from 1975 through 2012, the most recent year for which data are available.

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.

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