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Breast Cancer

A Resource Guide for Minority Women

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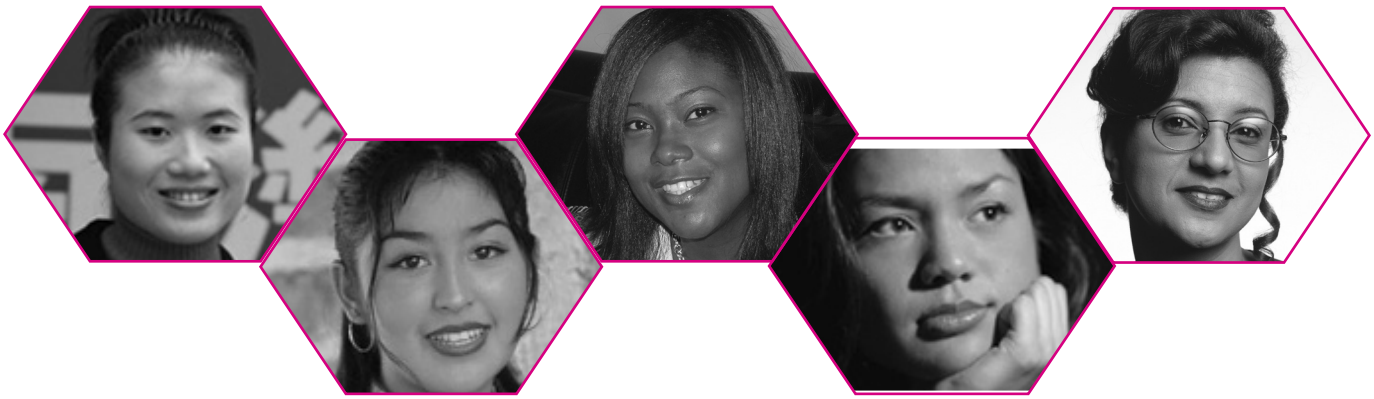
This is a special issue of Closing the Gap, a newsletter of the Office of Minority Health, U.S. Department of Health and Human Services.

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

ABOUT THIS GUIDE

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 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*

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.[1]
- 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.[2]
- 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]
- 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.[4]
- The five-year survival rate for breast cancer among African American women is 75 percent compared to 89 percent among White women.[5]
- 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.[6]

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.[7]
- 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.[8]
- 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.[9]
- American Indian women have the poorest survival rate from breast cancer than any other racial and ethnic group [10]

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. [11]
- Breast cancer is the leading cause of death among Filipino women.[12]
- Native Hawaiians have the highest death rate from breast cancer than any group in the U.S.[13]
- Only 56 percent of Asian women, 40 years and older, report having a mammogram within a 2-year period.[14]
- Asian and Pacific Islander females have an age-adjusted breast cancer incidence rate 91.2 new cases per 100,000.[15]

Hispanics

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

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 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.

Title/Source: Mammography
http://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm118546.htm

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

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 (BCCPTA)**
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)

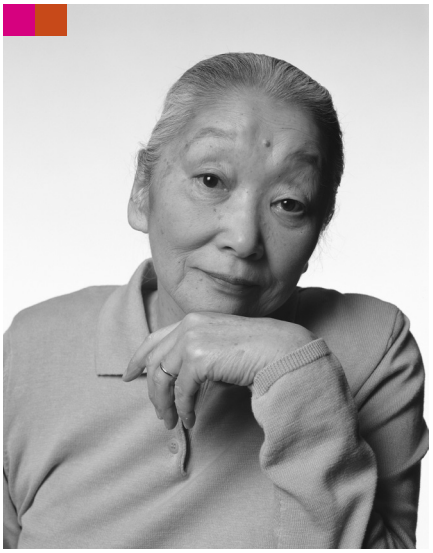
10903 New Hampshire Ave.
Silver Spring, MD 20993
1-888-INFO-FDA (1-888-463-6332)
http://www.fda.gov

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

- **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.

- **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.

- **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 specials 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

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.

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
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
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
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
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

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
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
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
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
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

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
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

NATIONAL ORGANIZATIONS/PROGRAMS

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

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
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
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

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

Cheyenne River Sioux Tribe
Breast and Cervical Cancer Early Detection Program
605-964-8921

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

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

Mississippi Band of Choctaw Indians
Breast and Cervical Cancer Early Detection Program
601-389-6326

Native American Rehabilitation Association of the Northwest, Inc.
Breast and Cervical Cancer Early Detection Program
503-230-9857 ext. 251

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

Poarch Band of Creek Indians
Breast and Cervical Cancer Early Detection Program
251-368-8630

South East 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
800-924-3984

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

Yukon-Kuskokwim Health Consortium
Breast and Cervical Cancer Early Detection Program
907-543-6996

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 Dis trict 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

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, 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

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.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 (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, 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.

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

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
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.

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.fhcw.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

Highlighted 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/breastlumpsbiopsy.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
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
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
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
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
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

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

Nuestras Historias: Mujeres Hispanas 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

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

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

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