



Cancer Awareness Chat Resources 10/20/24

[Information and Resources about Cancer: Breast, Colon, Lung, Prostate, Skin | American Cancer Society](#)

[Breast Cancer Foundation | Susan G. Komen®](#)

[Home - ECANA | Official Site](#)

We work to educate African American women on the risks and symptoms of endometrial cancer, as well as support those living with it.

[Cancer Facts & Figures for African Americans 2022-2024](#)

[EBLUXE Cares | Non profit organization](#)

Reclaim your life, Redefine your future.

a non-profit 501c3 organization bringing awareness to cancer around the world.

[More Black Women Die from Breast Cancer Than Any Other Cancer | American Cancer Society](#) Overall, **Black women have an 8% LOWER cancer incidence rate** compared with White women. Specifically, Black women are **LESS likely to be diagnosed with breast and lung cancer.**

However, Black women are **MORE likely to be diagnosed with stomach, liver, and pancreatic cancer**—all of which have low survival rates.

In contrast to the lower overall incidence rate, Black women have a **12% HIGHER overall cancer death rate** than White women. Specifically, Black women **have double the risk of dying from [uterine corpus \(endometrial\) cancer](#)** and **are 41% more likely to die from [breast cancer](#)** even though their incidence rates are similar to or lower than those of White women.

The wide disparity in breast cancer death rates between Black and White women likely reflects fewer cancers being diagnosed at a localized (early) stage (57% in Black women compared with 67% in White women), as well as less access to high-quality treatment. Cancers diagnosed at a later, more advanced stage are typically more complicated to treat. Black women have a **[lower 5-year survival rate overall and for every every stage of diagnosis](#)**. About 82% of Black women live at least 5 years after their initial breast cancer diagnosis, compared to 92% of White women.

Higher death rates from breast cancer among Black women are also likely related to:

- Higher prevalence of **obesity and other health problems**

- Higher incidence of [triple-negative breast cancer](#), which is aggressive and challenging to treat. Black women are **twice as likely to be diagnosed** with triple-negative breast cancer than White women. They're also **30% more likely to die** from these tumors because of lower rates of surgery and chemotherapy.
- Higher incidence of [inflammatory breast cancer](#), an aggressive but uncommon type of breast cancer.

[Former MTV VJ Ananda Lewis' Breast Cancer Has Progressed To Stage 4 | Essence](#)

[I'm A Survivor!: These Black Stars Have Fought Breast Cancer | News | BET](#)

[Why Black Women Are At Greater Risk Of Dying From Breast Cancer, Even When It's Treatable](#)

[2022 Cancer Facts & Figures Cancer for African American/Black People | More Black Women Die from Breast Cancer Than Any Other Cancer | American Cancer Society](#)

[Cancer Disparities in the Black Community | American Cancer Society](#)

[Black Women Have the Lowest Rates of Ovarian Cancer — But Are Less Likely To Survive the Disease - HealthyWomen](#)

Here is an explanation of breast cancer taken from Susan. G. Koman's website.

What is cancer?

In a healthy body, natural systems control the creation, growth and death of cells. Cancer occurs when these systems don't work right.

When cells don't die at the normal rate, there's more cell growth than cell death. This excess growth can form a tumor.

What is breast cancer?

Breast cancer occurs when cells in the breast divide and grow without their normal control.

Tumors in the breast tend to grow slowly. By the time a lump is large enough to feel, it may have been growing for as long as 10 years. Some tumors are aggressive and grow much faster.

About 80 percent of breast cancers begin in the milk ducts, about 10 percent begin in the lobules and a few begin in other breast tissues.

1. Know your risk

- Talk to both sides of your family to learn about your family health history.
- Talk to a doctor about your risk of breast cancer.

2. Get screened

- Talk with a doctor about which screening tests are right for you if you're at higher risk.
- Have a mammogram every year starting at age 40 if you're at average risk.*
- Have a clinical breast exam at least every 3 years starting at age 25, and every year starting at age 40.*
- *Per NCCN Guidelines

3. Know what is normal for you

See a doctor if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

4. Make healthy lifestyle choices

- Maintain a healthy weight.
- Make exercise part of your routine.
- Limit alcohol intake.
- Limit menopausal hormone use.
- Breastfeed if you can.

For more information, visit [komen.org](https://www.komen.org) or call the Komen Patient Care Center's Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Thursday, 9 a.m. to 7 p.m. ET and Friday, 9 a.m. to 6 p.m. ET or email at helpline@komen.org. Se habla español.

Did you know 6 of the 8 warning signs of breast cancer are visual?

The signs of breast cancer are not the same for everyone. It's important to know how your breasts normally look and feel. If you notice any change, see a doctor.

Changes that should be reported include:

| | |
|---|--|
| <ul style="list-style-type: none"> • Lump, hard knot or thickening inside the breast or underarm area  | <ul style="list-style-type: none"> • Swelling, warmth, redness or darkening of the breast  |
| <ul style="list-style-type: none"> • Change in the size or shape of the breast  | <ul style="list-style-type: none"> • Dimpling or puckering of the skin  |
| <ul style="list-style-type: none"> • Itchy, scaly sore or rash on the nipple  | <ul style="list-style-type: none"> • Pulling in of your nipple or other parts of the breast  |
| <ul style="list-style-type: none"> • Nipple discharge that starts suddenly  | <ul style="list-style-type: none"> • New pain in one spot that does not go away  |

Mammograms

A mammogram is a low-dose x-ray picture of the breast.

Why should I have one?

Mammograms can help save lives. They are still the best way to find breast cancer early. They can find breast lumps when they are too small for a woman or her doctor to feel.

Mammograms can not find all problems. So, every woman should work with her doctor to check her breasts. Call your doctor or clinic if you notice any change in your breasts like:

- a lump
- thickening
- liquid leaking from the nipple or changes in how the nipple looks

How is a mammogram done?

- You will need to take off your shirt and bra.
- You will stand in front of the x-ray machine.
- Your breast is placed on a small platform. A clear plastic plate presses down on the breast for a few seconds. Some women say the pressure feels uncomfortable, but most don't find it painful.
- The technician will take several pictures of the breast.

- A specialist then looks at the x-ray pictures to see if there are any changes in the breast.

How do I get my results?

You and your health care provider should get a written report of the results within 30 days after your mammogram.

- Call if you don't get your results. Don't assume that everything is normal.
- You have the right to get the original mammogram x-ray pictures.

What does the FDA do?

The FDA certifies the places that give mammograms in the U.S. It's a law called the Mammography Quality Standards Act (MQSA).

The FDA inspects the facilities and the people who work there.

How do I know if my place is certified?

The FDA keeps a list of all certified places where you can get a mammogram like a:

- Doctor's Office
- Clinic
- Hospital
- X-ray Center
- Mobile Van



Now is the time for a mammogram.

A screening mammogram takes only about 20 minutes and could save your life. At Providence, we offer the latest technology to detect breast cancer as early as possible, when it's too small to be felt by a woman or her doctor and when treatment is most successful.

Know the facts:



Breast cancer is the most diagnosed cancer among American women.



Breast cancer impacts 1 in 8 women in their lifetime.



When cancer is found early, treatment is more likely to be successful.

Don't put off scheduling a screening.

Scheduling is fast and easy, and our expert team will make you as comfortable as possible. If we find something that needs a second look, our team has all the resources to see you through your care.

Schedule your screening mammogram today.

Call 844-783-1481 or schedule an appointment at Providence.org/mammosocal

SP24-7128

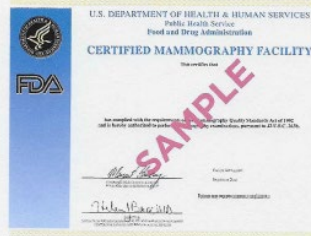
Mammograms (continued)



To find a certified site near you, go to the FDA website and put in your zip code:

www.fda.gov/findmammography

You should also look for the FDA MQSA Certificate at your facility.



What is a digital mammogram?

Digital mammograms are pictures of the breast that are viewed on a computer. Regular mammograms are viewed on x-ray film.

What else should I know before I get a mammogram?

- Do not wear deodorant, perfume, lotion or powder under your arm or on your breasts on the day of your exam. It might show up on the x-ray.
- Tell the clinic if you have breast implants when you make your appointment. They may need to take more pictures than a regular mammogram.
- Tell the clinic if you have physical disabilities that may make it hard for you to sit up, lift your arms or dress yourself.
- Talk with the staff about how they will handle issues of modesty that you may have due to your religion.



PATIENT NAVIGATION

You are not alone

Susan G. Komen's **PATIENT NAVIGATORS** can help you by:

- » Guiding you through the health care system
- » Enhancing your communication with health care staff and providers
- » Working with you to find the resources and support you need, including Komen's Treatment Assistance Program for financial assistance for eligible individuals and Komen's Helpline for emotional and educational support
- » Helping you arrange appropriate services so you can keep your health care appointments, know what to expect, and stay on course with your treatment plan

To be connected to a Susan G. Komen Navigator, contact us at:

1-877 GO KOMEN (Mon-Fri 9am - 10pm ET | EN/SP)
or **HELPLINE@KOMEN.ORG**

Stand For **H.E.R.**
Health Equity Revolution



©2022 Susan G. Komen®

The Susan G. Komen® Breast Care Helpline

offers support by trained specialists and oncology social workers to support those navigating our complex health system in both English and Spanish. The Breast Care Helpline provides: breast health and breast cancer information, information about local and national resources, emotional support, clinical trial information and more.

1-877 GO KOMEN (Mon-Fri 9am - 10pm ET | EN/SP) or **HELPLINE@KOMEN.ORG**

Komen's financial assistance program helps ease the financial burden of patients for things like: housing, utilities, medications, transportation, food and childcare.

Susan G. Komen also provides free training for patient navigators. If you are a patient navigator or interested in becoming one, contact navigationnation@komen.org for more information.

komen.org



PATIENT CARE CENTER

Looking for Breast Health Resources?

Komen's Patient Care Center supports you – wherever you are on your breast health journey. From breast health information to connection to local resources to patient navigation, it all starts with our Breast Care Helpline.

Through our **BREAST CARE HELPLINE**, we provide:


- Answers to questions about your breast cancer risk
- Info about breast cancer screening, treatment options, clinical trials, and genetic counseling and testing
- Access to no-cost screening mammograms and diagnostic services
- Financial assistance if you're an income-eligible breast cancer patient in treatment
- Connection to a culturally responsive patient navigator

You can count on the Patient Care Center to be your go-to source for timely breast health information, services and resources.

©2022 Susan G. Komen®



Access program benefits through our Breast Care Helpline:

 **1-877 GO KOMEN**
(1-877-465-6636)
Se habla español

Email helpline@komen.org

Visit [komen.org](https://www.komen.org)

What is Endometrial Cancer?



Endometrial cancer (EC) occurs when cells in the endometrium – the lining of the uterus – become abnormal and grow without control.

EC is the most common uterine cancer.

1 in 39 Black women will be diagnosed with uterine cancer at some point in her life. This makes EC **more common than cervical or ovarian cancer**. If caught early, survival is common, but **Black women are more likely to be diagnosed at later stages and to have aggressive disease**. This is why **educating yourself and your community is KEY!**

Early detection increases the chances of survival!

The best way to reduce your risk is to get regular gynecologic care (even after menopause!) and getting care quickly for any bleeding that is not normal for you or that is after menopause. If any of the following risk factors apply to you, it is even more important to get regular care.

- Taking estrogen *only* pills/patch/ring.
- Taking tamoxifen.
- Diabetes.
- First period before 12 years old.
- Never had a full-term pregnancy.
- Family history of uterine cancer.
- Lynch syndrome or BRCA gene.

What are the Signs of Endometrial Cancer?

The main symptoms of endometrial cancer are “abnormal” bleeding and “postmenopausal” bleeding.

Abnormal bleeding

- Change in time between or periods or how long they last.
- Change in amount of bleeding.
- Heavy bleeding between periods.
- Heavy bleeding lasting more than 2-3 days per period.
- Very heavy bleeding (having to wear Depends or not leave the house).

Postmenopausal Bleeding

- **Any bleeding AFTER menopause.** Most women have gone through menopause by age 60. If you are unsure, you can have your doctor test your hormone levels.

KNOW WHEN TO GO

Any abnormal or postmenopausal bleeding could be a sign of endometrial cancer.

DO NOT IGNORE THESE SIGNS!

MAKE AN APPOINTMENT with a primary care doctor or gynecologist right away.

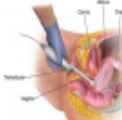
New bleeding may have other causes: hormonal imbalance or thyroid disorder, a non-cancer mass or tumor, a cyst (non-cancerous), fibroids or polyps (non-cancerous growths in the uterus), blood-thinners, or new contraception.

Get care right away to determine the cause.

Seeking Care for Abnormal or Postmenopausal Bleeding.

Tests to diagnose endometrial cancer

A vaginal ultrasound is often the first step to investigate new bleeding, but it **cannot determine if endometrial cancer is or is not present.**



A biopsy or D&C —when a doctor takes a piece of tissue from the uterus to examine— **can detect endometrial cancer.** A biopsy occurs in an office and the D&C in an operating room. A D&C can also detect if polyps or fibroids are causing the bleeding.



Tips for talking with a doctor about abnormal bleeding.

- Describe your bleeding: what is normal for you and how things have changed. Bring a list of changes and questions.
- It is your right to bring someone to the appointment or record the conversation.
- Make sure there is a clear plan to identify the causes of bleeding. If not mentioned: ask about other tests (ultrasound, biopsy) that can help determine the cause.
- If you have an ultrasound and the reason for bleeding is still not clear, ask about more tests.

“Wait it out” is NEVER an acceptable answer!

About ECANA

We are a group of women who have come together to create support, community, and empowerment for any African-American woman affected by endometrial cancer. We are patients, doctors, survivors, community advocates, and professional leaders all committed to one purpose – improving the lives of Black women affected by this disease.

We strive to reach our goal through education, community-building, and research partnership. Our work is guided by values of transparency, creativity, an opportunity-mindset, and centering the values, voices, and needs of African-American women with endometrial cancer.

ECANA is based at the University of Washington in Seattle. We are led by Dr. Kemi Doll (Gynecologic Oncologist), Bridgette Hempstead (founder and CEO of Cierra Sisters), and Black women directly affected by Endometrial Cancer.

Community



Education



Research



Find more information, resources, and ways to connect!

Website: ecanawomen.org

Social media: @ecanawomen



email: info@ecanawomen.org



Endometrial Cancer Action Network for African-Americans

Community + Education + Research



MY SISTER MY FRIEND BREAST CANCER SUPPORT

For more information visit:

www.mysistermyfriendbcs.com

or Call (855)-778-1600

Email: hello@mysistermyfriendbcs.com

~Treatment Transportation Assistance~

~Caregiver Training Information~

***SUPPORT GROUPS**

(Every third Saturday @ 1 pm)

GET SUPPORT

FIND RESOURCES

SISTER CIRCLE CONNECTIONS

GET INFORMATION ON SEMINARS - CONFERENCES - EVENTS





WHAT IF YOUR VOICE HAD THE POWER TO CHANGE LIVES?

WITH YOUR CONTRIBUTION, GENERATIONS OF BLACK WOMEN WILL BE FOREVER CHANGED.

VOICES of Black Women is a groundbreaking long-term study, led by the American Cancer Society and powered by the voices of Black women across the US. The goal is life-changing: to better understand health conditions like cancer and learn how to improve overall health among Black women. With the enrollment of at least 100,000 women over the next few years, this goal is achieved as a collective. It starts with you, but it flourishes with us.

WHO CAN JOIN?

If you are a Black woman between the ages of 25 and 55 with no history of cancer (except basal or squamous skin cancer) and also live in one of our study enrollment states

WHY SHOULD I JOIN?

Your voice matters. As a leader in the population studies field of research for generations, our researchers at the American Cancer Society are ready to understand your unique experiences to shape a path for the health of future generations. By taking online surveys at least twice a year, you can help shape this path for the betterment of the community.

WHAT IS INVOLVED?

Complete surveys on the private VOICES website. The first survey will take about one hour to complete. You will then take shorter follow-up surveys at least twice a year to help us gather meaningful insights into Black women's health.



ENROLL TODAY

and make your voice heard for the good of Black Women.



Learn more at
voices.cancer.org