



BREAST CANCER RESOURCE GUIDE



A guide for patients,
survivors, caregivers
and practitioners in
the St. Louis Metro
and Metro-East areas



Program for the Elimination of Cancer Disparities (PECaD)

VISION:

Partnering to end cancer disparities

GOAL:

To work through community partnerships to develop outreach and education, quality improvement and research, and training strategies that will foster healthy communities and environments less burdened by cancer disparities.

OUTREACH AND EDUCATION:

Sharing health information with our community

CUTTING-EDGE RESEARCH:

Making a difference in hospitals and in our communities

MENTORING:

Training young researchers in community-based research methods



To find out how you can get involved, visit
www.siteman.wustl.edu/pecad.aspx

What is a cancer disparity?

When one group of people in a population gets or dies from cancer more often, when compared with other groups.

In this region, some groups of people are more likely to die from breast, cervical, colorectal, and lung cancers compared to the general population.

This includes:

- Racial and ethnic minorities
- People who have low income
- People who have less than a high school education

Reasons why cancer disparities happen are complex.

Some include:

- Access to care
- Access to healthful resources
- Social norms
- Individual behaviors
- The environment
- Genetics, and more

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Please Note: The details provided in the guide were up-to-date as of April 2019, but content is subject to change. Please double check hours of operation, addresses, etc. before making plans. This guide was aimed to be inclusive, but some resources may have been left out.

Introduction

Breast Cancer Community Partnership

Welcome to PECaD's Breast Cancer Community Partnership's (BCaP) Community Resource Guide. The BCaP is a partnership of breast cancer survivors, physicians, researchers, community organizations, churches, breast cancer advocacy and support groups.

The goal of the BCaP is to provide breast cancer education, screenings, and other breast-cancer related resources to people in the St. Louis area. Our mission is achieved by reaching people who are at increased risk for breast cancer as well as people who are medically underserved. We seek to eliminate barriers to screening and treatment in order to improve breast cancer outcomes for all. We are able to do this through our partnership with PECaD, the Program for the Elimination of Cancer Disparities at Washington University in St. Louis and Siteman Cancer Center.

In preparing this guide, we gathered information from health care professionals and community-based organizations working to help patients, survivors, caregivers and practitioners in the St. Louis Metro, Metro- and South-East areas, and beyond. This resource guide will help you find breast cancer screening, treatment, and survivorship resources in the St. Louis Metro and Metro-East areas.

Whether it is for yourself or someone you care about, we hope this guide will help you. On behalf of the BCaP, I thank you for taking the active step in learning more about breast cancer. By picking up this guide and reading through it, you are being an active participant in your health!

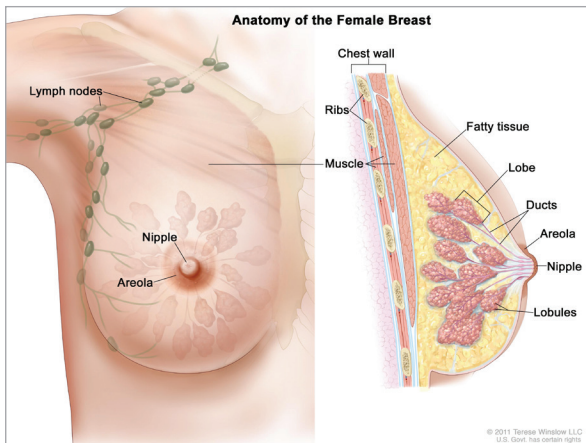
Kindest Regards,

A handwritten signature in black ink that reads "Aimee James". The signature is fluid and cursive, with the first name "Aimee" and last name "James" clearly distinguishable.

Aimee James, PhD, MPH
Associate Professor
Division of Public Health Sciences
Department of Surgery
Washington University School of Medicine

Breast Cancer: The Basics

Breast cancer is the most common cancer in American women, with a 1 in 8 chance of developing (American Cancer Society, 2019). Breast cancer starts when cells in the breast begin to grow out of control. Cancer cells usually form a tumor that can be seen on an x-ray or felt as a lump. Although many types of breast cancer can cause a lump in the breast, not all do. A tumor is malignant (cancerous) if the cells grow into surrounding tissues or spread (metastasize) to distant areas of the



body. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

Many breast cancers are found on screening mammograms which can detect cancers

at an earlier stage, often before they can be felt, and before symptoms develop. There are other symptoms of breast cancer you should watch for and report to a health care provider. The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or rounded. They can even be painful.

References:

American Cancer Society. Cancer Facts and Figures 2019. Atlanta, Ga: American Cancer Society; 2019. American Cancer Society. Breast Cancer Facts and Figures 2017-2018. Atlanta, Ga: American Cancer Society; 2019

Other possible symptoms of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling (sometimes looking like an orange peel)
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaling, or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)

Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast is large enough to be felt. Because mammograms do not find every breast cancer, it is important for you to be aware of changes in and around your breasts and to know the signs and symptoms of breast cancer.

Risk Factors for Breast Cancer

These guidelines are for women at average risk for breast cancer. For screening purposes, a woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer (such as in a BRCA gene), and has not had chest radiation therapy before the age of 30.

All women should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do.

Women between 40 and 44 have the option to start screening with a mammogram every year.

Women 45 to 54 should get mammograms every year.

Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

Women who are at *high risk* for breast cancer based on certain factors should get an MRI and a mammogram every year, typically starting at age 30. This includes women who:

- Have a lifetime risk of breast cancer of about 20% to 25% or greater, according to risk assessment tools that are based mainly on family history
- Have a known BRCA1 or BRCA2 gene mutation (based on having had genetic testing)
- Have a first-degree relative (parent, brother, sister, or child) with a BRCA1 or BRCA2 gene mutation, and have not had genetic testing themselves
- Had radiation therapy to the chest when they were between the ages of 10 and 30 years
- Have Li-Fraumeni syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome, or have first-degree relatives with one of these syndromes.

Most women at high risk should begin screening with MRI and mammograms when they are 30 and continue for as long as they are in good health. But a woman at high risk should make the decision to start screening with her health care providers, taking into account her personal circumstances and preferences.

References:

Oeffinger KC, Fontham ET, Etzioni R, et al. Breast cancer screening for women at average risk: 2015 guideline update From the American Cancer Society. JAMA. 2015;314(15):1599-1614

Breast Cancer Treatment

Chemotherapy

Chemotherapy, often shortened to “chemo”, refers to the drugs that prevent cancer cells from dividing and growing. It does this by killing the dividing cells. It targets the cancer cells’ food source, which consists of the enzymes and hormones they need to grow. Sometimes there are significant long- and short-term side effects from chemotherapy. Some side effects can include nausea and vomiting, hair loss, fatigue, and hearing impairment. However, the benefits of chemotherapy usually outweigh the risk of adverse effects.

Surgery

Breast-conserving surgery (lumpectomy or partial mastectomy) –

Can often be used for early-stage breast cancers. A surgery in which only the part of the breast containing the cancer is removed. The goal is to remove the cancer as well as some surrounding normal tissue. How much of the breast is removed depends on the size and location of the tumor and other factors.

Mastectomy – A surgery in which the entire breast is removed, including all of the breast tissue and sometimes other nearby tissues. There are several different types of mastectomies. Some women may also get a double mastectomy, in which both breasts are removed.

Some doctors are combining cancer surgery and plastic surgery techniques, known as **oncoplastic surgery**. This typically involves reshaping the breast at the time of the initial surgery, such as doing a partial breast reconstruction after breast-conserving surgery or a full reconstruction after mastectomy. Oncoplastic surgery may mean operating on the other breast as well to make the breasts more alike.

Targeted therapy drugs

Targeted therapies are a group of drugs that specifically target gene changes in cancer cells that help the cells grow or spread. New targeted therapies are being studied for use against breast cancer, including PARP inhibitors. These drugs are most likely to be helpful against cancers caused by BRCA gene mutations, and have shown some promise in treating some types of breast cancers. Olaparib is now being used to treat women with BRCA mutations who have metastatic, HER2-negative breast cancer and who have already gotten chemotherapy.

References:

American Cancer Society. Treating Breast Cancer - Surgery for Breast Cancer. Atlanta, Ga: American Cancer Society; 2019



Community Health Centers

Community Health Centers are places you can go if you are uninsured, on Medicaid/Medicare or if you have insurance. Most use a sliding scale fee.

Affinia Healthcare

Phone: 314-814-8700 | <http://affiniahealthcare.org>

Mammograms are available at the locations listed below. However, you must first set up an appointment with the Women's Health Center and be referred to the location

LOCATIONS

4414 North Florissant Avenue | St. Louis, Missouri 63107

Hours: Monday, Tuesday, Thursday, and Friday – 8:30 a.m. to 5:30 p.m.
Wednesday – 8:30 a.m. to 7 p.m.

Services Include: Adult Medicine; Women's Health/Ultrasounds; Pediatrics; Podiatry; Adult Behavioral Health; Dental; Lab; WIC; Outreach

2220 Lemp Avenue | St. Louis, Missouri 63104

Hours: Monday, Tuesday, Thursday, and Friday – 8:30 a.m. to 5:30 p.m.
Wednesday – 8:30 a.m. to 7 p.m.

Medical Urgent Care hours: Monday through Friday – 8 a.m. to 7 p.m.
Saturday – 9 a.m. to 5 p.m.

Services Include: Urgent Care; Primary and Preventive Health Services; Women's Health Services; Pediatrics; Podiatry; Behavioral Healthcare; Laboratory Services; WIC; and Healthcare Outreach.

1717 Biddle | St. Louis, Missouri 63106

Hours: Monday, Tuesday, Thursday, and Friday – 8:30 a.m. to 5:30 p.m.
Wednesday – 8:30 a.m. to 7 p.m.

Services Include: Adult Medicine; Women's Health/Ultrasounds; Pediatrics; Podiatry; Adult Behavioral Health; CDC; Radiology (Plain Film); Pharmacy; Optometry; Audiology; Dental; Lab; WIC; Homeless Services; Health Records; and outreach.

Betty Jean Kerr People's Health Centers | phcenters.org

Mammograms can be done at either site. Uninsured patients must call ahead to join program. Insured patients can do walk-ins

LOCATIONS

Delmar Site | 5701 Delmar Blvd. | St. Louis, MO 63112

Phone: 314-367-7848

Hours: Monday through Friday – 8 a.m. to 5:30 p.m.

Tuesdays – 8 a.m. to 8:30 p.m.

North Site | 11642 West Florissant | Florissant, MO 63033

Phone: 314-838-8220

Hours: Monday through Friday – 8 a.m. to 5:30 p.m.

Wednesdays – 8 a.m. to 8:30 p.m.

Services include: Show Me Healthy Women – Cervical cancer screening; Annual exams; Breast Exams; Blood Pressure Monitoring; Cervical Exams/Diagnostic Screening; Cholesterol Testing; Colposcopy/ Cryosurgery/LEEP Exams; Family Planning Services; HIV & STI Testing; Nutrition Planning & Counseling, Pregnancy Test, Prenatal Lead Screening; Pharmacy/Prescription Assistance; Obstetrics/ Gynecology; WIC; OB Case Management; Prenatal Classes; Other Specialty Referrals

Southern Illinois Healthcare Foundation | sihf.org

LOCATIONS

Cahokia Health Center

818 Upper Cahokia Road | Cahokia, IL 62206 | 618-337-2597

Hours: Monday - Friday 8:30 a.m. to 5 p.m.

East St. Louis Health Center

2001 State Street | East St. Louis, IL 62205 | 618-271-9191

Hours: Monday - Friday 8:30 a.m. to 5 p.m.

Fairmont City Health Center

2568 North 41st Street | Fairmont City, IL 62201 | 618-482-4015

Hours: Monday - Friday 8:30 a.m. - 5 p.m.

McKinley Health Center

2166 Madison Avenue | Granite City, IL 62040 | 618-452-1129

Hours: Monday - Friday 8:30 a.m. - 5 p.m.

Services Include: Breast Exams; Pap Smears; Hormone Replacement Therapy; Family Planning, Osteoporosis Prevention; Gynecological Surgery and More.

Hancock County Health Department

www.hancockhealth.info

671 Wabash Ave. | Carthage, IL 62321 | 217-357-2171 ext. 130

Service Counties: Adams, Brown, Hancock, Pike, Scott

Madison County Health Department

www.madisonchd.org

101 E. Edwardsville Road | Wood River, IL 62095 | 618-296-6084

St. Clair County Health Department
www.health.co.st-clair.il.us

19 Public Square, Suite 150 | Belleville, IL 62220 |
618-233-7703, ext. 4400 or 4408

Service Counties: Clay, Clinton, Fayette, Franklin, Hamilton, Jefferson, Marion, St. Clair, Washington, Wayne

Prairie State Women's Health
www.montgomeryco.com/health

11191 Illinois Route 185 | Hillsboro, IL 62049 | 217-532-2001 ext. 229

Service Counties: Bond, Christian, Calhoun, Champaign, Clark, Coles, Crawford, Cumberland, Douglas, Edgar, Effingham, Greene, Edwards, Gallatin, Jackson, Jasper, Jersey, Lawrence, Macoupin, McLean, Monroe, Montgomery, Moultrie, Perry, Randolph, Richland, Saline, Vermillion, Wabash, White, Williamson

Knox County Health Department
www.knoxcountyhealth.org

1361 W. Fremont St. | Galesburg, IL 61401 | 309-344-3314 ext. 231

Service Counties: Henderson, Knox, Warren



Breast Screening Locations

Breast Cancer Foundation of the Ozarks

A woman must be a resident of southwest Missouri or the Four States (Joplin) area. Women eligible for this program must either be uninsured or have health insurance that does not cover the screening mammogram. Women on Medicaid and women enrolled in Medicare Part B are not eligible for this program.

Participating hospitals that offer screenings:

Citizen’s Memorial Hospital-Bolivar	417-326-6000
Cox Health Systems-Springfield	417-269-3000
Cox Hospital-Monett	417-235-3144
Cox Medical Center Branson	417-335-7000
Freeman Hospital-Joplin	417-347-1111
Mercy-Aurora	417-678-2122
Mercy-Cassville	417-847-6000
Mercy-Springfield	417-820-2000
Mercy-Lebanon	417-533-6100
Mercy-Mountain View	417-934-7000
Mercy-Joplin	417-556-2273
Mercy-McCune Brooks, Carthage	417-358-8121
Ozark’s Medical Center-West Plains	417-256-9111
Texas County Memorial Hospital	417-967-3311

Services: Free mammography screening for those with no insurance or insurance that does not provide adequate coverage.

CareSTL Health

5471 Dr. Martin Luther King Dr. | Saint Louis, Mo 63112
314-367-5820

Hours: Monday through Friday 8 a.m. to 5 p.m.
Wednesday – 8 a.m. to 6 p.m.

Missouri Baptist Medical Center – Breast Healthcare Van

<https://www.missouribaptist.org/Medical-Services/Breast-Health/Mammography-Van-Dates>

Services: Provides routine screening Mammography services to neighborhoods across St. Louis and towns in rural Missouri. The van features two-view mammogram testing that takes approximately 20 minutes.

Eligibility: Contact for eligibility requirements.

Contact: 314-996-5170 to schedule an appointment near you or to find out if the van will be in your area

Siteman Cancer Centers

No cost mammograms are available for underinsured and uninsured women who qualify through the Breast Health Outreach Program at the Joanne Knight Breast Health Center

LOCATIONS

Joanne Knight Breast Health Center

4921 Parkview Pl, Suite 5d | St. Louis, MO 63110 | 314-454-7500

Hours: Monday through Friday – 7 a.m. to 3:30 p.m.

Day/Time: 3rd Saturday of each month – 7:45 a.m. to 3:30 p.m. (*Not available 11:45 a.m. -12:15 pm*)

Services: Screening, 3D mammography (tomosynthesis), Diagnostic mammograms, Breast ultrasound, Breast Magnetic Resonance Imaging (MRI), minimally invasive breast biopsy

Center for Advanced Medicine- South County

5201 Midamerica Plaza Suite 1600 | St. Louis, MO 63129
314-454-7500

Hours: Monday through Friday – 8 a.m. to 3:30 p.m.

Services: Screening, 3D mammography (tomosynthesis)

Siteman Cancer Centers *(continued)*

Highlands Medical Building

1110 Highlands Plaza Dr. | St. Louis, MO 63110 | 314-454-7500

Hours: Monday through Friday – 8 a.m. to 3:30 p.m.

Services: Screening, 3D mammography (tomosynthesis)

Barnes-Jewish West County Hospital

969 N. Mason Road | Creve Coeur, MO 63141 | 314-996-8080

Hours: Monday through Friday – 8:30 a.m. to 3:30 p.m.

Services: Screening, 3D mammography (tomosynthesis), Diagnostic mammograms, Breast ultrasound, Breast Magnetic Resonance Imaging (MRI)

Siteman Mammography Van

Schedule Appointments 314-747-7222 or 800-600-3606 (toll free)

**[https://siteman.wustl.edu/prevention/mammography/
breast-health-center-appointment/](https://siteman.wustl.edu/prevention/mammography/breast-health-center-appointment/)**

Available dates at local Schnucks, Shop ‘n Save and YMCA locations can be found on our calendar. Walk-ins permitted, as the schedule permits.

Services: 3D mammography (tomosynthesis)

Planned Parenthood

1-800-600-6886 | www.plannedparenthood.org

Hours: Vary by location check website for closest center

The compassionate staff at Planned Parenthood are experts in women’s health care. Whether you have a specific health concern, or just need a routine well woman exam, Planned Parenthood is here for you. We offer services in Breast Exams, Cervical Cancer Screenings, Mammogram Referrals, Menopause Testing and Treatment, and other Women’s Health Services.



Peer Support Groups

American Cancer Society

Contact 314-286-8167 or 800-227-2345 | www.cancer.org

A nationwide, community-based health organization. The goal of the ACS is to prevent cancer, save lives, and diminish suffering from cancer.

American Indian Cancer Foundation

Contact 612-314-4848 | www.americanindiancancer.org

Supports innovative, community-based interventions that engage Native populations in the discovery of their own cancer best practices.

Breakfast Club Inc. | www.breakfastclub-stl.org

4950 Fountain Ave. | St. Louis, MO 63113

Contact: 314-972-8883

Day/Time: 3rd Saturday of each month – 9 a.m. to 12 p.m.

This is a support group for minority women that discusses breast health issues. Each member has had a personal experience with the disease. In addition to providing emotional support, education, fun activities, and a delicious breakfast, The Breakfast Club offers services and resources to members, their families, and women at risk in the St. Louis area.

The Breakfast Club - Breast Health Buddy Program

Offers one-on-one support and services to women who have received a diagnosis of breast cancer. The Buddy will help alleviate the patient's fears, be a shoulder to cry on, accompany the clients to treatments as needed and assist the client in finding resources and support.

Breast Cancer Foundation of the Ozarks

415 N State Hwy 265 | Branson, MO 65616

Contact: BCFO Program Director – 417-862-3838

Day/Time: 4th Tuesday every other month – 7 p.m. Bi-Monthly
(Feb, Mar, etc.)

This group offers a structured, yet interactive setting featuring a scheduled speaker to address the needs of those in the group.

Breast Cancer Foundation of the Ozarks- “One to One” Mentor Group

Contact: BCFO Program Director – 417-862-3838

Mentoring Program to provide emotional support to those newly diagnosed with breast cancer. Someone who has been recently diagnosed is paired with a mentor who is a survivor of similar disease with similar age and lifestyle traits. A mentor provides a listening ear for someone who is likely to have many concerns and questions about how to cope with a new diagnosis. Contact us to be paired with a mentor as soon after diagnosis as possible.

Cancer Support Community (CSC) of Greater St. Louis – New Member | www.cancersupportstl.com

1058 Old Des Peres Rd | St. Louis, MO 63131

Contact: 314-238-2000

Email: info@cancersupportstl.com

Day/Time: 1st Fridays of each month – 10-11 a.m.

This introduction to CSC allows people with cancer, their family and friends, and the bereaved an opportunity to explore our homelike environment, discover our programs, and connect with others looking to be empowered by knowledge, strengthened by action, and sustained by community. Registration required.

Cancer Support Community (CSC) of Greater St. Louis – Families Connect Group | www.cancersupportstl.com

1058 Old Des Peres Rd | St. Louis, MO 63131

Contact: 314-238-2000 | Email: info@cancersupportstl.com

Day/Time: 1st Tuesday of each month – 6-8 p.m.

Families Connect is a program for the whole family when a parent, grandparent, or adult relative has cancer. A family support group is held while the children and teens (ages 5-18) meet for equal parts support and fun! RSVP by NOON the Monday prior to each group!

Cancer Support Community of Greater St. Louis - Bereavement Group | www.cancersupportstl.com

1058 Old Des Peres Rd | St. Louis, MO 63131 | 314-238-2000

Contact: 314-238-2000 | Email: info@cancersupportstl.com

Day/Time: 1st Thursday each month – 6:30 to 8 p.m.

This group is a place for adults and their family members to connect with others who are dealing with the loss of a friend or family member from cancer. This group includes dinner. This group is made possible by Missouri Baptist Healthcare Foundation. Registration required on website.

Cox Health-Breast Cancer Support Reach Together

3850 S National Ave | Springfield, MO 65807

Contact: 417-269-5257

Day/Time: 2nd Thursday of every month – 7 p.m.

Open to breast cancer patients and survivors, and their friends, family and caregivers. Registration is not required.

Freeman Health System

1102 West 32nd Street | Joplin, Missouri 64804

Contact: 417-347-7600

Day/time: 1st Tuesday of every month– 4:30 p.m. to 6 p.m.

Open to breast cancer patients, from newly diagnosed through survivorship.

Mercy Hospital South

10010 Kennerly Rd | Saint Louis, Missouri 63128

Contact: Breast Navigator – 314-525-4165

E-mail: lisa.salvati@mercy.net

Day/Time:: 2nd Thursday of each month – 5:30 p.m. to 7:30 p.m.

Free to Public

Open to breast cancer patients and survivors. They are welcome to bring a guest (e.g. family, caregiver, friend) to attend with them. Registration is not required. If you wish to be added to the e-mail list for meeting details, e-mail or call the contact to request.

Mercy Hospital Jefferson

1400 US Hwy 61 | Festus, Missouri 63028 | Conference Room D

Contact: Breast Nurse Navigator – 636-933-8073

Day/Time: 2nd Saturday of each month – 10 a.m.

Open to breast cancer patients and survivors, and their friends, family and caregivers. Registration is not required. Call for more information.

Northwest HealthCare

1150 Graham Rd | Florissant, Missouri 63031

Contact: 314-653-5523

Day/Time: 2nd Friday of most months – 7 p.m. to 8:30 p.m.

Free to Public

Open to breast cancer patients and survivors and their friends, family and caregivers. Registration is not required. This group does NOT meet in June, July or August.

Pratt Cancer Center

Cancer Information Center Suite 1440

607 S New Ballas Rd | Saint Louis, Missouri 63141

Contact: 314-251-6400 | 314-238-2000

Day/Time: 2nd Wednesday of each month – 5:30 p.m. to 7 p.m.

Free to Public

Open to women newly-diagnosed and survivors of breast cancer, female family and friends. Registration is required; please call either phone number listed to register.

Siteman Cancer Center

Washington University West Campus Conference Center

7425 Forsyth Blvd | Clayton, Missouri 63105

Contact: 314-362-7844

Day/Time: 3rd Wednesday of each month – 6 p.m.

Free to Public

For young women breast cancer patients and survivors ages 18-40. Registration is not required.

Missouri Baptist Medical Center – Breast Healthcare Van

<https://www.missouribaptist.org/Medical-Services/Breast-Health/Mammography-Van-Dates>

Eligibility: Contact for eligibility requirements.

Contact: 314-996-5170 to schedule an appointment near you
or to find out if the van will be in your area

Services: Provides routine screening mammography services to neighborhoods across St. Louis and towns in rural Missouri. The van features two-view mammogram testing that takes approximately 20 minutes.

CancerCare | Online Support Groups

https://www.cancercare.org/support_groups/43-breast_cancer_patient_support_group

Online support groups take place using a password-protected message board format (not live chat) and are led by professional oncology social workers who offer support and guidance. Groups are held for 15 weeks at a time, and group members must register to join. After completing the registration process (which can take up to 2-3 business days), members can participate by posting in the groups 24 hours a day, 7 days a week. Accepts members after start date.



Show Me Healthy Women

Show Me Healthy Women (SMHW) offers free breast and cervical cancer screenings for Missouri women who meet age, income and insurance guidelines.

Guidelines

- Income at or below 200 percent of the federal poverty level for household income, and
- Age 35 to 64, or older if they do not receive Medicare Part B, and
- No insurance to cover program services

Show Me Healthy Women Screenings for Low-Income Women Participating hospitals that offer screening:

Affinia Healthcare @ Benton | 314-814-8680

Alton Memorial Hospital | 618-463-7750

Barnes-Jewish Hospital and Siteman Cancer Center | 314-454-8466

Betty Jean Kerr People's Health Centers | 314-367-7848

CareSTL Health @ Florence Hill | 314-389-4566

CareSTL Health @ Homer G. Phillips | 314-371-3100

CareSTL Health @ Pope Health Center | 314-385-3990

Christian Hospital | 314-953-6766

Community Health-In-Partnership Services (CHIPS) | 314-652-9231

Clay County Public Health Center | 816-595-4357

East Missouri Action Agency | 573-431-5191

Family Care Health Centers | 314-531-5444

Grace Hill Health Centers, Inc. | 314-814-8552

Jefferson Regional Medical Center | 636-933-8073

Madison County Health Department | 618-692-7040
ext. 6087

**Show Me Healthy Women Screenings for Low-Income
Women Participating hospitals that offer screening: *(continued)***

Mercy Hospital St. Louis, David C. Pratt Cancer Center | 314-251-6569

Mercy Hospital Washington | 636-239-8796

Missouri Baptist Medical Center, Breast HealthCare Center |
314-996-7585

Samuel U. Rodgers Health Center @ Clay County Clinic |
816-413-0662

Samuel U. Rodgers Health Center @ Northland | 816-499-8100

Saint Louis University Cancer Center | 314-268-7038

Southern Illinois Healthcare Foundation (SIHF) | 618-332-6130

St. Clair County Health Department | 618-233-7703

SSM St. Mary's Health Center – St. Joseph Medical Park and
St. Joseph Hospital West | 314-768-8353 (St. Mary's)
or 636-947-5617 (St. Charles County)

Screening:

- Women 50 to 64 and older (if not eligible for Medicare Part B) may be eligible for free Pap Tests, Pelvic Exams, Clinical Breast Exams, Mammograms and Diagnostic Services
- Women 35-49 may be eligible for free Pap Tests, Pelvic Exams, Clinical Breast Exams, Diagnostic Services or Cervical Screenings (those that are suspicious for cancer)

Eligibility: Contact hospitals directly for more information. Must meet certain eligibility requirements to qualify (e.g. income and age)

Availability: Year-round (by appointment only)

Contact Info: Contact hospitals directly for location details and to schedule an appointment

St. Anthony's Medical Center
Show Me Healthy Women Program and Tour of Hope Screenings:

Show Me Healthy Women program: Provides mammograms and other gynecological procedures made available through the State of Missouri.

Tour of Hope: Provides breast screenings for women who need them and do not qualify for our other free mammography services.

Contact Information:

For more details and program requirements call 314-525-1300

Eligibility: Call for more information

Availability: Year Round (by appointment only)

SSM St. Mary's Hospital
Show Me Healthy Women and Empower and Engage Services:

Show Me Healthy Women: Provides women ages 36 and over with procedures such as Pap smear, pelvic examination, screening/diagnostic mammograms, ultrasound and breast biopsy, if warranted.

Empower and Engage: This program provides mammograms to women who are 40 years of age and older or women under age 40 with symptoms and who do not have insurance. You may also qualify if you cannot meet your insurance deductible.

Contact information: Schedule appointment by calling

St. Mary's – 314-768-8353

St. Charles County – 636-947-5617

Eligibility: Call for more information

Availability: Year-round (by appointment only)

SSM St. Clare Health Center

Women's Information Screening Endeavor

Service Available: Free mammograms and breast health navigators are available for women who qualify for WISE

Eligibility: Open to women who are 40 years of age and older *and* who have not had a mammogram or have not had one in the last 13 months *and* who do not have insurance or have insurance that does not pay for screenings.

Availability: Year-round (by appointment only)

Contact: Schedule an appointment by calling 636-496-2804



Financial Assistance

CancerCare | 800-813-4673

Call to speak with a CancerCare social worker

Hours: Monday through Thursday 10 a.m. – 6 p.m.

Fridays 9 a.m. - 5 p.m.

CancerCare provides financial assistance for individuals who have a diagnosis of cancer confirmed by an oncology health care provider, be in active treatment for cancer, and meet our eligibility guidelines based on the Federal Poverty Limit.

Gateway to Hope | 314-569-1113

425 N. New Ballas Rd., Ste. 220 | Creve Coeur, MO, 63141

<http://www.gthstl.org>

Mission is to secure comprehensive care and provide financial assistance for individuals in need diagnosed with or at high risk for developing breast cancer. Must meet financial eligibility guidelines and receive treatment in Missouri. Helps with payment of insurance premiums during breast cancer treatment (Insurance Premium Program), financial assistance with basic living expenses during breast cancer treatment (Thelma's Gift Fund) and assistance with compression garments as a result of lymphedema (Thelma's Gift Fund).

The Catherine H. Tuck Foundation

<https://catherinefund.org>

The Catherine Fund program provides financial aid grants for basic necessities of life to women and men who are in active treatment for breast cancer and struggling financially as a direct result of the diagnosis and treatment. They assist with non-medical expenses for things such as rent, utilities, transportation for treatment, childcare during treatment and food.

Komen Treatment Assistance Fund

877-465-6636

Limited financial assistance for breast cancer patients for transportation to and from treatment; lymphedema care and supplies; oral pain and anti-nausea medication; oral chemotherapy/hormone therapy; child care/elder care; palliative care and other home care; and durable medical equipment.

Triple Step Toward the Cure

<http://triplesteptowardthecure.org>

Seeks to promote awareness and education for the diagnosis, treatment, and cure of triple negative breast cancer and to provide support, both emotional and financial, to affected individuals and their families. They offer assistance with meal delivery, emergency funds for rent, groceries, and utilities, transportation related to treatment, housekeeping services, childcare, selected co-pay assistance, prosthetics and wigs.

Sisters Network® Inc. - A National African American Breast Cancer Survivorship Organization

<http://www.sistersnetworkinc.org> | 866-781-1808

African American breast cancer survivorship organization. Promotes the importance of breast health through empowerment, support, breast education programs, resources, information and research. Provides financial assistance for mammograms, co-pay, office visits, prescriptions, medical-related lodging and prosthesis.

Patient Advocate Foundation (PAF)

<http://www.patientadvocate.org> | 800-532-5274

Provides direct services to patients with chronic, life threatening and debilitating diseases to help access care and treatment recommended by their doctor. Offers co-payment assistance - check website for up-to-date list of covered diagnoses and medications. Maintains a searchable National Financial Assistance Resource Directory. Provides a Scholarships for Survivors Program. Also has a Financial Aid Program for Merkel Cell Carcinoma patients that will provide a one-time grant to them to be used for transportation expenses.

Patient Services Incorporated (PSI)

P.O. Box 5930 | Midlothian, VA 23112 | 1-800-366-7741

www.patientservicesinc.org

Patient Services, Inc. continues to provide peace of mind to patients living with specific chronic illnesses by providing financial assistance to eligible persons by subsidizing the cost of health insurance premiums, providing pharmacy and treatment copayment assistance, assisting with Medicare Part D co-insurance and providing travel assistance for transportation reimbursement.

Remember Betty

100 Andover Park W, Suite 150 PBM 375 | Tukwila, WA 98188

www.rememberbetty.com

Our mission is to help minimize the financial burden associated with breast cancer for patients & survivors by providing direct financial support to them so that they can focus on recovery & quality of life.

Tata Sisterhood Foundation

P.O. Box 31374 | St. Louis, MO 63131

Email: contact@tatasisterhood.org | www.tatasisterhood.org

We are chemotherapy angels, providing motivational and financial assistance to women suffering from triple negative breast cancer (TNBC). We are here to help – apply for assistance today on the website.

Barnes-Jewish HealthCare

314-362-8400 or 855-362-8400

Please contact or call one of our financial representatives if you need help to pay your bill. Depending on your situation, you also may qualify for financial assistance. Financial assistance may include helping you apply for Medicaid, determining your eligibility for free health care services, and determining eligibility for a reduction in the amount you owe for some services.



Medication Assistance

The Pink Fund

<http://thepinkfund.org> | 877-234-7465

Provides short-term financial aid to patients who are in treatment for breast cancer. The aid covers both medical and non-medical related expenses, including health insurance premiums, prescriptions, house or rent payments, car insurance payments, and utility payments. Applicants must be employed, in active treatment and experiencing a loss or reduction in income as a result. Payments are made directly to creditors.

Patient Advocate Foundation (PAF)

<http://www.patientadvocate.org> | 800-532-5274

Provides direct services to patients with chronic, life threatening and debilitating diseases to help access care and treatment recommended by their doctor. Offers co-payment assistance - check website for up-to-date list of covered diagnoses and medications. Maintains a searchable National Financial Assistance Resource Directory. Provides a Scholarships for Survivors Program. Also has a Financial Aid Program for Merkel Cell Carcinoma patients that will provide a one-time grant to them to be used for transportation expenses.

Patient Access Network (PAN) Foundation

<https://panfoundation.org> | 866-316-7263

Provides co-payment assistance to patients who have insurance but lack the means to pay for out-of-pocket costs for their medications or infusions. Currently includes coverage for numerous disease funds, including various cancers and related illnesses. Check website for up-to-date list of diagnoses and medications covered.

Sisters Network® Inc. - A National African American Breast Cancer Survivorship Organization

<http://www.sistersnetworkinc.org> | 866-781-1808

African-American breast cancer survivorship organization. Promotes the importance of breast health through empowerment, support, breast education programs, resources, information and research. Provides financial assistance for mammograms, co-pay, office visits, prescriptions, medical-related lodging and prosthesis.

Partnership for Prescription Assistance (PPA)

<https://www.pparx.org> | 888-477-2669

Matches patients to programs offering free or low-cost prescription medicines. Through its toll-free number and website, PPA offers a single point of access to more than 475 public and private patient assistance programs, including about 200 programs offered by pharmaceutical companies.

Good Days

6900 Dallas Parkway Suite 200 | Plano, TX 75024 | 972-608-7141

Email: info@mygooddays.org | www.mygooddays.org

Good Days is here to help: helping overcome the burden of treatment costs, connecting you to a community that cares. We not only make life-saving and life-extending treatments affordable, we act as your advocate, helping you navigate the system and guiding you to additional emotional support through foundations and other organizations dedicated to those with specific, life-altering conditions.

Peregrine Society

2343 Hampton Avenue | St. Louis, MO 63139 | 314-781-6775

www.peregrinesoc.org

The St. Louis Peregrine Society is dedicated to improving the quality of life of cancer patients living in the St. Louis area. The Peregrine Society fills a void by providing medication assistance for the uninsured and underinsured residing in St. Louis city or county.

Needy Meds

1-800-503-6897 | www.needymeds.org

Needy Meds' mission is to help people who cannot afford medicine or health care costs. On their website you can find information about free or discounted medication programs, free or low cost clinics and camps, and scholarship programs. They also offer a discount drug card that can provide significant savings on your prescriptions.



Transportation Assistance

Road to Recovery Program

4207 Lindell Blvd | St. Louis, MO 63108 | cancer.org

1-800-227-2345 (answered 24 hours)

Hours: Monday through Friday 8 a.m. to 5 p.m. with some flexibility

The Road to Recovery program provides free transportation for cancer patients who are traveling for essential medical care related to a cancer diagnosis. Service is dependent on availability of drivers in the patient's area. This service is for cancer-related appointments only; it can only be used for transportation to and from an appointment. At least 4 business days' notice is required to request a ride. You must be able to walk to use this service.

Express Medical Transporters, Inc

6780 Southwest Ave. | St. Louis, MO 63143 | rideemt.com

314-781-6400

Ride Scheduling Hours: Monday through Friday 9 a.m.-1 p.m.

EMT serves organizations all over the Midwest, including school districts, hospitals, medical clinics, adult day centers, nursing homes, dialysis centers, doctor's offices and more. We also transport individuals and families to and from appointments, or simply when they need a ride. Special events sometimes require special transports. If you have a family member who needs a wheelchair accessible vehicle to go to a reunion, wedding or public event, just call us. You are able to ride along with them, usually at no additional charge.

If paying with insurance, have your insurance company call and make the transportation arrangements. If paying out of pocket you can call EMT directly and make an appointment.

Medical Transportation Management, Inc.

mtm-inc.net | 636-561-5686 | 1-888-561-8747 (toll-free)

Hours: Monday through Friday 9 a.m. to 5 p.m.

Medical Transportation Management (MTM) offers non-emergency medical transportation for older adults, disabled, underserved populations enrolled in state and county government programs such as Medicaid and Medicare+Choice Managed Care Organizations. You must be Medicaid eligible to qualify for this free service.

To schedule an appointment you must talk with your medical provider to determine if they have a partnership with MTM and place you on their client list. Once on their roster you can call them directly for appointments.

The Catherine H. Tuck Foundation

<https://catherinefund.org>

The Catherine Fund program provides financial aid grants for basic necessities of life to women and men who are in active treatment for breast cancer and struggling financially as a direct result of the diagnosis and treatment. They assist with non-medical expenses for things such as rent, utilities, transportation for treatment, child care during treatment and food.

Missouri Care

missouricare.com | 1-800-695-5791

Hours: 24 hours, 7 days a week

Missouri Care offers non-emergency medical transportation to members of MO Health Net, and United Health. You must call to schedule at least 3 days in advance. This service is free if included in health insurance plan enrollment. Transportation is to and from doctor's appointments—stops to a pharmacy are permitted but only after doctor's appointment. Additional passenger allowed: can be an adult or children w/o another adult. Other inquiries are case dependent and can be asked when making appointment.

Non-Emergency Medical Transportation

1-866-269-5927

Hours: Monday through Friday 8:00 a.m. to 5:00 p.m.

You must call at least 5 calendar days before the day of the appointment or you may not get NEMT. You may be able to get a ride sooner if a medical problem comes up and your doctor says you can be seen. For these "urgent care appointments," you can call this number 24 hours, 7 days a week.

Trips are free for Managed Care Health Plan enrollees, under age 19, pregnant, blind, or if you live in a nursing home. Otherwise trips are \$2.

Pink Ribbon Girls

15 South Second Street | Tipp City, OH 45371 | 877-269-5367

E-mail: info@pinkribbongirls.org | www.pinkribbongirls.org

Pink Ribbon Girls provides free direct services to those with breast and gynecological cancers throughout our service regions. We serve those with any stage of cancer in the St. Louis area. Pink Ribbon Girls provides rides to treatment by trained transportation specialists.

Peregrine Society

2343 Hampton Avenue | St. Louis, MO 63139 | 314-781-6775

www.peregrinesoc.org

The St. Louis Peregrine Society is dedicated to improving the quality of life of cancer patients living in the St. Louis area. The Peregrine Society fills a void by providing services and supplies, not typically covered by insurance, to cancer patients residing in St. Louis city or county and by assisting uninsured or under-insured patients with services critical to their care.

Corporate Angel Network

866-328- 1313 | www.corpangelnetwork.org

Arranges free air transportation for people traveling for medical treatment, using empty seats on corporate planes.

Angel Flight

918-749-8992 | www.angelflight.com

Provides free air transportation to people with medical needs. Primarily serves heartland region. Under most circumstances, in order to find an available pilot, the flight must be scheduled at least five working days in advance.

Air Charity Network

877-621-7177 | www.aircharitynetwork.org

Provides free air transportation to people in need, specifically those dealing with health, family, or community crises.



Nutrition & Food Assistance

Food Outreach - Meal Delivery Program

3117 Olive Street | St. Louis, MO 63103 | 314-652-3663

Hours: Monday through Friday 9 a.m. – 5 p.m.

An individual must have proof of cancer diagnosis and a referral from a healthcare professional. A cancer patient must be currently undergoing active cancer treatment (surgery, radiation, chemotherapy, anti-cancer therapy, etc.) or in hospice following cancer diagnosis/treatment. Food Outreach enrolls cancer clients for 12 months. Each client must meet with our on-staff Dietitian at time of enrollment to receive an initial nutrition status assessment at intake. Nutrition assessment is to be repeated at least every 6 months. At the end of the 12-month period, continued eligibility is determined on a case-by-case basis.

Community Action Agency of St. Louis County (CAASTLC)

2709 Woodson Road | Overland, MO 63114 | 314-863-0015

www.caastlc.org

Hours: Tuesday through Friday 8 a.m. – 3 p.m. or until 25 families have been serviced that day

CAASTLC has a Food Pantry designed to meet the immediate needs of income eligible individuals or families. A household can receive food assistance every 30 days if necessary, for a maximum of 12 times per year. Household income may not exceed 125% of the federal poverty guidelines. When coming to pick up food, please bring social security card and proof of income and residence. CAASTLC provides assistance to St. Louis County residents only.

StringsforaCURE® Foundation

P.O. Box 9823 | Erie, PA 16505

Email: info@stringsforaCURE.org

The StringsforaCURE® Foundation provides \$100 gas, grocery and pharmacy gift cards for breast cancer patients who are in active treatment, to help ease your financial burden. This is a one-time grant. Apply only if you are a U.S. citizen and permanent resident of the U.S, have had a breast cancer diagnosis or recurrence in the past 6 months and you have not already received a gift card from our Gift Card Grant program and you are in ACTIVE treatment.

Pink Ribbon Girls

15 South Second Street | Tipp City, OH 45371 | 877-269-5367

www.pinkribbongirls.org

Pink Ribbon Girls provides free direct services to those with breast and gynecological cancers throughout our service regions. We serve those with any stage of cancer in the St. Louis area. Pink Ribbon Girls provides meals that target the nutrients a cancer patient needs, prepared by executive chefs and professionally delivered to your home.

St. Louis Area Foodbank

www.stlfoodbank.org

Our mission is to build stronger communities by empowering people with food and hope. Our work is possible thanks to community partnerships and support. Join us in our vision to create a stronger, healthier bi-state region where no one goes to bed hungry. Go to the website to find the nearest pantry to you.

Peregrine Society

2343 Hampton Avenue | St. Louis, MO 63139 | 314-781-6775

www.peregrinesoc.org

The St. Louis Peregrine Society is dedicated to improving the quality of life of cancer patients living in the St. Louis area. The Peregrine Society fills a void by providing services and supplies, not typically covered by insurance, to cancer patients residing in St. Louis city or county and by assisting uninsured or under-insured patients with services critical to their care.

St. Anthony Food Pantry

3130 Meramec St. | St. Louis, MO 63118 | 314-352-1460

Hours: Mondays and Thursdays from 10 a.m. – Noon,
Wednesdays from 4 – 6 p.m.

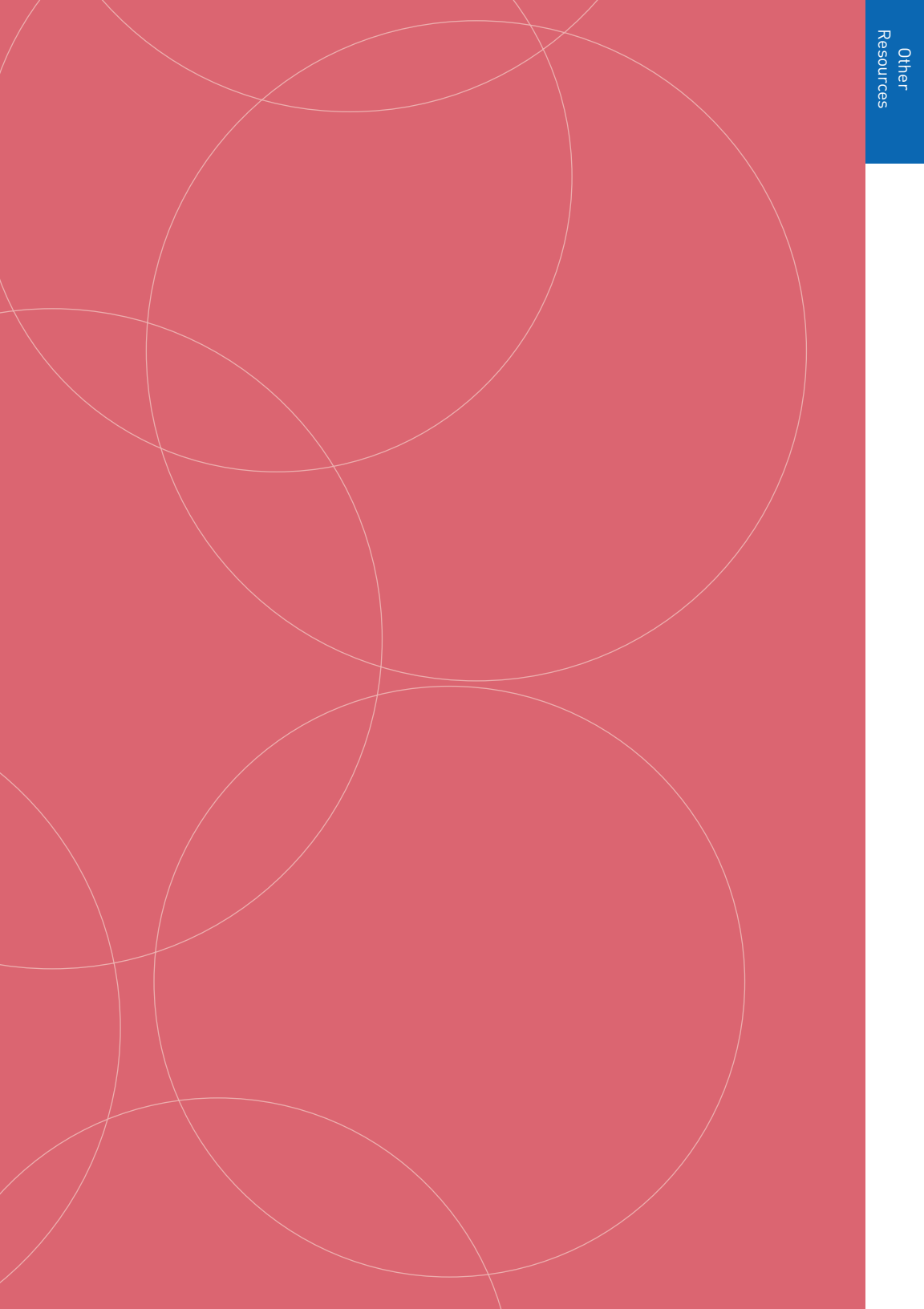
In the church basement; entrance at the back end of the parking lot. Provides food and clothing for the neighborhood needy from zip codes 63118, 63111, 63116. Please bring a photo ID and a bill or legal document with current address. Legal assistance available the 4th Thursday of the month; appointments are needed so please call.

Saint Louis Dream Center

4324 Margaretta Avenue | St. Louis, MO 63115 | 314-381-0700

Hours: Every Tuesday and Wednesday 1 – 4 p.m.

We believe that there is no better way to introduce someone to Jesus than to meet a person's needs right where they are. We are addressing inner-city food scarcity through feeding programs, a soup kitchen and state of the art food pantry. Bring MO ID.



Other Resources

American Cancer Society

4215 Lindell Blvd | St. Louis, MO 63108 | 314-286-8167

Wigs and other cancer support.

Ann's Bra Shop Swimsuit & Mastectomy Center

LOCATIONS

13483 Olive Blvd. | Chesterfield MO, 63017

800-240-8745 or 314-878-4144

974 Wentzville Parkway | Wentzville, MO 63385

877-272-7348 or 636-332-6700

210 Hartman Lane | O'Fallon, IL 62269

800-250-4015 or 618-624-8010

623 South Silver Springs Road | Cape Girardeau, MO 63703

573-803-3885

Hours for All Locations:

Monday through Wednesday and Friday – 10 a.m. – 6 p.m.

Thursday – 10 a.m. – 8 p.m.

Saturday – 10 a.m. – 5 p.m.

Provides a full line of mastectomy bras and other products.

Custom-made Breast Prosthesis with 3D imaging technology.

The Breakfast Club – Bra & Breast Form Program

Office 314-972-8883

Medical West Healthcare Center | 444 S. Brentwood | 314-725-1888

Provides bras and breast prostheses to women who are uninsured or underinsured. Women do not have to be a member of the Breakfast Club to qualify for this program. Call the Breakfast Club office or the Healthcare Center.

The Breakfast Club – Breast Health Outside of the Box

This is a service for incarcerated women who are not in the mainstream of society. Outside of the Box visits the St. Louis County Correctional Center and speaks to the women about breast health.

The Breakfast Club – Comfort Kit Program

The buddies distribute to women who are undergoing chemotherapy and radiation treatments. The kits have “comfort items” like lotion, creams, scarves, educational materials and a journal. The buddies also visit local beauty shops and senior residences to encourage women to seek mammography screening.

The Breakfast Club – Healthy Eating Program

This program partners with the University of Missouri Extension program, the YMCA Live Strong Program, and the Centennial Christian Church to provide nutrition education, cooking demonstrations, shopping tips, grocery store gift cards, health trackers, health coaching and more. Women do not have to be members of The Breakfast Club to qualify for this program.

Hope Lodge

4215 Lindell Blvd | St. Louis, MO 63108 | 314-286-8150

www.cancer.org/hopelodgestlouis

The American Cancer Society's Hope Lodge offers free temporary housing for cancer patients traveling more than 40 miles from their place of residence to Saint Louis for outpatient cancer treatment. You must be capable of self-care or accompanied by a caregiver to stay at Hope Lodge. Patients are welcome to bring a caregiver as needed.

Spouses of individuals having inpatient treatment are also welcome to use the Hope Lodge. Meals are not included but a kitchen facility is available.

Barnard Health and Cancer Information Center

1st floor Center for Advanced Medicine | 314-362-7844

Hours: Monday through Friday 9am – 4pm

Open on a walk-in basis to assist anyone whose life has been touched by cancer. The center serves patients, their families, medical professionals and others who need current information on cancer prevention, early detection, diagnosis and treatment, coping and community resources.

Pink Ribbon Girls

15 South Second Street | Tipp City, OH 45371 | 877-269-5367

E-mail: info@pinkribbongirls.org | www.pinkribbongirls.org

Pink Ribbon Girls provides free direct services to those with breast and gynecological cancers throughout our service regions. We serve those with any stage of cancer in the St. Louis area. Pink Ribbon Girls provides housecleaning by professional, bonded and insured cleaning services

Hatz4Hearts

P. O. Box 410621 | St. Louis, MO 63141

Email: hatz4hearts@gmail.com

Supports cancer patients undergoing chemotherapy. We provide supportive services to underserved communities composed of low-income patients.

Siteman-Head Coverings and Temporary Prosthesis

314-362-7844

Hats, Scarves, and Post-Surgery Temporary Breast Prosthesis
and Leisure Bras

Siteman-Art Therapy/Art Center

Center for Advanced Medicine | 13th floor Art Room | 314-286-0592

Bedside projects, art on the go

Siteman-BJC WellAware Center

600 Taylor Ave | 314-286-0525

barnesjewish.org/patient-visitors/fitness-center

Exercise, Massage, Aroma Therapy, Zumba, Nutrition, Yoga

Siteman-Gentle Yoga

Center for Advanced Medicine | 3rd Floor | Farrell Conference Center

314-362- 7844

Open to patients, family, and team members.

Free each Tuesday–5:30 - 6:30 pm.

Siteman Counseling Services

314-747-5587

Free counseling for patients and adult family members

Siteman-Nutrition

314-454-7619

Siteman-Social Work

314-362-5574

Assists patients and families with resources.

Siteman-Spiritual Care Services

314-454-7319

Trained hospital chaplains to assist with spiritual needs.

Siteman-Palliative Care Symptom Management

314-747-5055 | Email: pc_clinic@bjc.org

Palliative care services are available to patients and their families who are facing advanced illness. Palliative care is provided by a specially-trained team of doctors, nurse practitioners, social workers and chaplains who work together with a patient's surgical, radiation or medical oncologist to provide additional support. It is appropriate at any age and at any stage in a serious illness and is provided along with curative treatment. You can request a palliative care referral from your doctor or contact the service directly. They also provide assistance with end-of-life issues, if needed.

St. Louis HELP

636-933-9393

St. Louis HELP provides anyone in need access to free home medical equipment through our recycle and reuse program, enabling them to live as independently as possible and remain contributing members of the community.



Advocacy Groups

St. Louis Breast Cancer Coalition (SLBCC)

PO BOX 16745 | St. Louis, MO 63105 | 314-989-1111

SLBCC is a member organization of the National Breast Cancer Coalition (NBCC), headquartered in Washington, D.C. Since its inception, the SLBCC has been actively involved in influencing legislation and securing funding for breast cancer research and treatment. Every year we present and sponsor educational programs in our community, offering timely information on breast cancer issues.

Patient Services Incorporated (PSI)

P.O. Box 5930 | Midlothian, VA 23112 | 800-366-7741

To advocate for greater access to affordable health care and treatment for patients with rare, chronic conditions. Working on both the state and federal level, the department combines expertise in legislative and regulatory affairs with a passion for advocacy ensuring our patients' voices are heard and patient assistance is protected.

National Coalition of Cancer Survivorship (NCCS)

8455 Colesville Road Suite 930 | Silver Spring, MD 20910
877-6227-937 | www.canceradvocacy.org

NCCS' mission is to advocate for quality cancer care for all people touched by cancer. NCCS has worked with legislators and policy makers to represent cancer patients and survivors in efforts to improve their quality of care and quality of life after diagnosis.

Kaiser Family Foundation (KFF)

185 Berry Street Suite 2000 | San Francisco, CA 94107
650-854 9400 | www.kff.org/health-reform

KFF is a non-profit organization focusing on national health issues, as well as the U.S. role in global health policy. Unlike grant-making foundations, Kaiser develops and runs its own policy analysis, journalism and communications programs, sometimes in partnership with major news organizations. KFF serves as a non-partisan source of facts, analysis and journalism for policymakers, the media, the health policy community and the public.

Families USA: The Voice for Health Care Consumers

1225 New York Avenue NW, Suite 800 | Washington, DC 20005
202-628-3030 | www.familiesusa.org

Families USA advances its mission by combining policy expertise and partnerships with community, state, and national leaders to forge transformational solutions that improve the health and health care of our nation's families.

American Cancer Society's Cancer Action Network (ACS CAN)

555 11th Street NW, Suite 300 | Washington, DC 20004
202-661-5700 | www.fightcancer.org

This initiative identifies lawsuits and regulatory actions that impact the fight against cancer and files "friend of the court" briefs or comments to advocate on behalf of cancer patients and survivors, and all people touched by this terrible disease. The work accomplished by the Judicial Advocacy Initiative is made possible by law firms who are recruited by ACS CAN and who donate services to support its mission.

Medicare Rights Center

266 West 37th Street, 3rd Floor | New York, NY 10018
212-869-3850 | www.medicarerights.org

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.



Know Your Family History

Family health history is information about diseases that run in your family. Knowing your family's health history is important for making good decisions about when and how often you should get mammograms and other breast cancer screenings, but many of us don't talk with our families about these things. We might not know if women in our family have had breast cancer.

Talking about cancer can be hard, but getting those answers is important. Family history is often shared while talking at family events like birthday parties, weddings, reunions or holiday dinners. Consider talking to your relatives about their health history at your next family event!

1. Has anyone in your immediate family ever had breast cancer?

(Note: Immediate family members means your mother, father, brother, sister, and children)

☐ Yes ☐ No ☐ Unsure

Person/People: _____

Age: _____

2. Has anyone in your immediate family ever had another type of cancer?

☐ Yes ☐ No ☐ Unsure

Person/People: _____

Type of Cancer: _____

Age at Diagnosis: _____

3. What about other members of your family like aunts/uncles, grandparents, nieces and nephews? Have any of them had any type of cancer?

☐ Yes ☐ No ☐ Unsure

Person/People: _____

Type of Cancer: _____

Age at Diagnosis: _____

[illegible]

Questions To Ask at Your Appointment

Here are some tips:

- Write a list of all your medications (even over-the-counter ones).
- If you can, bring information that your doctor may not have sent, such as test results from another city.
- Bring a pad of paper to your first appointment. Write a list of questions you have for your Physician. Some suggestions are:
 1. Should I receive a Mammogram?
 2. When and from whom will I get my results?
 3. What do the results mean?
 4. Do I come back to see you?
 5. Does your clinic/hospital have a financial assistance application if I need it?

After the test ask: "Do I need to come back?"

- Bring a family member or friend to help you remember important information.
- Remember that it is okay to ask questions.
- Write a list of questions you have for the doctor and write down the answers:

Write a list of your medications including vitamins or supplements:

How to Talk to a Loved One about Screening

Are you worried about a family member or friend who is between the ages of 45 and 65 years old and has put off getting a mammogram? People tell us that having support can help them complete screening. Here are some tips to help you start the conversation.

Here are some ways to help a loved one:

- Give them a copy of this resource guide and go over some key resources.
- With their permission, help make the appointment for testing.
- If you are 45 to 65 years old, set the example. Get a mammogram and share your experience.
- Offer to drive your loved one to the appointment for testing.

Offer support.

- Ask them, “How can I make it easier for you to get tested?”
- Offer to help them with the preparations or by going to the test.
- Be understanding if they are not ready to get screened yet.

Source: U.S. Department of Health and Human Services



8**IGHT** healthy behaviors for cancer survivors

CANCER'S HARD. No two ways about it. Diagnosis and treatment can be frightening and draining, and even after you've made it past those hurdles, you have to learn how to make your way through life as a cancer survivor. With modern medicine, though, millions of survivors are not only living longer but they're also learning to live better. And one of the best paths to doing that is to take steps to take control of your health. These 8 "ways" can be your guide that helps lay the foundation for the many health-filled years that most survivors enjoy. It's almost never too early to start. Whether you've just been diagnosed, are going through treatment, or are posttreatment, these eight behaviors can help boost your health. Your doctor can help guide you, but the only limitation, really, is when you want to start. Begin with one or two; once you've got those down, move on to the others.

1 **DON'T SMOKE**

You've heard it before, of course. But, if you smoke, the single best thing you can do as a survivor is stop. It'll lower your risk of developing a second cancer as well as heart disease and stroke. Yes, it's hard. But, it's far from impossible.

TIPS

- Keep trying! It often takes 6 or 7 tries before you quit for good.
- Talk to a health care provider for help, it can double your chances of success.
- Call 1-800-QUITNOW or visit smokefree.gov for extra help.
- Join a quit-smoking program. Your workplace or health plan may offer one.

2 **AVOID SECONDHAND SMOKE**

If you don't smoke, and even if you do – stay away from secondhand smoke. It's not as bad as smoking yourself, but spending time in smoky places can further raise the risk of cancer as well as heart disease.

TIPS

- Avoid smoky bars and restaurants.
- Try to work in a non-smoking workplace.
- Make your house "non-smoking" and don't give in, not to spouses, kids, or friends.

3 **EXERCISE REGULARLY**

It's tough for a lot of people to fit exercise in to their schedules. For survivors whose regular routines have been so interrupted and who may have just gone through treatment, it can be even tougher. But, the benefits of regular activity make it well worth the effort to fit it in, even for those in the middle of treatment. It not only boosts health but also improves mood and helps counter cancer-related fatigue. Regular exercise may lower the risk of recurrence and help cut the risk of other chronic

diseases. Try to get at least 30 minutes of aerobic activity (like brisk walking) every day. More is even better. It's also important to fit in strength training. Build up to 2 or more times per week.

TIPS

- Choose activities you enjoy. Many things count as exercise, like walking, gardening, and dancing.
- Make exercise a habit by setting aside the same time for it each day—try going to the gym each day at lunchtime or taking a walk regularly after dinner.
- Stay motivated by exercising with someone.
- Start slowly with any new program and don't be shy about asking for help.

4 **MAINTAIN A HEALTHY WEIGHT**

With the stress, treatment side effects, and changes to life's routine that a cancer diagnosis can bring, it can be hard for survivors to keep weight in check. Still, maintaining a healthy weight – or at a minimum, not gaining weight – is an important goal that all survivors should shoot for. Next to not smoking, it's the single most important thing you can do to improve your health and quality of life.

TIPS

- Limit time in front of the TV and computer.
- Integrate physical activity and movement into your life.
- Eat a diet rich in fruits, vegetables, and whole grains.
- Choose smaller portions, and eat more slowly.

5 **EAT A HEALTHY DIET**

As a survivor it can be tough to know how you should eat. Books and articles and websites spout "wonder" diets, but the reality is that healthy eating is the same for cancer survivors as it is for everyone else. A healthy diet can help keep weight in check,

give your body the nutrients it needs, and the energy you need to make it through a busy day. You should focus on fruits, vegetables, and whole grains, and keep red meat to a minimum. It's also important to cut back on bad fats (saturated and trans fat), and choose healthy fats (polyunsaturated and monounsaturated fats) more often. Taking a 100% DV multivitamin with folate everyday is a great nutrition insurance policy.

TIPS

- Make fruits and vegetables a part of every meal. Put fruit on your cereal. Eat vegetables as a snack.
- Choose chicken, fish, or beans, instead of red meat.
- Choose whole-grain cereal, brown rice, and whole-wheat bread over their more refined counterparts.
- Choose dishes made with olive or canola oil, which are high in healthy fats.
- Cut back on fast food and store-bought snacks (like cookies), which are high in bad fats.
- Follow food safety steps to avoid food poisoning.

6 DRINK ALCOHOL IN MODERATION, IF AT ALL

Alcohol can be a complicated issue, especially for survivors. Moderate consumption can be heart healthy – a big benefit – but at the same time increase the risk of a later cancer. On top of this, alcohol can become for some an unhealthy way to deal with the physical and emotional stress of dealing with cancer. If you don't drink, don't feel the need to start. If you do, keep it to moderate levels (1 drink/day for women; 1-2 drinks/day for men). Those who drink more should cut back.

TIPS

- Choose non-alcoholic beverages at meals and parties.
- Avoid occasions centered around alcohol.
- Talk to a health care professional if you feel you have a problem with alcohol.

7 STAY CONNECTED WITH FRIENDS, FAMILY, AND OTHER SURVIVORS

There is real power in staying connected with friends, family, and other cancer survivors. Keeping up and building on a social network can significantly improve quality of life, and possibly even prognosis, in cancer survivors. Even in those

with great support from family and friends, cancer can seem isolating, so it can take some effort to keep up these relationships.

TIPS

- Schedule a time each week to get together with friends or family.
- Go regularly to survivors' support groups, which can be great places to share feelings and concerns with those who've been through similar things.
- Use technology to your advantage. Social media, real-time video, and good old-fashioned telephones and email are great ways to connect with family, friends, and other survivors.

8 GET SCREENING TESTS AND GO TO YOUR REGULAR CHECK-UPS

As a survivor, there's nothing more important than going to your regular post-treatment check-ups with your primary care doctor and oncology team. These visits are not only key to your health as a survivor but also great places to share any concerns or questions you have about your health. Become a team with your doctors to manage your health needs. In addition to any follow up tests specific to your cancer, it's also important to keep getting recommended screening tests for other cancers and for heart disease, diabetes, and osteoporosis risk factors.

Talk to your doctor about tests that screen for:

- Breast cancer
- Colon cancer
- Cervical cancer
- Lung cancer (if history of smoking)
- Hepatitis C (if born 1945 – 65)
- High blood sugar
- High blood pressure
- Unhealthy blood cholesterol
- Osteoporosis

Also key is keeping up with any medications you've been prescribed – both those related to your cancer and to other health issues. If you're having trouble sticking to your medications, talk to your provider. Together, you can make a plan to get back on track.

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