



Oregon Partnership for Cancer Control's
Breast Health Task Force

Breast Health in Oregon: A Provider's Guide



Organizations Collaborating on the Provider Guide

Susan G. Komen for the Cure®, Oregon & SW WA Affiliate

Oregon Office on Disability and Health - OHSU

OHSU Knight Cancer Institute – Breast Health Education Program

National Cancer Institute – Cancer Information Service

Women with Disabilities Health Equity Coalition (WoWDHEC)

Oregon Partnership for Cancer Control – Breast Health Task Force

Oregon Breast and Cervical Cancer Program

American Cancer Society

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Knight Cancer Institute
at Oregon Health & Science University

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Breast Health in Oregon: A Provider's Guide

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BREAST CANCER FACTS AND STATISTICS

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Facts about Cancer in Oregon Women

Breast cancer

- Oregon ranked **2nd** highest in the nation for breast cancer incidence (128.6/100,000)
- The leading cancer diagnosed in women from all racial and ethnic groups
- The percentage early stage cancers (in situ and localized) is 74%
- The good news is that Oregon's mortality (death) rate is lower than the national mortality rate
- The leading cause of cancer deaths among Hispanic & Asian Pacific Islander women

Lung cancer

- Oregon ranked **5th** highest in the nation for lung cancer incidence among women
- Oregon women have a **23%** higher rate of lung cancer than their national counterparts
- Mortality rates has be increasing 1% a year since 1996
- The leading cause of cancer deaths among African American, American Indian and White women

Cervical cancer

- Almost 100% preventable through screening and treatment of precancerous conditions
- Human Papillomavirus (HPV) as a risk factor, a common Sexual Transmitted Disease
- African American women have a highest incidence rate, followed by Asian/Pacific Islanders
- There were 116 new cases and 43 deaths in 2003
- The incidence rate in Oregon has been decreasing 7% from 1999-2003

Colorectal cancer

- A preventable cancer, through screening and removal of polyps
- Fewer than 50% of all Oregonians over age 50 get the recommended screening
- 2nd most common cancer for African American and Asian/Pacific Islander women
- Incidence rates have decreased 3% a year for Oregon women
- Mortality rates for women have remained fairly stable

Melanoma (a type of skin cancer)

- Oregon incidence and mortality is above the national rate (23% and 26% higher)
- Incidence rates for Oregon women have been increasing 3% each year, while;
- Mortality rates have been decreasing 3% each year

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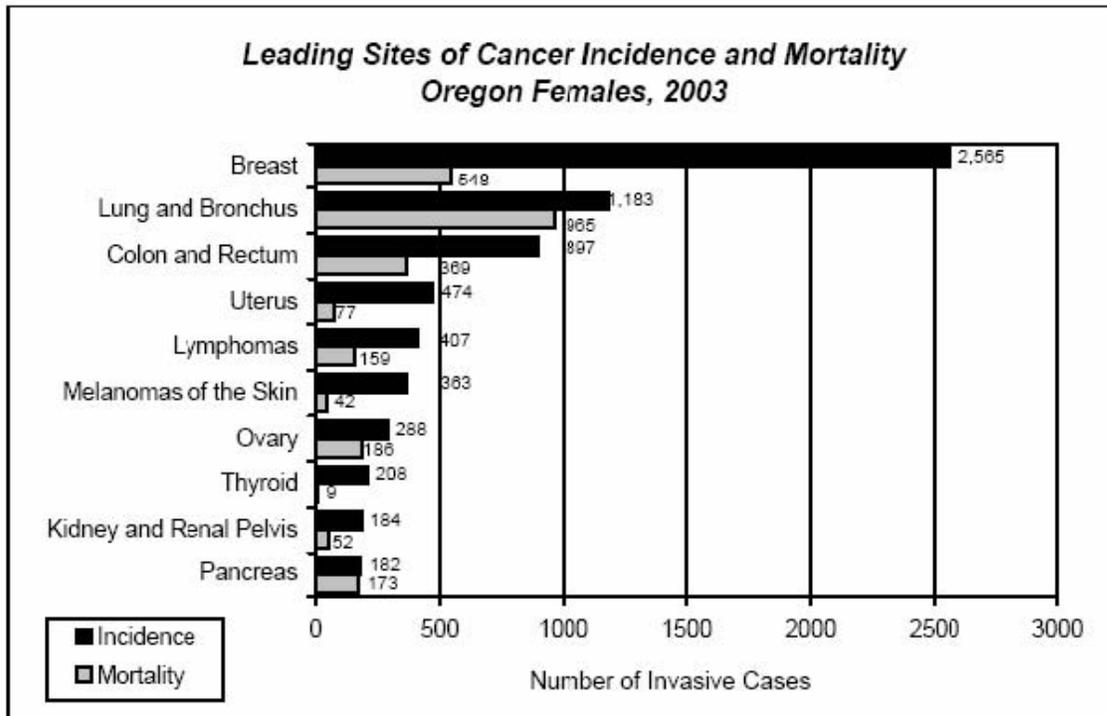
Later stage cancer diagnoses: Some women may be at risk for a later stage diagnosis, due to lack of access or referral to cancer screening services. For example, women with disabilities and African American women are more likely to be diagnosed at later stages for breast, cervical, and colorectal cancer.

Regional differences: There are some regional differences in cancer screening, incidence and mortality. The state cancer registry annual report now includes information noting frontier, rural and urban screening rates. The report includes regional maps that note percentage early state diagnosis, incidence and mortality maps for specific cancers. These maps are not gender specific. See www.healthoreogn.org/oscar

General cancer facts:

Cancer is the leading cause of death among Oregon women; Eighty-five percent of cancers occur in individuals without a family history of cancer

More than 60% of all cancer deaths could be prevented if Americans stopped smoking, exercised more, ate healthier food and got the recommended screening. It is estimated that four of ten women (38%) will be develop cancer at some point in their lifetime. Among all 50 states, Oregon females ranked 8th in all-cancer mortality for 2002, primarily due to the high rates of lung cancer mortality.





County-Level Data

OREGON	MAMMOGRAPHY					BREAST CANCER			
	# Women 40+	Women 40+ with mammogram in past 2 years		Women 40+ w/o mammogram in past 2 years		Female Incidence		Female Mortality	
		#	%	#	%	Cases/Yr	Per 100,000 (Age-Adjusted)	Cases/Yr	Per 100,000 (Age-Adjusted)
North Oregon Coast									
Clatsop	9,949	6,427	65%	3,522	35%	29	122.7	7	26.2
Columbia	11,423	8,293	73%	3,130	27%	33	132.4	6	24.6
Tillamook	7,479	4,091	55%	3,388	45%	24	129.2	6	29.6
Lincoln	13,913	8,793	63%	5,120	37%	46	134.3	11	31.2
Portland Metro									
Clackamas	89,119	67,374	76%	21,745	24%	285	143.0	47	23.9
Multnomah	155,744	118,054	76%	37,690	24%	494	139.9	91	25.2
Washington	102,819	77,320	75%	25,499	25%	310	139.0	55	25.2
Salem									
Marion	65,885	50,468	77%	15,417	23%	219	141.7	43	27.0
Polk	16,178	11,988	74%	4,190	26%	55	142.0	10	24.2
Yamhill	19,612	14,160	72%	5,452	28%	63	139.7	15	29.9
Corvallis									
Benton	17,710	14,168	80%	3,542	20%	56	144.1	7	17.9
Linn	26,766	17,157	64%	9,609	36%	75	118.7	16	24.3
Eugene									
Lane	82,790	61,927	75%	20,863	25%	253	132.8	52	25.9
Douglas									
Douglas	28,786	19,632	68%	9,154	32%	90	127.6	19	25.4
South Oregon Coast									
Coos	18,655	13,469	72%	5,186	28%	57	123.6	10	19.8
Curry	7,213	6,095	85%	1,118	16%	21	108.9	3	16.6
Southwest Oregon									
Jackson	51,409	35,832	70%	15,577	30%	173	144.2	30	23.3
Josephine	23,572	14,426	61%	9,146	39%	78	135.2	16	26.1
Klamath	16,238	13,299	82%	2,939	18%	51	131.6	10	24.2
Columbia Valley									
Gilliam	^	^	^	^	^	^	^	^	^
Hood River	4,917	4,145	84%	772	16%	13	118.8	4	31.5
Sherman	546	421	77%	125	23%	^	^	^	^
Wasco	6,371	4,912	77%	1,459	23%	22	145.7	4	24.5
Rural Central Oregon									
Wheeler	^	^	^	^	^	^	^	^	^
Crook	5,625	4,112	73%	1,513	27%	20	162.5	3	21.5
Jefferson	4,641	2,868	62%	1,773	38%	13	133.7	3	25.5
Deschutes									
Deschutes	36,472	24,874	68%	11,598	32%	96	130.6	17	22.9
Southeast Oregon									
Harney	2,059	1,464	71%	595	29%	7	154.8	^	^
Lake	2,115	1,728	82%	387	18%	6	107.3	^	^
Malheur	6,585	4,188	64%	2,397	36%	17	104.8	3	15.3
Northeast Oregon									
Grant	2,160	1,443	67%	717	33%	5	96.1	^	^
Morrow	2,500	2,210	88%	290	12%	5	100.1	^	^
Baker	4,810	3,569	74%	1,241	26%	15	130.3	2	16.8
Umatilla	16,088	11,310	70%	4,778	30%	44	119.1	10	24.4
Union	6,229	4,678	75%	1,551	25%	19	134.8	3	15.3
Wallowa	2,165	1,312	61%	853	39%	6	119.3	^	^
Total Oregon	868,540	636,204	73.2%	232,336	27%	2,699	135.7	503	24.6



Useful Links for Data

Updated 08/18/08

CDC – The Burden of Chronic Disease & Their Risk Factors

<http://apps.nccd.cdc.gov/BurdenBook/index.asp>

Census

<http://www.census.gov/>

FedStats

<http://www.fedstats.gov/>

Gateway to Data & Statistics

<http://www.aspe.hhs.gov/statinfo/>

HHS – Cancer – Statistics & Data Charts

<http://raceandhealth.hhs.gov/3rdpgblue/cancer/3pgstatcancer.htm>

National Center for Health Statistics:

Fast Stats A-Z <http://www.cdc.gov/nchs/fastats/>

Healthy Women State Trends in Health & Mortality

<http://www.cdc.gov/nchs/healthywomen.htm>

SEER (Surveillance, Epidemiology, and End Results)

<http://www-seer.ims.nci.nih.gov/>

State Health Facts Online (Henry J. Kaiser Family Foundation)

<http://www.statehealthfacts.kff.org/cgi-bin/healthfacts.cgi?/>

Trust for America's Health

<http://healthyamericans.org/state/>

U.S. Cancer Statistics: 1999-2001

<http://www.cdc.gov/cancer/npcr/uscs/>

Women's Health Statistical Information

<http://www.4woman.gov/media/statistics.htm>



Useful Links for Data

• State Information/Data & Stats:

Oregon State Cancer Registry

<http://www.dhs.state.or.us/publichealth/oscar/stattbls.cfm>

Portland Area Indian Health Service

<http://www.ihs.gov/FacilitiesServices/AreaOffices/Portland/>

ACS – Cancer Data for the States

http://www.cancer.org/docroot/STT/STT_2.asp

America's Health – State Health Rankings (United Health Foundation)

<http://www.unitedhealthfoundation.org/shr2004/>

American Religion Data Archive

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

Cancer Control PLANET

<http://cancercontrolplanet.cancer.gov/index.html>

Cancer Facts & Figures 2005 (ACS)

<http://www.cancer.org/downloads/STT/CAFF2005f4PWSecured.pdf>

Cancer Mortality Maps & Graphs (NCI)

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

Cancer Prevention & Early Detection Facts & Figures 2003 (ACS)

<http://www.cancer.org/downloads/STT/CPED2003PWSecured.pdf>

CDC Cancer Prevention & Control

<http://www.cdc.gov/cancer/dbdata.htm>



BREAST HEALTH EDUCATION

Key Breast Health Findings for Healthcare Providers

1. Women most trust and respond to their health provider when providers recommend having an annual mammogram.
2. Women need continual health provider encouragement to have mammograms as they age, especially women 65-75+ years old.
3. Many women are uncomfortable seeking breast health services because some providers are not aware of the cultural barriers that discourage women.
4. Many health providers did not know about the Oregon Breast and Cervical Cancer Program that provides free well women's exams and mammograms for low income, uninsured women. www.healthoregon.org/bcc

For more detailed information, please visit
[www.komenoregon.org/ programs](http://www.komenoregon.org/programs) and grants/Community Profile
or email

Gail Brownmiller at gbrownmiller@komenoregon.org
1400 SW 5th Avenue, Suite 530 Portland, Oregon 97201

Oregon Partnership for Cancer Control



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Oregon Partnership for Cancer Control (OPCC) has a mission to enhance cancer prevention activities, increase access to quality services, maximize the quality of life of cancer survivors, promote education about cancer issues and make effective use of data. The Partnership, formed in 2004, created the first cancer plan for Oregon, which serves as a blueprint for action for the state, communities and organizations. Together, we are making a difference!

What is OPCC? The Oregon Partnership for Cancer Control (OPCC) was formed in 2004 to create a coordinated approach to cancer control. More than 120 organizations work together as a coalition to implement strategies in the Oregon Comprehensive Cancer Plan, launched in 2005.

Who are the members?

Membership is free and open to anyone. Member organizations include cancer care centers, hospitals and health clinics, professional associations, universities, state and local government, health insurers, community-based organizations, cancer survivors, advocates and concerned citizens. A small grant from the Centers for Disease Control provides administrative support to the coalition, with no cost to the participants.

By the year 2030,
1 in 2 men
and
1 in 3 women
will be diagnosed with some form
of cancer during their lifetime

What is the Oregon Comprehensive Cancer Plan?

- A call to action to reduce the burden of cancer
- Oregon's first statewide cancer control plan
- Defines cancer prevention, early detection, treatment, survivorship and end of life
- Priority goals, objectives and strategies for action
- Defines cancer disparities to include racial, ethnic, geographic and demographic differences
- Defines the role of public policy and legislation to enhance cancer control activities

The coalition benefits are:

- Speaking with a unified voice
- Identifying unique contribution of organizations
- Address mutual goals and priorities of member organizations
- Sharing resources and leveraging new ones
- Addressing gaps in cancer services and resources
- A process that is data driven and promotes evidence-based interventions

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OPCC communicates with its members through listservs and workgroups that meet regularly. It maintains state and national cancer resource lists, a website, and convenes two OPCC meetings/year, and a statewide cancer summit every other year.

All meetings are open to anyone interested, with an emphasis on organizational participation.

Key Accomplishments:

- Created the cancer plan!
- Grown to over 100 organizational members
- Hosted education programs for health care providers and community members
- Hosted community forums in rural Oregon, e.g. Astoria, Coos Bay, Klamath Falls and Bend

2008 priorities for action:

- Increase screening for colorectal cancer
- Promote collaborative activities among member organizations
- Increase awareness of the coalition, its members, its activities throughout the state
- Seek organizational endorsement of the plan

Committees

Cancer Treatment & Quality of Life
Coordinating Committee
Communication/Advocacy
Membership
Prevention & Early Detection Task
Forces: Breast and Colorectal
Cancer Surveillance Advisory
Workgroup (CSAW)

The Oregon Cancer Plan is endorsed by the following organizations:

American Cancer Society NW
Portland Area Indian Health Board
Bay Area Hospital
OHSU Cancer Institute
Breast Friends
OHSU Office on Disability and Health
Cancer Care Resources
Oregon Public Health Division
Cancer Information Service NW
Oregon Cancer Registrars Assoc.
Celilo Cancer Center
Providence Health System
Columbia Memorial Hospital
Regence Blue Cross/Blue Shield of OR
Komen for the Cure
Sky Lakes Cancer Center
Legacy Health System
St. Charles Cancer Treatment Center
Leukemia & Lymphoma Society

For more information coalition, please contact:

OPCC Project Coordinator:
Sabrina Freewynn
Sabrina.L.Freewynn@state.or.us

OPCC Project Assistant:
TeriLynn (Leu) Dyrud
TeriLynn.L.Dyrud@state.or.us

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Breast Health Task Force 2008

The Breast Health Task Force (BHTF) is a subcommittee of the Oregon Partnership for Cancer Control (OPCC) Prevention and Early Detection Workgroup. Membership is open to anyone with an interest in promoting breast health education and screening to save lives of Oregonians. We are eager to connect with organizations already involved in this necessary work to set priorities for action.

Purpose of BHTF

- Bring together organizations with a common vision and mission to eradicate breast cancer as a life threatening disease.
- Promote collaborative activities to increase breast cancer screening and reduce deaths among women in Oregon
- Promote healthy lifestyle breast cancer risk reduction as well as to increase screening.
- Track progress toward the goal of reducing the number of deaths from breast cancer among Oregon women, which is set forth in the Oregon Comprehensive Cancer Plan 2005–2010 (www.healthoregon.org/cancer).

BHTF 2008 goal

Increase screening by promoting culturally-appropriate and effective breast health education and outreach to medically underserved women in rural areas, women with disabilities and healthcare providers in Oregon.

Priority activities for 2008–2009

- Promote breast health education and screening in Oregon's rural communities.
- Collaborate with CDC's "Right to Know" education campaign for women with physical disabilities.
- Provide updates on screening services for women without health insurance.
- Provide breast health information and resources to Oregon's primary care provider network.

Key Accomplishments

- Assessed the educational needs of community breast health educators.
- Created "Breast Health Basics" community health education PowerPoint presentation.
- Participated in the Oregon Cancer Summit in June 2007.
- Shared organizational resources from member organizations.

What we can offer you

- Networking opportunities.
- Recognition for your organization's contributions and participation.
- A forum for sharing resources, information, and training opportunities.

Who could benefit from participation

- Any organizations that are involved in cancer prevention and early detection activities.
- Individuals and organizations that are involved in breast health education and advocacy.
- Organizations seeking screening and education breast health resources and services for their community.

Facts about Breast Cancer Screening in Oregon

- Sixty-seven percent of women age 40 and older had a mammogram and clinical breast exam in the past 2 years (Oregon BRFSS 2004).
- In 2005, 71% of breast cancers were found in early stages (Cancer in Oregon, 2005).
- Frontier and rural areas have a lower percentage of early stage breast cancers than urban areas.
- Oregon has consistently ranked in the top 5 states in the country for incidence rate for breast cancer.

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Breast Health Task Force 2008

For more information or to become involved

- Contact facilitators: Lisa Regan-Vienop, MPH, OHSU Knight Cancer Institute Breast Health Education Program, reganvie@ohsu.edu; Elvin Yuen, MPH, Oregon Breast & Cervical Cancer Program, elvin.yuen@state.or.us.
- Visit our website at www.healthoregon.org/cancer.
- Attend our monthly meetings, in person or by phone.
- Join the BHTF listserv.
- Share educational, training and funding resources.

2008 meeting schedule

3rd Thursday of every month from 8:30-9:30 a.m., Portland State Office Building (PSOB), 800 NE Oregon St., Portland
Dial-in number: 1-888-380-9638; Participant code: 86034

Breast Health Basics
PowerPoint CD
Order Form



Breast Health Basics is a PowerPoint presentation which includes 44 slides with notes for a 60 minutes educational training. If you would like to receive a CD with the PowerPoint slides, please fill out this form and fax or mail it to the address below. Thank you for your interest in our materials!

The PowerPoint can be viewed on the Oregon Partnership for Cancer Control website at www.healthoregon.org/cancer.

Name _____

Title _____

Organization _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Please return to:

Oregon Partnership for Cancer Control
Attn: TeriLynn Leu Dyrud
800 NE Oregon Street Suite 730
Portland, OR 97232

Fax: 971-673-0994 Please call 971-673-0984 with any questions.

Support for the CBE course

This course was a convenient and effective way for me to learn of the updated breast exam techniques and revisit risk management.

Marilyn P. Webber, M.D.
Portland Obstetrician/Gynecologist and
CBE Faculty

I encourage you to consider this unique learning opportunity to enhance your skills for breast cancer detection. I think you will agree that it is both comprehensive and very helpful to you and your patients.

Mark Herscher, D.O., Family Physician,
Douglas County

Data on this program demonstrate measurable improvements to clinical breast examination sensitivity and accuracy rates among primary care providers who have successfully completed the course.

John T. Vetto, M.D., Associate Professor of
Surgery, (Surgical Oncology), OHSU
School of Medicine

I think this is an excellent course. Many providers who have taken it have told me how much more confident they are in the breast exam they provide, and they

become far more efficient in their management of breast complaints.
Nathalie Johnson, M.D., General Surgeon
and Medical Director, Comprehensive
Legacy Cancer Services and Breast Health
Centers

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OHSU Knight Cancer Institute
Breast Health Education Program
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Phone: 503-494-3389
E-mail: bhep@ohsu.edu
www.OHSUcancer.com/bhep

Director: Elizabeth Steiner, MD
Program Manager: Lisa Regan-Vienop MPH

This self-study program was developed with funds from the Centers for Disease Control and Prevention (Cooperative Agreement # U57-CCU01983) by the Oregon Breast and Cervical Cancer Program, Oregon Health Division, which has granted permission for its use to Oregon Health & Science University.

The course curriculum was developed by a national group of breast cancer experts, sponsored by the California Department of Health Services. Artwork provided by the Cancer Detection Section, California Department of Health Services.



Knight Cancer Institute
at Oregon Health & Science University

Clinical Breast Examination (CBE) and Early Detection of Breast Cancer: Standardization for Quality Practice

*A unique skill-based course for
primary care clinicians and other
providers of screening services for
women*



Clinical Breast Examination (CBE) and Early Detection of Breast Cancer: Standardization for Quality Practice

A Skills-Based Course Designed for:

- Physicians
- Nurse Practitioners
- Certified Nurse-Midwives
- Physician Assistants
- Naturopathic Physicians

Course Objectives

- 1) To increase knowledge of
 - Breast anatomy and physiology
 - Elements of a complete breast health history
 - Risk assessment issues related to breast cancer
 - Screening and diagnosis
 - Essential elements of a comprehensive clinical breast examination (CBE)
- 2) To improve clinical skills in
 - Clinician-patient rapport, communication and patient education surrounding breast exams

- History-taking and risk assessment around breast health
- The four 'D's of comprehensive CBE:
 1. **Detection** of lumps
 2. **Description** of findings
 3. **Discrimination** between concerning and probably benign findings
 4. **Decision-making** and documentation of plan of action

Course Components

Both course components are required for CME credit.

1) Self-Study Module (2 hours)

The prerequisite self-study module covers:

- CBE risk management
- Anatomy and physiology as related to clinical and mammographic findings
- Patient education and cancer risk assessment
- Plan of action for normal as well as abnormal CBE findings
- A video review of the Vertical Strip 3-Pressure Method (VS3PM) of CBE

2) Skills Practicum (3 hours)

The skills practicum, conducted with a CBE faculty instructor and patient instructor includes

- Instruction and practice of techniques to maximize lump detection and differentiation.

- Practice in an exam room with the faculty instructor and a patient instructor, who will provide you with immediate feedback for refinement of your palpation skills.

How to register

For more information or to register, call 503-494-3389 or e-mail reganvie@ohsu.edu. Please include your name, address, work and home phone numbers, e-mail address, and profession/specialty. The course begins with completion of the Self-Study Module and is followed by a 2.5 hour interactive skills practicum with a CBE faculty member and a patient instructor. Upon registration, you will be given access to the online Self-Study Module and an appointment will be made for the skills practicum portion of the training. The practicum will be arranged for you either during a visit to Portland or when a CBE faculty and patient instructor plan to visit your community.

Tuition

Full tuition is \$400.

For Policyholders of The Doctors Company--Northwest Physicians:

Completion of this CBE training course will award physicians 3 safety points towards a premium credit discount under the new point system. Six points are required in a 3-year period to receive the maximum premium credit. This is valid for



policyholders in Oregon, Washington, and Idaho. The CBE program manager will submit your name to The Doctors Company—Northwest Physicians upon completion of this course.

Oregon Breast and Cervical Cancer Program (BCC) Providers. If you provide Women's Health Checks for clients of the Oregon BCC Program, you may be eligible for significant tuition support. Please contact BHEP staff at reganvie@ohsu.edu before you register to determine if you qualify.

Continuing Education Credit

Accreditation

Oregon Health & Science University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

Credit

OHSU School of Medicine, Division of CME, designates this educational activity for a maximum of 5.0 *AMA-PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.



Clinical Breast Examination (CBE) and Early Detection of Breast Cancer: Standardization for Quality Practice

A unique skill-based course for primary care clinicians and other providers of screening services for women

- Vertical Strip Three Pressure Method of Clinical Breast Exam
- Hands-on guided practice with silicone models and a live patient instructor as part of the in-office practicum
- Flexible on-line curriculum to learn at your own pace
- Continuing Education Credit -- 5.0 *AMA-PRA Category 1 Credits™*
- Safety point available for policy holders of The Doctors Company/Northwest Physicians

SCHOLARSHIPS AVAILABLE – CALL NOW!

Oregon Breast and Cervical Cancer Program (BCCP) Providers. All BCCP providers are encouraged to take this course; **rural BCCP providers are eligible to receive a scholarship which covers \$300 of the \$400 cost of the training.** The trainers come to your location, and continuing education credits are available. Please contact OHSU Breast Health Education Program staff at (503) 494-3389 or reganvie@ohsu.edu before you register to determine if you qualify for this scholarship.



FINANCIAL ASSISTANCE



Oregon Breast and Cervical Cancer Program (BCCP)

A breast and cervical cancer screening program for under-served populations in Oregon. This fact sheet includes the Eligibility Requirements Checklist. Also included is a map of Providers and Mammography Facilities. For more information, call 1-888-255-7070 or www.healthoregon.org/bcc

- See information in this section

Komen Affiliate Transportation Grantees

Rural Health transportation assistance is now available throughout Oregon and SW Washington for breast cancer patients undergoing diagnostics, surgery, and treatment or support services, as well as some screening appointments. These fact sheets include contact information for transportation services.

- See information in this section

Financial Help with Diagnosis and Treatment

The Komen Breast Cancer Issues™ Committee assembles an annual list of resources to help with financial resources, insurance issues or other barriers to treatment. The list includes contact information for state and national resources.

- See resource list in this section



Breast and Cervical Cancer Program (BCCP)

A breast and cervical cancer screening program for under-served populations in Oregon.

BCCP Eligibility Requirements Checklist (all criteria are self-declared):

- Oregon Resident (client lives or intends to live in Oregon)
- Household income level below 250% Federal Poverty Level (see attached table)
- Insurance Status eligible per the following criteria:
 - 1. Uninsured, or
 - 2. Underinsured
 - a. Insurance does not pay for preventive health exams, e.g. mammograms. Ask client to check policy for this.
 - b. Unmet deductible of \$500 or more. BCCP does not cover co-pays.
- Gender and Age eligible per the following criteria:
 - 1. Women
 - a. 40 and over – eligible for breast and cervical cancer screening, including CBE, pap/pelvic, mammograms, etc.
 - b. Under 40 – symptomatic women eligible for **only breast cancer services. Please contact BCCP for approval.** Breast symptoms include:
 - i. A persistent suspicious mass demonstrated over 2 CBEs at least a menstrual cycle apart; or
 - ii. An initial CBE demonstrating one or more of the following: bloody/serous nipple discharge, nipple scaliness, skin dimpling or retraction, ulceration, inflammation of skin, and/or a mammogram or ultrasound that is “suspicious for malignancy”.
 - 2. Men - All ages - who are symptomatic for breast cancer are eligible for same breast services as women under 40.

Breast and Cervical Cancer Medical Program (BCCM):

Only women can be enrolled in the BCCM Program, which is a portal to OHP Plus for breast and/or cervical cancer treatment. The woman must be uninsured, enrolled in the BCC Program, and have a definitive diagnosis of cancer, CIN II or CIN III. **Please contact BCCP for enrollment.**

2008 Federal Poverty Guidelines

Breast & Cervical Cancer Program (BCCP)

Income Eligibility

(Based on 12 months)

<u>Size of Family Unit</u>	<u>Annual Income: 250% of Federal Poverty Level</u>	<u>Monthly Income: 250% of Federal Poverty Level</u>
1	\$26,000	\$2,167
2	\$35,000	\$2,917
3	\$44,000	\$3,667
4	\$53,000	\$4,417
5	\$62,000	\$5,167
6	\$71,000	\$5,917
7	\$80,000	\$6,667
8	\$89,000	\$7,417

- (a) To determine Annual Federal Poverty Level for family units with more than eight members, add \$9,000 for each additional member.
- (b) To determine Monthly Federal Poverty Level for family units with more than eight members, add \$750 for each additional member.



American Cancer Society Transportation Program Powered by Susan G. Komen for the Cure®

Who is eligible for assistance?

Low-income (<250% of Federal poverty level), uninsured and Medicaid-eligible women who live or are being treated anywhere in Oregon or the following counties of Washington: Clark, Skamania, and Cowlitz.

What type of assistance is available?

Transportation, lodging and food assistance in the form of pre-paid gift cards or transit vouchers is offered through a generous grant from Susan G. Komen for the Cure, Oregon and SW Washington Affiliate, to help women travel to breast cancer treatment, screening and diagnostic mammography appointments.

How much assistance is provided?

For treatment, up to \$1000, total for any one breast cancer patient, with the possibility of a \$1500 cap in very special circumstances. Outside the Portland-Vancouver metropolitan areas, where public transportation is rare, transportation assistance is only available in gas cards, which will be issued in \$50 \$100 increments. Within the Portland-Vancouver metropolitan area, for screening appointments, MAX and bus passes will be available, though gas cards are available for those with access to private vehicles, as long as they live 25 miles or more from their treatment facility.

Hotel rooms can be handled via \$100 vouchers, though we are often able to negotiate for better rates, or even free rooms. Food is managed via \$50 Visa cards, or gift cards at common restaurants such as Applebee's.

All cards are issued to the recipient individually, with her name appearing on the card. For screening, one \$25 gas card is available, per person.

How can women access this assistance?

Refer to the attached spreadsheet, which lists the covered Oregon and Washington counties, and gives phone numbers for the American Cancer Society facility or staff member to call. If a woman lives **or is traveling for treatment to** one of the covered counties then she meets the residence/treatment eligibility criterion.

Call the number provided, and the person at the other end will complete the application forms and submit them, and send you a copy.

For any other questions, call 800 227 2345, day or night.



**American Cancer Society Transportation Program
Powered by Susan G. Komen for the Cure®**

Oregon	ACS Cancer Resource Center or staff	Phone Number
Benton	Charlie Johnson, ACS	503.434.3114
Clackamas	Sherry Wilmschen, ACS Patient Navigator	503.351.5921
	Dan Osborn, ACS Patient Navigator	503.413.8052
	CRC at Providence St Vincent	503.216.0811
	CRC at Legacy Good Samaritan	503.413.7348
	CRC at Pacific Oncology	503.621.7097
Clatsop	Billie Tarabochia, ACS	503.468.0079
Columbia	Billie Tarabochia, ACS	503.468.0079
Coos	Providence Medford Medical Center	541.732.7004
Crook	CRC at Bend Memorial Clinic	541.318.3037
Curry	CRC at Providence Medford	541.732.7004
Deschutes	CRC at Bend Memorial Clinic	541.318.3037
Douglas	CRC at Providence Medford	541.732.7004
Gilliam	Gretchen Renggli, ACS	503.795.3906
Grant	CRC at Bend Memorial Clinic	541.318.3037
Harney	CRC at Bend Memorial Clinic	541.318.3037
Hood River	Gretchen Renggli, ACS	503.795.3906
Jackson	CRC at Providence Medford	541.732.7004
Jefferson	CRC at Bend Memorial Clinic	541.318.3037
Josephine	CRC at Providence Medford	541.732.7004
Klamath	CRC at Providence Medford	541.732.7004
Lake	CRC at Providence Medford	541.732.7004
Lincoln	Billie Tarabochia, ACS	503.468.0079
Lane	JC Chalupa, ACS Patient Navigator at WVCI	541.285.1404
Lane (coastal portion)	CRC at Peacehealth Florence	541.902.6390
Linn	Charlie Johnson, ACS	503.434.3114
Marion	CRC at Salem Cancer Institute	503.561.6790
Morrow	Gretchen Renggli, ACS	503.795.3906
Multnomah	CRC at Legacy Good Samaritan	503.413.7348
	CRC at Providence St Vincent	503.216.0811
	Dan Osborn, ACS Patient Navigator	503.413.8052
	Sherry Wilmschen, ACS Patient Navigator	503.351.5921
	CRC at Pacific Oncology	503.621.7097
Sherman	Gretchen Renggli, ACS	503.795.3906
Tillamook	Billie Tarabochia, ACS	503.468.0079



**American Cancer Society Transportation Program
Powered by Susan G. Komen for the Cure®**

Oregon	ACS Cancer Resource Center or staff	Phone Number
Umatilla	Todd Courtney, ACS	877-861-6687
Union	Todd Courtney, ACS	877-861-6687
Wallowa	Todd Courtney, ACS	877-861-6687
Wasco	Gretchen Renggli, ACS	503.795.3906
Washington	CRC at Providence St Vincent	503.216.0811
	CRC at Legacy Good Samaritan	503.413.7348
	Dan Osborn, ACS Patient Navigator	503.413.8052
	Sherry Wilmschen, ACS Patient Navigator	503.351.5921
	CRC at Pacific Oncology	503.621.7097
Wheeler	CRC at Bend Memorial Clinic	541.318.3037
Yamhill	CRC at Salem Cancer Institute	503.561.6790
Washington	ACS Cancer Resource Center or staff	Phone Number
Baker	Todd Courtney, ACS	877-861-6687
Clark	CRC at Pacific Oncology	503.621.7097
	CRC at Providence St Vincent	503.216.0811
	CRC at Legacy Good Samaritan	503.413.7348
	Dan Osborn, ACS Patient Navigator	503.413.8052
	Sherry Wilmschen, ACS Patient Navigator	503.351.5921
Cowlitz	Billie Tarabochia, ACS	503.468.0079
Skamania	Billie Tarabochia, ACS	503.468.0079
Idaho		
Malheur	Kerri Morkrid, ACS	208-422-0846.

Financial Help with Diagnosis and Treatment 2009

The following resources are listed alphabetical and may help you deal with the many different issues that can occur preventing you from getting the help you need. We have listed both a phone number and a website when possible.

Financial Help

Cancer Care: Phone 1-800-813-HOPE or www.cancer.org *

Cancer Care and the Komen Foundation has partnered to create the Linking A.R.M.S. Program which may help with medication cost. Phone 1-866-546-5276

National Breast & Cervical Cancer: Treatment through Medicaid may be available.

Oregon call 1-877-255-7070, Washington call 1-888-438-2247 or www.cdc.gov/cancer/nbccedp/index.htm *

National Cancer Institute Information Service: Phone 1-800-422-6237 or www.cancer.gov (go to Cancer Topics, then Support and Resources) to search for financial help*

Oregon Health Plan: Phone 1-800-527-5772 or www.oregon.gov/dhs/healthplan
Application Phone 1-800-359-9517

Oregon Prescription Drug Program: Phone 1-888-411-6737

Partnership for Prescription Assistance: Phone 1-888-477-2669 or www.pparx.org

Patient Advocate Foundation: May help with co-pays. Phone 1-866-512-3861 or www.copays.org *

Insurance Challenges

Family Medical Leave Act: To learn your rights for time off for medical needs, Federal law information Phone 1-866-4US WAGE or www.dol.gov/esa/whd/fmla and in Oregon www.dhs.state.or.us/training/fmla/wbt_fmla_1.htm

Georgetown University Health Policy Institute: Download a free copy of “A Consumer Guide for Getting and Keeping Health Insurance”
www.healthinsuranceinfo.net

Oregon Insurance Division: If you have a complaint about your insurance company. Phone 1-888-877-4894 or www.oregoninsurance.org *

Patient Advocate Foundation: Helps with insurers, creditors and employers.
www.patientadvocate.org

Senior Health Insurance Benefits Assistance Program (SHIBA): Helps you understand your health insurance. Phone 1-800-722-4134 or
www.oregonshiba.org

Washington Insurance Division: If you have a complaint about your insurance company 1-800-562-6900 or www.insurance.wa.gov

Career Issues

Cancer and Careers: Assists you with work issues at
www.cancerandcarers.org.

Equal Employment Opportunity Commission: Contact them if you feel you are be discriminated because of your cancer. www.eeoc.gov

Other Kinds of Help

American Cancer Society 1-800-ACS-2345 or www.cancer.org

Catholic Charities 503-231-4866 or www.catholiccharitiesinfo.org

Eldercare Locator 1-800-677-1116 or www.eldercare.gov *

Energy Assistance the phone number is located on your utility company bill

Food Stamps or Public Assistance 1-800-723-3638 or

www.oregon.gov/DHS/assistance

Leukemia & Lymphoma Society (blood cancers only) 503-245-9866 ext. 214

Medicare or Medicaid Phone 1-877-267-2323 Spanish 1-800-633-4227 or

www.cms.hhs.gov

National Coalition for Cancer Survivorship www.canceradvocacy.org

Oregon Food Bank 503-282-0555 or www.oregonfoodbank.org

Oregon Helps www.OregonHelps.org

Social Security Phone 1-800-772-1213 or www.ssa.gov

If you need computer access please check with your local library for assistance. Your local hospital may also offer a library for public use.



SPECIAL POPULATIONS AND CULTURAL COMPETENCY RESOURCES

Special Populations and Cultural Competency

Outreach Tip Sheet

The minority population in the United States is continuing to grow at a rapid pace. In our society, geography, religion, and sexual preference can result in minority communities that are often overlooked. “Minorities” commonly refers to an African American/Black, Hispanic/Latino, Asian/Pacific Islander, Alaska Native and Native American. However, being a minority is not based exclusively on race or ethnicity. The importance of reaching out to all minority communities cannot be overstated.

The success of any program or initiative is based on comprehensive program planning, implementation, and evaluation. Planning a successful program from beginning to end is not an easy task, especially if you are targeting an audience with which you are unfamiliar. Below are helpful hints to guide you through the planning process.

Step 1: Identify your audience and what services they need

a) Start with national data to identify the scope of the problem you are trying to address.

Examples of good sources of information are:

- The National Cancer Institute (NCI) <http://cancer.gov>
- Cancer Control Planet <http://cancercontrolplanet.cancer.gov/>
- The American Cancer Society (ACS), Facts & Figures – <http://www.cancer.org>
- The Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov>
- The Intercultural Cancer Council (ICC) <http://www.iccnetwork.org/>
- Office of Minority Health <http://www.omhrc.gov/>
- National Women’s Health Information Center (NWHIC) www.4women.gov
- Health Resources and Services Administration www.hrsa.gov
- Use translated materials that have already been developed for your population. For example, NCI offers patient education publications in Spanish, Vietnamese, Chinese, and Tagalog. These materials can be found on www.cancer.gov/publications.

b) Once you understand the problem on a national level, explore local data. Try looking at data from:

- State or County Health Departments (cancer registries)
 - Area Hospitals
 - Coalitions
 - Universities
 - Cancer Control Planet <http://cancercontrolplanet.cancer.gov/>
 - Local ACS chapter
-

Special Populations and Cultural Competency

Outreach Tip Sheet

c) Now that you understand the data on a national and local level, how will you “sell” or “hook” your audience on the problem (e.g., the need for Vietnamese women to be screened for breast cancer)?

Engage other groups and individuals who have done (or are doing) similar work with your audience, such as local health departments, community-based organizations, and coalitions. What was their “selling” approach?

Step 2: Know your audience

To effectively convey your health message, you must use the appropriate channels, language, and visual aids. When working with the minority and medically underserved audience, please consider the following:

- **Language**
Many minorities do not speak English as a primary (or even secondary) language. Thus, it is important to make sure your program is sensitive to the language spoken by your audience. Do not assume that the use of a lay translator (e.g., relative or neighbor) will ensure that your message is accurately relayed.
- **Literacy Levels**
A large percentage of minorities/medically underserved audiences have difficulty reading and comprehending written information. The use of appropriate materials including visual aids such as flip-charts, slides, posters and easy-reading brochures with a large type, plain language, and pictures will help your audience better understand your message.

Clear and Simple is an NCI resource designed to help assess and develop easy-reading materials. This 61-page guide outlines a process for developing publications for people with limited literacy skills. To view and order this essential guide, click on http://oc.nci.nih.gov/services/Clear_and_Simple/HOME.HTM or call the NCI's Publications Ordering Service at 1-800-4-CANCER.

- **Cultural Beliefs**
Cultural beliefs will affect the success of your program. You may find it helpful to:
 - Review literature specific to the culture
 - Consult key members of the minority community you are trying to reach (key informant interviews)
 - Invite community representatives to join the planning committee
 - Conduct focus groups
 - Work with cultural groups and organizations such as churches, centers, and civic/social clubs.

Special Populations and Cultural Competency

Outreach Tip Sheet

- **Access to Care**

Many minorities and medically underserved audiences do not have access to care for several reasons, including:

- Lack of insurance
- Being underinsured
- Low socioeconomic status (SES)
- Lack of knowledge about diseases and symptoms
- Remote geographical location and lack of transportation
- Low literacy, and limited English proficiency issues
- Language and cultural barriers
- Fear and mistrust of the medical community
- Perceived health risks
- Reliance on herbal remedies, spirituality, and other non-Western medical practices.

Think about why the targeted community does not access health care. It may be helpful to speak to area hospitals, clinics, and health professionals such as social workers, nurses, health educators, and community advocates to find out what access issues are relevant to your audience.

- **Socioeconomic Status**

Factors such as poverty, education, and unemployment may affect a person's ability to understand health information, access health services, and understand the importance of prevention and screening.

Try the approaches listed below to better know your audience:

- Speak to individuals who interact with your population such as outreach workers, clinicians, and the clergy.
- Use community resources such as local hospitals, community-based organizations, health departments, and coalitions to assist you.
- Contact your regional Cancer Information Service Partnership Program Coordinator at 1-800-4-CANCER to receive technical assistance and NCI publication samples. Assistance is free of charge.
- Conduct key informant interviews or focus groups with your target audience.
- Your program or outreach efforts will be more effective the more familiar you are with your target audience. "Knowing your audience" is often referred to as being "culturally competent" or "culturally sensitive."

Special Populations and Cultural Competency Outreach Tip Sheet

Step 3: Reaching Your Audience

REACH your audience in an environment they are accustomed to and in which they feel comfortable, such as: places of worship, civic or social clubs, community centers, malls, ethnic stores, schools, and beauty/nail salons.

WORK with local businesses frequented by your target population, such as grocery or department stores and pharmacies. Ask permission to advertise by placing materials such as flyers, promotional items, posters, and brochures in high-traffic areas. Speak to business owners and ask for their support.

PARTNER with health and social service/cultural organizations to plan special events such as cancer screenings and health-education programs that coincide with national health observance events.

Make others **AWARE** of what you are doing by working with the media. Send press releases and public service announcements (PSAs) to your media contact. Develop advertisements and send photos to your media contact. Hold a press conference if you are planning an event. Invite the media to your event.

Find a **SPOKESPERSON** in your target community who is willing to speak to other community members about your initiatives. Your spokesperson may be able to dispel any concerns or fears your audience may have, help you gain acceptance in the community, and increase the receptivity of your message or program.

PREPARE a take-home message or action plan that motivates the community to do something specific.

NCI Publications

Breast Cancer

What You Need To Know About Breast Cancer

Mammograms: Not Just Once, But For A Lifetime! (Pamphlet)

Mammograms: Not Just Once, But For A Lifetime! (African American bookmark, Native American bookmark)

Mammography: Do it for Yourself, Do it for Your Family (English, Chinese, Tagalog and Vietnamese)

Hágase Un Mamograma...Por Su Salud y su familia (Have a Mammogram...for Yourself and for Your family)

Los mamogramas...No solamente una vez, sino por toda la vida (Mammograms...Not Just Once But for a Lifetime!)

Special Populations and Cultural Competency Outreach Tip Sheet

Nutrition

Down Home Healthy Cookin' - African American Recipes (booklet)
Make Low-Fat Cooking Taste Great! The Down Home Healthy Way (Bookmark)
Tips on How to Eat Less Fat (black/white version of brochure)
African Americans Take the 5 a Day Challenge for Better Health (pamphlet)
Celebre la cocina hispana – Healthy Hispanic Recipes
Coma 5 frutas y verdura todos los días (Eat 5 Fruits and Vegetables Every Day)
Coma menos grasa (Eat Less Fat)

Other Resources

Native Circle - *The American Indian/Alaska Native Cancer Information Resource Center and Learning Exchange* <http://www.mayo.edu/nativecircle/resources.html>

Spanish Cancer Fact Sheets - <http://www.cancer.gov/espanol/hojasinformativas>
To order, call the NCI's Publications Ordering Service at 1-800-4-CANCER.

Additional Resources

American Cancer Society. *Cancer Facts & Figures for African Americans*. Atlanta, GA: American Cancer Society; 2003. Publication No. 8614.03. <http://www.cancer.org>

Centers for Disease Control and Prevention. Cancer Facts for Minorities in the United States. <http://www.cdc.gov/cancer/minorityawareness.htm-facts>

Frank-Stromborg, M. & Olsen, S.J. (2001) *Cancer Prevention in Diverse Populations*. Pittsburgh: Oncology Nursing Society.
<http://www.ons.org/xp6/ONS/Library.xml>

Intercultural Cancer Council. Fact Sheets. Strategic directions 2000-2002.
<http://www.iccnetwork.org/>

Kulwicki, A. D. (2003) People of Arab Heritage. In L.D. Purnell (Ed.) , *Transcultural Health Care: A Culturally Competent Approach* (pp. 90-105). Philadelphia: Davis Company.

National Cancer Institute Monograph: Native Outreach: A Report to American Indian, Alaska Native, and Native Hawaiian Communities. National Cancer

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Institute. NIH Publication No. 98-4341. <http://www.cancer.gov/>

National Cancer Institute. Special Populations Exceptional Opportunities: Cancer

Control and Research in Minority and Underserved Populations. National Cancer Institute, 1999. <http://www.cancer.gov/>

National Institutes of Health. Knowledge, Attitudes, and Behavior of Immigrant Asian American Women Ages 40 and Older Regarding Breast Cancer and Mammography Screening. October, 1999.

Huff, R.M., Kline, M.V. (Editors). *Promoting Health in Multicultural Populations: A Handbook for Practitioners*. California: Sage Publications, 1999.

Purnell, L.D., Paulanka, B.J. *Transcultural Health Care: A Culturally Competent Approach*. Philadelphia: Davis Company, 2003.

National Cancer Institute. Regional Variations in Cancer Data Among Indigenous People. Native American Monograph No. 1: Documentation of the Cancer Research Needs of American Indians and Alaska Natives. NIH Publication No. 93 <http://www.cancer.gov/>

Siblani, M. Kay. *Islam & the Muslim Patient: Impact of Religion on Health Care Delivery*. Michigan: Oasis Communications Inc., p. 6, 1997.

Smedly, B.D. Stith, A.Y. and Nelson A.R. (Eds.) Committee on Understanding and Eliminating Racial and Ethnic Disparities in Health Care, Board on Health Sciences Policy. Institute of Medicine. Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care. The National Academies Press, Washington, D.C, 2002.

Tips for Mammography Staff: How to Serve Women with Disabilities More Effectively

General Tips on How to Serve Women with Disabilities:

Policies and Procedures

Establish policies and procedures that ensure:

- Adequate physical access is provided for women with disabilities throughout the Department and adhere to standards of the American with Disabilities Act
- Appropriate questions are asked while scheduling appointments
- Documentation of issues relating to encounters with women with disabilities
- Training of new personnel on issues relating to women with disabilities

Scheduling

- Ask the patient if she has a disability, and if so, what accommodations she might need
- Provide longer appointment times for the patient, when needed

Day of Appointment

- Let the patient know what to expect
- Ask the client what assistance she needs
- Communicate directly with the patient
- Assure the patient that any discomfort experienced during the exam only last a few seconds
- Put notes in the patient's chart about the positioning techniques that worked and the accommodations that were provided. This will make the next mammogram easier

On-going Training

- Make all staff members aware of the viewpoints of women with different kinds of disabilities
- Portray women with disabilities as women first

Tips on How to Serve Women with Specific Types of Disabilities:

Blind or Visual Disabilities

- Tell the patient you are in the room before you approach her
- Ask if she would like a sighted guide to walk through the facility with her
- State directions and describe materials clearly
- Provide information in alternative formats (e.g. Braille, large-print, or audio format).
- If the patient has a Service Animal, allow the animal to accompany the patient. Do not pet or talk to it without permission.



Oregon Partnership For Cancer Control



Communication Disabilities

- Listen carefully and let the patient know when you don't understand her
- Allow extra time for the patient to communicate with you
- Find ways to facilitate communication, such as using paper and pencil

Deaf or Hard of Hearing

- Learn how to use the Relay Telecommunications system
- Provide a certified sign language interpreter, if requested by the patient
- Speak directly to the patient and face her when you are talking so your lips are visible
- Communicate in writing, if necessary

Emotional Disabilities

- Speak calmly and clearly to the patient
- Explain what will happen to her before it happens
- Interact with individuals based on your experience with that person, not on assumptions about mental illness or a particular diagnosis

Intellectual Disabilities

- Greet and speak directly to the patient, using her name and plain language
- Explain each step clearly before it happens and calmly proceed slowly
- Be prepared to provide the same information several times over
- Allow the caregiver to be present. Demonstrating the exam on the caregiver may help

Physical/Mobility Disabilities

- Have positioning supplies available (e.g. pillows, foam, chair) before exam
- Clear paths of travel to reception area, restrooms, and mammography room
- If possible, sit down when talking to a woman in a wheelchair so you are eye level
- Always ask permission before moving or touching the patient or her assistive equipment

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Thanks to the following for providing information:

American Association on Health & Disability www.aahd.us
Breast Health Access for Women with Disabilities (BHAWD) www.bhawd.org
Center for Research on Women with Disabilities www.bcm.tmc.edu/crowd
The National Women's Health Information Center www.4woman.gov
North Carolina Office on Disability and Health/Chapel Hill, NC
www.gpg.unc.edu/~ncodh

**This publication is available in alternate
formats upon request.**

**Oregon Office on Disability and Health
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www.oidd.org/cca**

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W · O · W · D · H · E · C

Women with Disabilities Health Equity Coalition

Supported by the OHSU Center of Excellence in Women's Health

www.WowDHEC.org

Health Disparities for Women with Disabilities

WowDHEC is a coalition of women with disabilities and health care professionals working to ensure that women with disabilities have equal access to health and that health promotion programs are meaningful. WowDHEC is focused upon **changing the paradigm**. We believe we can be disabled and be healthy at the same time.

Studies show significant **health disparities** between women with disabilities compared to women without disabilities. For example, women with disabilities diagnosed with cancer are more likely to be diagnosed at later stages.

Women with disabilities are also less likely to receive the **breast and cervical cancer screening tests** compared to women without disabilities.

- Women with **cognitive disabilities** are more than twice as likely to NOT receive a mammogram as women without cognitive disabilities.
- Almost two-thirds of women with **severe disabilities**¹ are less likely **to ever** have a mammogram (age 65+).
- Nondisabled women are about three times more likely to have had a mammogram in the last year than are disabled women (all aged 45 and up).

Attitudinal Barriers - Participants in a town hall meeting on health care access for people with disabilities discussed specific attitudinal issues, such as:

- “When I take someone with me, they talk to the person who is with me, not to me. I’m the one who’s gone through this and I keep detailed information.”

Contact Information

For more information about accommodating women with disabilities or for information about the references cited above, contact Sara Beth Weiner at weiners@ohsu.edu or 503-494-2685.

WowDHEC offers a breast health outreach program that uses Community Health Workers to reach out to their peers and educate them about breast health screening. The program is:



¹ Severe disabilities in this case is defined as having 3 or more functional limitations

Breast cancer is a major public health concern for all women, including women with disabilities. Disabled women are just as likely as women without disabilities to have ever received a mammogram: however, they are significantly less likely to have been screened within the recommended guidelines. The public health community has increased breast cancer awareness and encouraged women to adopt preventive practices through the use of health communication messages and campaigns, yet few communication messages exist that target women with disabilities.

After a multi-year qualitative study that looked at the barriers to breast cancer screening for women with physical disabilities, the Centers for Disease Control and Prevention (CDC) in collaboration with the American Institutes for Research, created and tested the “Right To Know” (RTK) materials. The RTK materials are health promotion materials designed to increase awareness of breast health care among women with physical disabilities and encourage these women to get screened. The materials are available in both English and Spanish and feature four women (one Latina, one African American and two Caucasians), with physical disabilities who have survived breast cancer. The Oregon Office on Disability and Health (OODH), funded by the CDC, will begin disseminating the RTK materials in partnership with numerous state and community partners in October 2009.



If you would like more information about the Right to Know materials please contact **Clara Welsch at 503-494-3642 or welschc@ohsu.edu**

Or visit www.oidd.org/cca/oodh

- Poster series
- MP3 recordings
- Banner ads
- Low tech fliers
- Ad slicks
- Tip sheet
- Dissemination guide
- CDC.gov/TheRightToKnow



Useful Links for Data on Special Populations:

African-American Health

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

Asian American Health

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

Association of Asian Pacific Community Health Organizations

<http://www.aapcho.org/site/aapcho/section.php?id=10900>

Breast Health Access for Women with Disabilities

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

Cancer Facts & Figures for African-Americans 2003-2004 (ACS)

<http://www.cancer.org/downloads/STT/861403.pdf>

Cancer Facts & Figures for Hispanics/Latinos 2003-2005 (ACS)

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

Gay and Lesbian Health

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

Healthfinder

<http://www.healthfinder.gov/justforyou/>

Hispanic-American Health

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

Hispanic Health Needs Assessment (The National Alliance for Hispanic Health)

http://www.hispanichealth.org/hhna2001_1.pdf

Intercultural Cancer Council

<http://iccnetwork.org/cancerfacts/>

NCI CRCHD – Resources on Cultural Issues in Health

http://crchd.nci.nih.gov/information/cultural_resources.html

Native American Health

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



ADDITIONAL BREAST CANCER RESOURCES



Community Guide Breast Cancer Screening Recommendations

This fact sheet summarizes the evaluation and recommendations regarding breast cancer screening from the Task Force on Community Preventive Services in the Community Guide.

The Community Guide addresses the effectiveness of client-oriented interventions to address barriers to and promote increased use of mammography.

- See fact sheet in this section

Provider Resources from the National Cancer Institute

The Cancer Information Service (CIS), a program of the National Cancer Institute (NCI), offers a wealth of resources from the latest, most accurate cancer prevention and screening information to information on clinical trials and resources in your community.

- See information sheets in this section

Web & Phone Breast Cancer Resources

This information sheet includes a variety of web and phone breast cancer resources including: news and research on cancer, risk reduction, treatment and side effects and professional resources.

- See information sheet in this section

Recommended Breast Cancer Screening Interventions

This fact sheet summarizes the evaluation and recommendations regarding breast cancer screening from the Task Force on Community Preventive Services (Task Force) in the Community Guide. The Community Guide addresses the effectiveness of client-oriented interventions to address barriers to and promote increased use of mammography. State health agencies, particularly in collaboration with their state cancer coalitions, have great potential to diminish the incidence, morbidity, and mortality of breast cancer by supporting evidence-based interventions to promote screenings for breast cancer.

State health agencies can foster collaboration at the federal, state, and local levels, and support the integration of cancer screening promotion efforts into other programs.

Background Information

- Breast cancer is the second most common cancer diagnosis and the second leading cause of death of women.
- Screening procedures such as mammography are effective at detecting breast cancer at early stages and can, when combined with appropriate treatment, reduce mortality.
- Individuals without a regular source of health care, those lacking health insurance, and recent immigrants have the lowest rates of breast cancer screening in the United States.

Interventions recommended with strong evidence

- Client reminders
 - o Review included 12 studies that measured the effect of reminders to people in communities or healthcare systems that they were due or late for mammography screening.
 - o Median increase in use of mammography by individuals who received reminders was 14.7 percent.
 - o Reminders may be in the form of letters, postcards, or telephone calls; their content may be modified to fit relevant client characteristics.
- Multi-component using media, education, and enhanced access
 - o Review included nine studies that measured the impact of ten multi-component interventions on use of breast cancer screening.
 - o Median increase in screenings for breast cancer was 10.8 percent.
 - o Providing information about benefits and availability, in conjunction with making services more easily accessible, increases demand for breast cancer screening and promote higher screening rates.
- Reducing structural barriers
 - o Review included three studies that examined the impact of reduced structural barriers on demand for and use of breast cancer screening services.
 - o Median increase in breast cancer screening was 15 percentage points after reducing structural barriers such as location, hours of operation and availability of child care.
- Client incentives with reminders
 - o Review included two studies that measured increases in breast cancer screening after providing non-coercive incentives such as small amounts of money or retail coupons.
 - o Median percentage point increase in breast cancer screening when client incentives were provided with reminders to advise clients that they were due or late for screening

was 18.5.

- Small media
 - o Review included nine studies that evaluated the effect of small media, such as brochures, flyers or videos, on breast cancer screening by mammography.
 - o Median increase in screening among individuals receiving small media was 7.1 percentage points.
 - o Because of the predominantly urban or white population settings identified in the qualifying studies, the effectiveness of small media among broader audiences cannot be assumed.
- One-on-one education
 - o Review included 15 studies that measured the impact of both tailored and non-tailored counseling interventions on breast cancer screening.
 - o Thirteen of the reviewed studies showed an improvement in screening. The median improvement in screening was 8.2 percentage points.
 - o One-on-one education can be provided by either health professionals or lay health advisors in a variety of settings, and may be tailored to address risks, questions or barriers relevant to the client.

Interventions recommended with sufficient evidence

- Reducing out-of-pocket expense
 - o Review included eight studies focused on mammography which examined changes to the rate of breast cancer screening following interventions to reduce client costs associated with mammography.
 - o Median increase in breast cancer screening by mammography after out-of-pocket expenses were reduced was 12.5 percent.
 - o Ways in which screening costs can be reduced include providing insurance coverage for screening services, reducing co-payments for screenings, and reimbursements to either the client or screening site for services rendered.

Interventions with insufficient evidence to determine effectiveness

- Group education
- Client incentives (alone)
- Mass media (alone)

Resources

- The Guide to Community Preventive Services: www.thecommunityguide.org
- ASTHO Chronic Disease Prevention and Health Promotion Project: <http://www.astho.org/?template=prevention.html>
- Centers for Disease Control and Prevention's Cancer Prevention and Control website: <http://www.cdc.gov/cancer/>
- Centers for Disease Control and Prevention's National Breast and Cervical Cancer Early Detection Program: <http://www.cdc.gov/cancer/nbccedp/index.htm>
- American Cancer Society: <http://www.cancer.org/docroot/home/index.asp>
- National Cancer Institute's Breast Cancer website: <http://www.nci.nih.gov/cancertopics/types/breast>
- Cancer Control Planet: <http://cancercontrolplanet.cancer.gov/index.html>

Provider Resources from the National Cancer Institute's Cancer Information Service

THE CANCER INFORMATION SERVICE (CIS), a program of the National Cancer Institute (NCI), offers you and your patients a wealth of resources from the latest, most accurate cancer prevention and screening information to information on clinical trials and resources in your community.

NCI INFORMATION BY PHONE, E-MAIL AND ONLINE

Trained cancer Information Specialists interact with callers directly to provide information about cancer prevention, screening, treatment, genetics, supportive care, and customized cancer clinical trial searches. CIS service is available in English and Spanish.

- Phone: Call 1-800-4-CANCER, weekdays 9 a.m.-4:30 p.m. local time.
- Online: LiveHelp, is available weekdays from 9 a.m.-11 p.m., EST, at www.cancer.gov.
- E-mail: Send your questions via e-mail at cancergovstaff@mail.nih.gov

CLINICAL TRIALS INFORMATION

The CIS provides in-depth information about participating in screening, prevention, and treatment clinical trials. The NCI's web site, www.cancer.gov, provides in-depth information on:

- Clinical trials results
- Database of 6,000+ NCI clinical trials now accepting participants
- Information for research teams conducting clinical trials
- Noteworthy NCI-supported clinical trials
- Clinical trials education materials

PHYSICIAN DATA QUERY

PDQ (Physician Data Query) is NCI's comprehensive cancer database containing peer-reviewed summaries on cancer treatment, screening, prevention, genetics, and supportive care, and complementary and alternative medicine; a registry of open and closed cancer clinical trials; and a directory of professionals who provide genetics services. Access PDQs through 1-800-4-CANCER or www.cancer.gov. PDQs are also available in plain language versions for patient use and many of the summaries are also available in Spanish.

NCI PRINTED MATERIALS

NCI publications are free of charge. Shipping and handling charges apply for bulk orders. The CIS can provide you access to more than 200 NCI reports, booklets, pamphlets, and kits written for health professionals on a variety of cancer-related topics including:

- Clinical trials
- Research
- Public health
- Epidemiology and risk
- Tobacco resources
- Specific cancer sites
- Diagnosis and treatment
- Survivorship.

UNDERSTANDING RISK WEB SITE

NCI's Understanding Risk Web site (<http://understandingrisk.cancer.gov>) can help your patients:

- Separate fact from fear
- Explore the concept of risk
- Estimate the risk of developing certain cancers.

American Cancer Society *Cancer Facts and Figures* and *Breast Cancer Facts and Figures* http://www.cancer.org/docroot/stt/stt_0.asp (updated annually)

CDC Breast Cancer Publications Available Online
<http://www.cdc.gov/cancer/dcpc/library/online/breast.htm>

Breast Cancer Prevention (PDQ®)
<http://www.cancer.gov/cancertopics/pdq/prevention/breast/HealthProfessional>

Breast Cancer Risk Assessment Tool <http://bcra.nci.nih.gov>

Breast Cancer Screening (PDQ®)
<http://www.cancer.gov/cancertopics/pdq/screening/breast/HealthProfessional>

Breast Cancer Treatment (PDQ®)
<http://www.cancer.gov/cancertopics/pdq/treatment/breast/patient>

Common Breast Changes <http://www.cancer.gov/cancertopics/common-breastchanges>

NCI Fact Sheets: Addresses a variety of cancer topics.
<http://www.cancer.gov/cancertopics/factsheet>

SEER Cancer Stats Fact Sheets: Cancer of the Breast
<http://seer.cancer.gov/statfacts/html/breast.html>

Understanding Breast Changes: A Health Guide for Women
<http://www.cancer.gov/cancertopics/understanding-breast-changes>

What You Need To Know (WYNTK) About Breast Cancer
<http://www.cancer.gov/cancertopics/wyntk/breast>

Diseases of the Breast. 3rd ed. Philadelphia: Lippincott Williams & Wilkins, 2004. ISBN 0781746191. Harris JR, Lippman ME, Morrow M, Osborne CK, editors.
<http://www.lww.co.uk/index.cfm?fuseaction=MA.productInfo&isbn=9780781746199>

U.S. Preventive Services Task Force. *The Guide to Clinical Preventive Services, 2007: Recommendations of the U.S. Preventive Services Task Force*. Rockville (MD): Agency for Healthcare Research and Quality, 2007. Also available at

<http://www.ahrq.gov/clinic/pocketgd.htm> on the Internet. The complete U.S. Preventive

Services Task Force recommendations are at <http://www.ahrq.gov/clinic/uspstfix.htm> on the Internet.

Clinical Trials Resources

NCI Clinical Trials Education Series:

- Cancer Clinical Trials: The Basic Workbook
- Cancer Clinical Trials: The In-Depth Program
- Cancer Clinical Trials: A Resource Guide for Outreach, Education, and Advocacy
- Trainer's Guide for Cancer Education
<http://www.cancer.gov/clinicaltrials/learning/clinical-trials-education-series>

Clinical Trials Fact Sheets:

- Clinical Trials: Questions and Answers http://cis.nci.nih.gov/fact/2_11.htm
- Estudios clínicos: conozca los datos acerca de los estudios de tratamiento del cancer
http://cis.nci.nih.gov/fact/7_40s.htm

Booklets:

- If You Have Cancer... What You Should Know About Clinical Trials
- Taking Part in Clinical Trials: What Participants Need To Know
<http://www.cancer.gov/clinicaltrials/learning/clinical-trials-education-series>

Breast Cancer:

- STAR – Study of Tamoxifen and Raloxifene (What are your chances of getting breast cancer?)
<http://www.cancer.gov/cancertopics/factsheet/STARresultsQandA>

Cancer Clinical Trials Slide Programs (CD-Rom):

- Cancer Clinical Trials: The Basics
Slide presentation that covers the topics included in Cancer Clinical Trials: The Way We Make Progress Against Cancer, plus phases of clinical trials, randomization, types of trials, protocols, and barriers to participation. (27-slide PowerPoint presentation with talking points)
- Cancer Clinical Trials: The Way We Make Progress Against Cancer
Slide presentation that covers the basics about clinical trials--what they are, who takes part, different types of trials, protecting patients' safety, risks and benefits of trials, and where to find trials. (13-slide PowerPoint presentation with talking points)
<http://www.cancer.gov/clinicaltrials/learning/clinical-trials-education-series>

Online Training and Education Series

- Protecting Human Research Participants
A free, on-line tutorial offered by the National Institutes of Health (NIH) Office of Extramural Research, for physicians, nurses, and other members of clinical research teams. This online course satisfies the NIH human subjects training requirement for extramural researchers obtaining Federal funds.
- Cancer Clinical Trials Basics
A Web-based course for healthcare providers and others who have a limited clinical research background and are somewhat unfamiliar with the clinical trials process.
- Incorporating Cancer Clinical Trials Into Your Practice
A Web-based course for healthcare providers who are interested in becoming clinical trials investigators and incorporating clinical trials into their practice. If you are not already familiar with clinical trials, you may first wish to take the Cancer Clinical Trials Basics course. <http://www.cancer.gov/clinicaltrials/learning/clinical-trials-education-series>

Book Recommendations 2009

Coping and Surviving	Author	Publisher & Year
<i>Advanced Breast Cancer: A Guide to Living with Metastatic Disease</i>	Musa Mayer	O'Reilly Media 2003
<i>After Breast Cancer: Answers to Questions You're Afraid to Ask</i>	Musa Mayer	O'Reilly Media 2003
<i>After Breast Cancer: A Common Sense Guide to Life After Treatment</i>	Hester Hill Schnipper	Random House 2005
<i>After Cancer</i>	Wendy Harpham, MD	Harper Callino 1995
<i>Anatomy of Hope</i>	Jerome Groopman	Random House 2005
<i>Apron Strings: Inheriting Courage, Wisdom, and Breast Cancer</i>	Diane Tropea Greene	Rainbow Books Inc. 2007
<i>B.O.O.B.S.: A Bunch of Outrageous Breast Cancer Survivors Tell Their Stories</i>	Ann Kempner Fisher	Cumberland House 2006
<i>Breast Cancer Husband</i>	Marc Silver	Radale Press 2004
<i>Cancer for Two</i>	Dave Balch	A Few Good People Inc. 2004
<i>The Cancer Embrace: Discovering Insight, Wisdom and Humor through the Cancer Experience</i>	Patrice Wiper	Authorhouse 2004
<i>Choices</i>	Marion Morra	Harper 2003
<i>Fighting Cancer From Within: How to Use the Power of Your Mind for Healing</i>	Martin Rossman	Henry Holt 2003
<i>From Cancer Patient to Cancer Survivor: Lost in Transition</i>	Greenfield, Hewitt, and Stovall	National Academies Press 2006
<i>Happiness in a Storm</i>	Wendy Harpham	Norton 2005
<i>I Am Not My Breast Cancer</i>	Ruth Peltason	First Harper Publishing 2008
<i>I'm Too Young to Have Breast Cancer</i>	Beth Hawkins	Life Line Press 2004
<i>Intimacy after Cancer: A Woman's Guide</i>	Dr. Sally Kydd and Dana Rowett	Big Think Media 2006
<i>Kitchen Table Wisdom</i>	Rachel Remen, MD	Penguin 1997
<i>Living Beyond Breast Cancer: A Survivor's Guide</i>	Marissa C. Weiss, MD and Ellen Weiss	Random House Inc. 1998
<i>Nordie's at Noon</i>	Kim Carlos	DaCapo 2007
<i>On Grief & Grieving</i>	Elizabeth Kubler-Ross	Simon & Schuster 2005
<i>The 10 Best Questions for Surviving Breast Cancer: The Script</i>	Dede Bonner, Ph.D	Fireside Books 2008
<i>The Web That Has No Weaver</i>	Ted Kaptchuk	McGraw-Hill 2000
<i>To Be Alive: A Women's Guide to a Full Life After Cancer</i>	Carolyn Runowicz & Donna Haupt	Henry Holt & Co 1995
<i>Twelve Gifts for Healing</i>	Charles Costanzo	Harper 2004
<i>Uplift: Secrets from the Sisterhood of Breast Cancer Survivors</i>	Barbara Delinsky	Atria Books 2003
<i>When Life Becomes Precious</i>	Eloise Babcock	Bantam 1997
Diagnosis and Treatment	Author	Publisher & Year
<i>Be a Survivor: Your Guide to Breast Cancer Treatments</i>	Vladimir Lange, MD	Lange Productions 2005
<i>Breast Cancer: The Complete Guide</i>	Yashar Hirshaut	Random House 2004
<i>Diagnosis: Cancer</i>	Wendy Harpham, MD	Norton 2003
<i>Dr. Susan Love's Breast Book</i>	Susan Love, MD	Perseus 2005
Managing Side Effects	Author	Publisher & Year
<i>Best News About Radiation Therapy</i>	Carol Kornmehl	Evans & Co 2004
<i>The Complete Natural Medicine Guide to Breast Cancer</i>	Sat Dharam Kaur, ND	Robert Rose 2004
<i>Coping with Chemotherapy & Radiation</i>	Daniel Cukier	Makari-Judson 2005

<i>It's Not About the Hair</i>	Debra Jarvis	Sasquatch Books 2007
<i>Just Get Me Through This: The Practical Guide to Breast Cancer</i>	Deborah M. Cohen & Robert M. Gelfand	Kensington 2000
<i>Lymphedema: A Breast Cancer Patient's Guide to Prevention and Healing</i>	Jeannie Burt	Hunter House 2005
<i>Thriving After Breast Cancer: Essential Healing Exercises for Body and Mind</i>	Sherry Davis & Stephanie Gunning	Random House 2002
<i>The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change</i>	Christine Northrup	Random House 2003
Exercise and Nutrition	Author	Publisher & Year
<i>Action Plan for Osteoporosis</i>	Kerri Winters-Stone, Ph.D	Human Kinetics 2005
<i>Cancer Fitness: Exercise Programs for Patients and Survivors</i>	Anna Schwartz	Fireside 2004
<i>Eating Well Through Cancer</i>	Holly Clegg & Gerald Miletello, M.D	Favorite Recipes Press 2006
<i>Healing Yoga</i>	Lisa Hotby	Taylor Trade 2004
<i>Mediterranean Diet</i>	Marissa Cloutier	Harper 2004
<i>New American Plate Cookbook</i>	American Institute for Cancer Research	University of California Press 2005
<i>One Bite At A Time: Nourishing Recipes for People With Cancer</i>	Rebecca Katz	Celestial Arts 2008
<i>Relax and Renew</i>	Judith Hanson Lasater	Rodmell Press 1995
<i>The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection</i>	Carolyn Kortage	HarperOne 1998
<i>Traditional Chinese Medicine: A Woman's Guide to Healing from Breast Cancer</i>	Nan Lu	Avon Books 2000
Children and Families	Author	Publisher & Year
<i>Another Morning: Voices of Truth & Hope from Mothers with Cancer</i>	Linda Blachman	Seal Press 2006
<i>Cancer in the Family</i>	Sue Heiney	ACRS 2001
<i>Gentle Willow</i>	Joyce Mills	Magination Press 2004
<i>Lopsided: How Having Breast Cancer Can Be Really Distracting</i>	Meredith Norton	Viking Adult 2008
<i>The Mercy Papers: A Memoir of Three Weeks</i>	Robin Romm	Scribner 2009
<i>Mommy Found a Lump</i>	Dr. Nathalie Johnson	LuLu 2008
<i>Spinning Straw Into Gold</i>	Ronnie Kaye	Simon and Schuster 1991
<i>Tiny Boat at Sea</i>	Izetta Smith	I Smith 2000
<i>When a Parent Has Cancer: A Guide to Caring for Your Children</i>	Wendy Harpham	Harper Collins 2004
<i>When Mommy Had a Mastectomy</i>	Nancy Greenfield	Bartelby Press 2005
Integrative Approach	Author	Publisher & Year
<i>Anticancer: A New Way of Life</i>	David Servan-Schreiber	Viking Adult 2008
<i>Definitive Guide to Cancer</i>	Lise Alschuler	Alternative Medicine Magazine
<i>Medicine Hands: Massage Therapy for People Living With Cancer</i>	Gayle MacDonald	Findhorn Press 2007
Environment	Author	Publisher & Year
<i>Cancer: 101 Solutions to a Preventable Epidemic</i>	Liz Armstrong, Guy Dauncey & Anne Wordsworth	New Society Publishers 2007
<i>Living Downstream: A Scientist's Personal Investigation of Cancer</i>	Sandra Steingraber	First Vintage Books 1997
<i>The Secret History of the War on Cancer</i>	Devra Davis	Basic Books 2007

Web and Phone Resources Breast Cancer Issues Conference™

February 28, 2009

BASICS FOR THE NEWLY DIAGNOSED

***Susan G. Komen For the Cure**, www.komen.org. Breast cancer related news stories, calendar of Komen events, list of local Komen affiliates and survivors' personal stories, age-related screening guidelines. Educational materials and podcasts are available.

American Cancer Society, www.cancer.org. Supports research, provides printed materials, and conducts educational programs and events. 1-800-227-2345.

ACS /Cancer Survivors Network, www.acscsn.org. Discussion boards, resources, support, clinical trials.

Breast Cancer, www.breastcancer.org. Information about breast cancer and help to make decisions about treatment and life after cancer. Many publications available.

Breast Friends, www.breastfriends.com, The friends and family network for support and inspiration. Offers tips for co-survivors, hats for chemo patients, volunteer matching program for women needing support, as well as a support group for women behind bars. Call 503-598-8048 for more information.

***Cancer Care**, www.cancercare.org. Counseling, financial advice, and an online support group staffed by social work professionals. Many links. 1-800-813-HOPE

***Cancer Net**, www.cancer.net. Patient website for the American Society of Clinical Oncologists. Accurate cancer information, podcasts and news stories.

Clinical Trials, clinicaltrials.gov. Current information for locating federally and privately supported clinical trials for a wide range of diseases and conditions.

Co-Survivor Support, www.wellspouse.org. Has information, support and conferences for spouses and children of

those with a serious disease. Also, menagainstbreastcancer.org, support for men who have a loved one with breast cancer.

*** Inflammatory Breast Cancer**, ibcsupport.org. Information and support for those with this kind of cancer. Also, www.ibcresearch.org offers research, news, information and email support group. 1-877-786-7422.

Lab Tests Online, www.labtestsonline.org. Provides better understanding of lab tests during routine care as well as diagnosis and treatment.

Lesbians, www.mautnerproject.org. Resources for LGBT community. 202-332-5536.

Livestrong, www.livestrong.org. Lance Armstrong Foundation's site that offers information, support and advocacy. 512-236-8820.

*** Look Good during Treatment**, www.lookgoodfeelbetter.org. Web site of the American Cancer Society program to help women improve their appearance during treatment.

MedLine Plus Tutorials, www.medlineplus.gov. Over 165 slide shows that explain diseases, tests and diagnostic procedures, and surgery and treatment practices.

*** National Cancer Institute (NCI)**, www.cancer.gov. Official web site of the Federal government's principal agency for cancer research. The site has authoritative cancer information arranged topically for easy navigation. 1-800-4CANCER.

*** National Center for Complementary and Alternative Medicine (NCCAM) Part of the National Institute of Health**, nccam.nih.gov. The web site includes publications, news, events, information for researchers, frequently asked questions, and links to other CAM-related resources. 1-888-644-6226.

Native American B. C. Survivors Network, natamcancer.org. Information and support for survivors and their loved ones. 1- 800-537-8295.

*** Nueva Vida**, nueva-vida.org. Education and support for Latinas affected by cancer. Also, www.diadelamujerlatina.org.

Organize Helpers, www.lotsahelpinghands.com/caregiving/home/. Web tool to organize family and friends to help women while going through treatment.

Pathology Report, www.mybiopsy.org.

Slides of breast tumor cells, information on types of cancer.

Radiation Therapy, www.rtanswers.org. Explains radiation therapy and side effects. 1-800-962-7876.

Reconstruction, plasticsurgery.org. Information on the methods of plastic surgery and breast reconstruction.

Sharsheret, www.sharsheret.org. National, nonprofit organization connecting Jewish women at high risk or recently diagnosed with breast cancer with survivors who can share their experiences. 1-866-474-2774.

Side Effects, cancersymptoms.org. Oncology Nursing Society gives ways to manage treatment symptoms and opportunity to ask nurses for personal answers. 1-866-257-4667.

Sisters Network, sistersnetworkinc.org. A site for African American women who want to do something to reduce the impact of breast cancer. 1-866-781-1808.

Vital Options for Young Survivors, vitaloptions.org/youngadultswithcancer.html. Site with support and information for young adults diagnosed with cancer. 1-800-477-7666.

***Y-Me National Breast Cancer Organization**, www.y-me.org. Provides information and support during all stages of breast disease. Services include peer counseling, pamphlets, a list of resources, and links to other sites. English, Russian, Vietnamese, Tagalog, Korean or Chinese 1-800-221-2141, Spanish 1-800-986-9505.

***Young Survivor Coalition**, www.youngsurvival.org. International network dedicated to the issues of women under age 40 diagnosed with breast cancer. 1-877-YSC-1011.

Young Survivor Site, planetcancer.org. Fun website for young survivors, enables them to contact others their age under treatment.

NEWS AND RESEARCH ON CANCER

American Association for Cancer

Research, www.aacr.org. Respected cancer research organization. News, advocacy, research, information and podcasts.

American Society of Clinical Oncologists, www.asco.org. Site of cancer doctors, news, research, events in medical language.

Cancer Action Network, www.acscan.org. Advocacy group of the American Cancer Society.

CR Magazine, www.CRmagazine.org. Published by the American Association for Cancer Research, news, back issues, podcasts. 1-866-860-7088.

CURE Magazine, curetoday.org. Offers back issues of magazine, breaking cancer news, and search capability. 1-800-210-CURE.

***Living Beyond Breast Cancer**, lbbc.org. Provides educational materials, a Young Survivors Network and a toll-free helpline. 1-888-753-5222.

MAMM Magazine, www.mamm.com. Back issues of the magazine, news, links, support groups. 1-877-668-1800.

***National Breast Cancer Coalition**, www.natlbcc.org. Advocacy effort to teach women with breast cancer how to influence the policy decision making process.

***National Coalition for Cancer Survivorship**, canceradvocacy.org. A network of independent organizations that provide persons experiencing cancer a guide to many cancer resources on the web. Has a link for Spanish information. 1-877-622-7937.

San Antonio Breast Cancer Symposium, www.sabcs.org. Information on past symposia, research news, podcasts and abstracts.

Silent Spring Institute, www.silentspring.org. Institute investigating the environmental links to breast cancer, lists research, news, activities and publications.

RISK REDUCTION

Risk Tools, www.cancer.gov/bcrisktool/,
www.understandingrisk@cancer.gov,
www.yourdiseaserisk.wustl.edu, www.diseaseriskindex.harvard.edu.

Each of these sites has a tool to help you understand your breast cancer risk.

Genetic Risk Information, www.facingourrisk.org. FORCE-Information on BRCA testing and genetic risk for breast and ovarian cancer, support, news and research.

Risk Reduction, www.aicr.org, www.cancer.net, www.cancer.org,
www.breastcancer.org.

Sites that have information on reducing risk by behavioral changes and medical interventions.

TREATMENT AND SIDE EFFECTS

About Herbs, www.mskcc.org/mskcc/html/11570.cfm. Memorial Sloan-Kettering Cancer Center site that lets you investigate the research on your favorite herbs.

***American Chronic Pain Association**, www.theacpa.org. Information and support for those faced with chronic pain. 800-533-3231. Also, www.painfoundation.org. Features a Pain Action Guide, and offers information, support and advocacy. 1-888-615-PAIN.

Candlelighters, www.candlelighters.org. Links and information for kids through teens, treatments, support and advice for parents who have a cancer patient in the home.

Fertile Hope, fertilehope.org. Positive reproductive information, support and hope to cancer patients whose treatment presents the risk of infertility. 1-888-994-HOPE

HER2 Support Group, Her2support.org. A support group and source of research information for those diagnosed with HER2 over-expression.

Lymphedema, www.lymphnet.org. Information, education, referral service to treatment centers and support groups. 1-800-541-3259.

***Menopause**, menopause.org. Site of the North American Menopause Society, a source of accurate information on research and treatments for menopause symptoms.

Nutrition, www.cancerrd.com.

Nutritional information, recipes, cook books and ideas to improve your diet provided by a 3-time cancer survivor. Also www.aicr.org. National cancer charity focusing on diet, nutrition and cancer; provides research and consumer education programs. 1-800-843-8114.

Osteoporosis, www.nof.org.

National Osteoporosis Foundation site with prevention and treatment information and practical tips. 1-800-231-4222.

Pregnancy. www.pregnantwithcancer.org. Hope for two. Support, registry, news and events. 1-800-743-4471.

Share your Story, breastcancerstories.com, founded for women to share their experiences with breast cancer.

Susan B. Love, M.D. Web Site, www.SusanLoveMD.org. Excellent source for ongoing breast cancer and menopause information. Join the Army of Women to prevent breast cancer.

Survivors Retreat, www.survivorsretreat.com. Spas, retreats, camps for healing the spirit.

Triple Negative Breast Cancer, www.tnbcfoundation.org. Information. 646-942-6242.

Teen Co-Survivors, www.cancerreallysucks.org. For teens, by teens, coping, news, information, counseling. Also, imtooyoungforthis.org. Support for teens and young adults with cancer. Practical and lots of fun.

Ulman Cancer Fund, ulmanfund.org. Offers support, advocacy and scholarships for young adults who are diagnosed with cancer. 1-888-393-FUND.

***University of Pennsylvania Cancer Site**, oncolink.com. Helpful site for information about cancer, treatment, clinical trials, news, podcasts, support, CEU's for nurses.

Video Stories, www.womenstories.org. You can post your story of breast cancer diagnosis and treatment.

Young Couples, www.youngcancerspouses.com. Coping, caregiving, relationships and financial/legal problems for the young couple with cancer.

Wellness Community,

www.thewellnesscommunity.org. Offers education and psychosocial support to survivors and co-survivors. 1-888-793-WELL.

* **Working with Cancer**, www.cancerandcareers.org. Offers tips to continue working, how to manage treatments, finances, co-worker relationships.

Professional Resources

Intercultural Cancer Council, www.iccnetwork.org. Fact sheets, Symposia, professional information.

Office of Cancer Survivorship, dccps.nci.nih.gov/ocs. Reports, research, education on survivorship issues.

Oncology Nursing Society, www.ons.org.

Association of Oncology Social Workers, www.aosw.org

University of Pennsylvania Cancer Site, oncolink.com, CEU credits for health professionals.

Podcasts

Komen.org, sabcs.org, www.susanlovemd.org, www.livestrong.org/ayapodcasts, www.cancer.net, www.CRmagazine.org.

Metastatic Breast Cancer Resources

Her2Support Group, her2support.org. information by site of distant recurrence, treatments, links, resources, news, clinical trials, message board.

Living Beyond Breast Cancer, lbcc.org. News, clinical trials, message board. treatments.

Metastatic Breast Cancer Network, www.mbcnetwork.org. Offers information, support and outreach. 1-888-500-0370.

Recurrence, www.advancedbc.org. Musa Mayer's site for those who are living with metastatic disease. Information, chats, resources, news.

* En Espanol



COMMUNITY BREAST HEALTH PROGRAMS

Lifesaving Community Breast Health Programs \$1.15 Million Invested in 2009

Education and Outreach = \$436,967

African American Health Coalition

Corliss McKeever
corlissm@aahc-portland.org
Portland, OR

Asian Health and Service Center

Christine Lau
clau@ahscpx.org
Portland, OR

Catholic Charities- El Programa Hispanico

Nathan Teske
nteske@catholiccharitiesoregon.org
Gresham, OR

Columbia Memorial Hospital

Nancy Magathan
nancy_magathan@columbiamemorial.org
Astoria, OR

Harney District Hospital

Sonni Svejcar
ssvejcar@harneydh.com
Burns, OR

NARA NW

Amelia Mainord
amainord@narathwest.org
Portland, OR

OHSU Knight Cancer Institute Breast Health Education Program

Elizabeth Steiner, MD
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The Rinehart Clinic

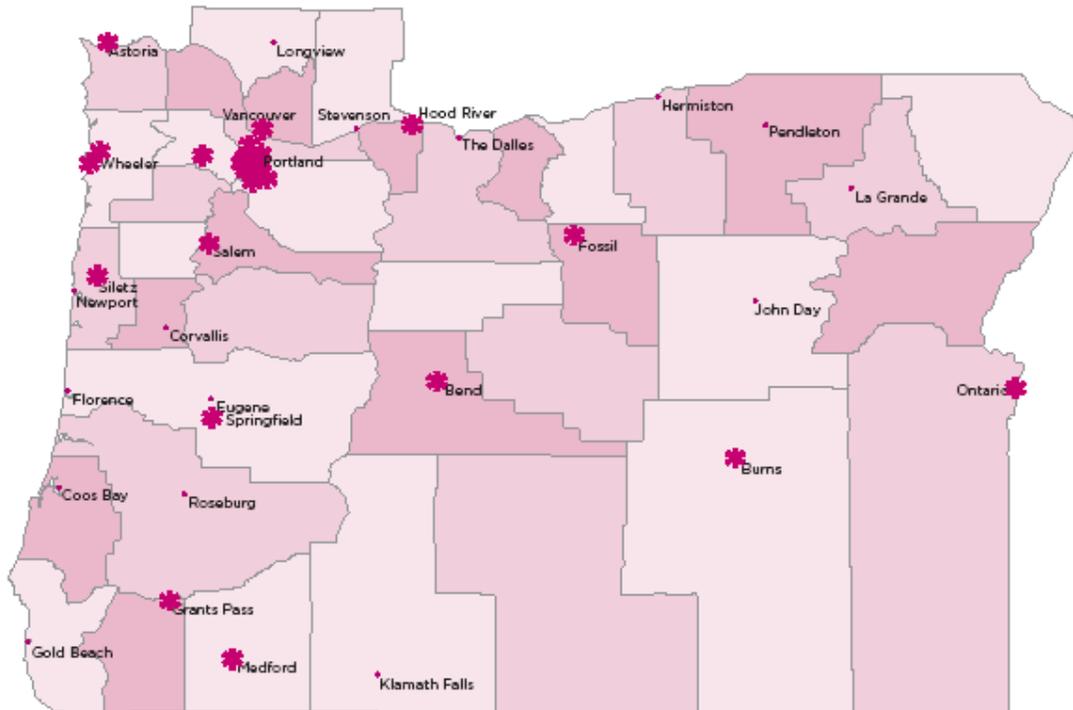
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Lifesaving Community Breast Health Programs

\$ 1.15 Million Invested In 2009-10



* Programs powered by funding from the Komen Oregon and SW Washington Affiliate

Organizations with Breast Health Information

Listed below are organizations that have a presence in Oregon or are frequently used as a resource for breast cancer information.

Oregon & SW WA Affiliate

Susan G. Komen for the Cure®

1400 SW 5th Ave., Suite 530

Portland, OR 97201

503-552-9160

www.komenoregon.org

The local Komen Affiliate partners with community agencies to provide free mammograms through the Breast and Cervical Cancer Screening programs, breast health education events and speakers, transportation grants to increase access to breast health services and survivor support programs. Komen is your trusted breast health resource!

Contact Information:

Gail Brownmiller, MPA, Director of Community Programs

gbrownmiller@komen.org 503-553-3674

Oregon Office on Disabilities and Health

707 SW Gaines St.

Portland, OR 97239

503-494-3331

www.oidd.org/cca/oodh

OODH's mission is to improve the health and wellness of people with disabilities through health promotion, training, surveillance, education, community engagement, dissemination, and policy development activities that address health disparities and secondary conditions.

Contact information:

Angela Weaver, MEd

503-494-1205

weaverro@ohsu.edu

The Breast Health Education Program – OHSU Knight Cancer Institute

3181 S.W. Sam Jackson Park Road

Portland, OR 97239-3098

503-494-3389

fax: 503-494-4496

This Program was originally developed to increase the early detection of breast cancer by improving the quality of clinical breast exams for women in Oregon. The focus of the breast exam training is to teach a standardized and comprehensive technique that uses a vertical strip pattern of search while examining tissue at three distinct levels of pressure.

Contact information:
Lisa Regan Vienop, Manager
503-494-3389

National Cancer Institute's Cancer Information Service

1-800-4-CANCER
cancer.gov

The National Cancer Institute's (NCI's) Cancer Information Service (CIS) is a national information and education network. The CIS is a free public service of NCI, the Nation's primary agency for cancer research

Contact information:
Alissa Green, MPH
971-673-2281

Women with Disabilities Health Equity Coalition (WowDHEC)

www.wowdhec.org

The mission of WowDHEC is to improve the health of women with disabilities and serve as a force for social change. This shall be accomplished through community building, leadership development and education. It publishes an excellent newsletter with information, contacts and updates on events.

Contact information:
Marjorie McGee, Director and Founder
mcgeem@ohsu.edu
503-494-2685

Oregon Partnership for Cancer Control

Breast Health Task Force

800 NE Oregon Street, Suite 730
Portland, OR 97232
971-673-0984
Fax: 971-673-0994
www.healthoregon.org/cancer

The Oregon Partnership For Cancer Control was formed in 2004 to create a coordinated approach to cancer control. More than 100 organizations work together as a coalition to implement strategies in the **Oregon Comprehensive Cancer Plan**, launched in 2005.

The Task Force brings together organizations with a common vision and mission to eradicate breast cancer as a life threatening disease, to promote collaborative activities to increase breast cancer screening and reduce deaths among women in Oregon, to promote healthy lifestyle breast cancer risk reduction. It tracks the progress toward the Oregon Cancer Plan's goals to reduce the number of deaths from breast cancer and to increase the percentage of women over the age of 40 who have had a mammogram and clinical breast exam within the previous two years.

Contact information:

OPCC Project Coordinator:

Sabrina L FREEWYNN [Sabrina.L.Freewynn@state.or.us]

OPCC Program Assistant: TeriLynn Leu, TeriLynn.Leu@state.or.us

Oregon Breast and Cervical Cancer Program

Office of Family Health, Public Health

Department of Human Services

800 NE Oregon Street, Suite 730

Portland, OR 97232

971-673-0581

www.healthoregon.org/bcc

The Oregon Breast and Cervical Cancer Program is committed to providing free Woman's Health Exams through contracted providers for low income, uninsured or underinsured women in Oregon. Early detection of breast and cervical cancer in these women is the goal of the agency.

Contact: Amy Manchester Harris, Manager

Amy.Manchesterharris@state.or.us

National Coalition for Cancer Survivorship

1010 Wayne Avenue, Suite 770

Silver Spring, MD 20910

301-650-9127 or 888-650-9127 (toll free)

fax: 301-565-9670

info@canceradvocacy.org

The National Coalition for Cancer Survivorship is the oldest survivor-led cancer advocacy organization in the country, advocating for quality cancer care for all Americans and empowering cancer survivors. NCCS organizes "Cancer Advocacy Now!", a legislative Network that engages constituents across the country in federal cancer-related issues. Patient education is a priority for NCCS and their publication "Cancer Survival Toolkit" is key to accessing credible and accurate patient information that demands quality cancer care.

American Cancer Society
Great West Division, Inc.
0330 SW Curry St.
Portland, OR 97239
503-795-3506, toll free: 800-577-6552
fax: 503-228-1062
www.cancer.org

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