

Breast Cancer Awareness Health Forum

Resource Guide

Breast Cancer occurs when a mutation allows breast cells to grow without order or control and form a tumor in one or both breasts. Breast cancer occurs most often in women, but men and LGBTQ+ individuals can have breast cancer too.

Dense Breasts are normal in many people. Almost 50% of women over 40 have dense breasts. South Asian women are known to have statistically greater breast density than many other racial/ethnic groups. Dense breasts are considered a risk factor for breast cancer because additional screening is required and cancer may be larger. Dense Breast Information:

- Dense Breast-Info: densebreast-info.org
- My Density Matters: mydensitymatters.org

Screening different tests can be used to look for and diagnose breast cancer including, mammograms, breast ultrasound, breast MRI, and more. Screening support:

- Exact Sciences, portfolio of early detection products
www.exactsciences.com/about
- A Silver Lining Foundation, cost-free breast health testing
asilverliningfoundation.org

Confidential Emotional Support

After Breast Cancer Diagnosis, get matched with free one-to-one support from a professional mentor/breast cancer survivor similar to you: abcdbreastcancersupport.org

Bezy BC, online space for peer support, feel-good stories, and advice
www.bezybc.com

Project Life, a membership based virtual wellness house for those living with breast cancer and their loved ones: www.projectlifembc.com

Research & Advocacy

American Cancer Society, combating cancer through advocacy, research, and patient support: www.cancer.org

Breast Cancer Action, social justice for breast cancer action:
www.bcaction.org

Breast Cancer Alliance: breastcanceralliance.org

Breast Cancer Hub, non-profit raising awareness, volunteer work, education, and research in the U.S., India, and globally:
www.breastcancerhub.org

Susang Komen: www.komen.org

National Breast Cancer Coalition: www.stopbreastcancer.org

National Consortium of Breast Cancer Centers (NCBC), non-profit membership organization including direct patient care providers, corporations, and businesses to provide streamlined services and products to professional and their organizations:
www.breastcare.org/about-the-ncbc/

Evidence-Based Lifestyle Support

Anticancer Lifestyle Program, free tools, trips, and information to improve diet, fitness, stress, and exposure to harmful chemicals in your home environment: anticancerlifestyle.org

BreastCancer.org: www.breastcancer.org

Facing Our Risk of Cancer Empowered (FORCE), information about hereditary components of cancer and peer-navigation to genetic testing: www.facingourrisk.org

Living Beyond Breast Cancer, on-demand emotional, practical, and evidence-based content for those with a new diagnosis:

www.lbbc.org/about-us

Side Effect Support LLC, affordable chemotherapy side effect remedies to help patients manage symptoms: sideeffectsupport.com

Young Survival Coalition (YSC), virtual hangouts, in-person meetup groups, and volunteer opportunities to strengthen the cancer support community: youngsurvival.org

Additional Resources

HIS Breast Cancer Awareness, insight, education, and support for research on breast cancer in men: www.hisbreastcancer.org

Triage Cancer, free education on the practical and legal issues that arise after a cancer diagnosis: triagecancer.org

Total Health Oncology, panel on differences in outcomes in minority populations with cancer: youtu.be/lnAqLbuoXV8

Katie Couric Media, article about a husband's perspective on his wife who hid her cancer diagnosis: <https://rb.gy/b4pnb>



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****DISCLAIMER****

This is not an exhaustive list and we are not promoting any specific organization, therapeutic or specific medical advice. These resources do not reflect the opinion of SAAPRI and we encourage you to visit your physician and other healthcare providers for information regarding your individual health.

The information in this webinar does not constitute medical advice.