

PROJECT FUNDING

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BREAST HEALTH RESOURCE GUIDE

The Los Angeles County Breast Health Resource Guide is a listing of local breast health care services. This comprehensive guide will help you find important information concerning breast cancer education, screening, diagnostic, treatment and support services.

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EARLY DETECTION

FREQUENTLY ASKED QUESTIONS ABOUT EARLY DETECTION

Q. *Who is at risk for developing breast cancer?*

A. The two most significant risk factors for developing breast cancer are being female and getting older.

Q. *Are there other risk factors for breast cancer?*

A. Yes, they include:

- A family history of breast cancer
- Having had breast or ovarian cancer
- First child after the age of 30
- Never having children
- Reaching menopause at age 55 or older
- Beginning your menstrual cycle at age 12 or younger

Q. *What can I do to detect breast cancer early?*

A. Currently, the best way to detect breast cancer early is by following the three-step approach for good breast health.

1. Monthly breast self-exams (BSE) by the age of 20.
2. Clinical breast exam (CBE) by a healthcare provider every three years for women ages 20-39.
3. Clinical breast exam (CBE) by a healthcare provider every year and a mammogram every year for women ages 40 and older.

These guidelines are for women with no known risk factors. Women with breast health concerns and/or a family history of breast cancer should consult a healthcare provider.

10% - 15% of breast cancers are not detected by mammography.

Men are also at risk for developing breast cancer. A breast lump or change in a male breast needs to be examined by a healthcare provider immediately.

Q. *If I have breast cancer, will I lose my breasts?*

A. Due to early detection, many new treatment options are available which include saving a woman's breasts.

Breast cancer caught early can be treated successfully, increasing the chances of long-term survival. However, you must get screened each year to detect any abnormalities at an early stage.

THREE-STEP APPROACH TO BREAST CANCER EARLY DETECTION

1. MONTHLY BREAST SELF-EXAMINATION (BSE)

FREQUENTLY ASKED QUESTIONS ABOUT BSE

Q. *What is Breast Self-Examination?*

A. The technical skill of inspecting and palpating your own breasts. A BSE helps you learn more about your breasts and how they normally feel.

Q. *When should I start doing a breast self-examination?*

A. Monthly breast self-examinations should begin by age 20.

Q. *When should I do a breast self-examination?*

A. Women should examine their breasts when they are least tender, usually seven days after the start of the menstrual period. Women who have entered menopause, are pregnant, breastfeeding, or who have implants should continue to examine their breasts once a month. Women who are breastfeeding should examine their breasts when all of the milk has been expressed. If a woman discovers a lump or detects any changes (dimpling skin, discharge, lumps, etc.) in her breasts, she should seek medical attention. Eighty percent (80%) of breast lumps are not cancerous.

Q. *How do I do breast self-examination?*

A. Ask your healthcare provider to instruct you on proper breast self-examination technique.

2. CLINICAL BREAST EXAMINATION (CBE)

FREQUENTLY ASKED QUESTIONS ABOUT CBE

Q. *What is a clinical breast examination?*

A. A clinical breast examination is the external visualization and palpation of your breasts by a healthcare professional. Your healthcare provider will examine your breasts carefully, looking for changes such as dimpling, scaling, or puckering; discharge from the nipples; and differences in appearance, size, or shape between the two breasts. The next step is palpation - using the pads of the fingers, your healthcare provider will carefully examine the underarm and collarbone areas, and both breasts.

Q. *When should I get a clinical breast examination?*

A. Get a clinical breast examination by a healthcare provider at least every 3 years beginning at age 20 and every year after age 40.

3. MAMMOGRAPHY

FREQUENTLY ASKED QUESTIONS ABOUT MAMMOGRAPHY

Q. *What is a mammogram?*

A. A mammogram is a safe x-ray of your breast that looks for breast cancer too small for you and your doctor to feel. Up to 97% of breast cancers can be treated successfully if they are found early and have not spread beyond the breast. If your healthcare provider does not suggest a mammogram, ask for one.

Q. *What are the two types of mammograms?*

A. The two types of mammograms are a screening mammogram and a diagnostic mammogram.

A **screening mammogram** is used to evaluate a woman who is not currently experiencing breast problems. A radiologist looks for any abnormality that may indicate an early sign of breast cancer.

A **diagnostic mammogram** is used to evaluate the breasts of a woman who has symptoms of disease such as a lump, or whose screening mammogram showed an abnormality.

Q. *When should I have a screening mammogram?*

A. Beginning at age 40, get a screening mammogram every year.

Q. *Where do I get a mammogram?*

A. For a referral to a Food and Drug Administration (FDA) certified facility, please call (888) 463-6332 or visit their website at www.fda.gov

Q. *Does having a mammogram hurt?*

A. Most women do not find having a mammogram painful. However, it can be uncomfortable.

Q. *If no one in my family has had breast cancer, do I need a mammogram?*

A. Yes. Although having breast cancer in your family increases your risk, 3 out of every 4 women diagnosed with breast cancer do not have a family history of breast cancer.

Q. *Can the radiation from a mammogram cause breast cancer?*

A. Modern mammography equipment uses very small doses of radiation and does not cause an increased risk of breast cancer.

Q. *Do I need to get a mammogram only once?*

A. No. In order to detect changes early, you must have regular mammograms, once a year beginning at the age of 40.

Q. *If I am 65 years or older, should I have a mammogram?*

A. Yes. Yearly mammograms are very important for women 65 years and older because women in this age group are six times more likely to develop breast cancer than young women.

Q. Can I afford a mammogram?

A. Most insurance companies pay for screening mammograms, and there are many low- and no-cost programs available; Medi-Cal and Medicare also cover clinical breast exams and mammograms, as well as other preventive services.

Medicare covers most of the cost of annual screening mammograms for all women, with Medicare, who are aged 40 and older. If your doctor refers you for more frequent screening, Medicare will pay for an additional mammogram at any time. For more information about Medicare coverage, call 1-800-633-4227 (1-800-MEDICARE) or visit the web site at www.medicare.gov

BREAST HEALTH INFORMATION RESOURCES

American Cancer Society **800-ACS-2345**
www.cancer.org **(800-227-2345)**
The American Cancer Society provides free information regarding breast cancer screening guidelines.

YWCA ENCORE^{Plus} Programs

A breast and cervical cancer outreach and education program that navigates women through the health care system to assure that women receive high quality, affordable care. This program also provides breast health education, information and referral services.

YWCA of Glendale..... **818-242-4155, ext. 235**
735 E. Lexington Drive, Glendale, CA 91206
www.glendaleywca.org

YWCA of the Harbor..... **310-547-0831**
437 W. 9th Street, San Pedro, CA 90731
www.ywcaharbor.org

YWCA of Santa Monica/Westside..... **310-452-3881**
2019 14th Street, Santa Monica, CA 90405
www.smywca.org

DIAGNOSTIC PROCEDURES

If your breast self-examination, clinical breast examination or mammogram reveals any unusual findings, you may need to follow-up with one or more of these diagnostic procedures:

Computerized Axial Tomography Scan (CAT Scan): A procedure in which multiple x-rays are taken of all or part of the body to produce an image of internal organs. Except for an injection of a dye (needed in some but not all cases), this is a painless, non-invasive procedure.

Core Biopsy: A non-surgical procedure where a hollow needle is used to remove a sample of tissue from a breast lump.

Digital Mammography: An x-ray mammography system that produces digital images using a computer receptor in contrast to images produced on radiographic film.

Fine Needle Aspiration (FNA): Cells are removed with a small needle and examined under a microscope.

Incisional Biopsy: The surgical removal of a portion of an abnormal area of tissue, by cutting into (incising) it, for microscopic examination.

Magnetic Resonance Imaging (MRI): An imaging technique that uses a powerful magnet to transmit radio waves through the body. The images appear on a computer screen as well as on film. Except for an injection of dye (needed in some cases) this is a painless, non-invasive procedure.

Positron Emission Tomography (PET): The PET machine is used to detect how fast the body uses glucose. If glucose is being consumed faster in certain parts of the body than others, it may indicate the presence of a cancerous tumor. Except for an injection of radioactive material mixed with glucose, this is a painless, non-invasive procedure.

Stereotactic Needle Biopsy: A minimally invasive, radiologically (x-ray) guided procedure that helps physicians locate breast abnormalities and obtain tissue samples for diagnosis with a large core needle.

Ultrasound: A painless imaging technique in which sound waves are used to make a picture of the tissues inside the breast.

BREAST CANCER SCREENING AND DIAGNOSTIC PROGRAMS

STATE PROGRAMS:

Cancer Detection Programs: Every Woman Counts..... 800-511-2300

www.dhs.ca.gov/cancerdetection

Part of the California Department of Public Health, Cancer Detection Section, this program helps underserved women receive free breast and cervical cancer screening and diagnostic services. To qualify for breast services, a woman must meet 3 criteria: age of 50 years or older, income at or below 200% of the federal poverty level, and either uninsured or underinsured. The number above provides referrals to local providers. Operators speak English, Spanish, Cantonese, Mandarin, Korean and Vietnamese.

Family PACT..... 800-942-1054

www.familypact.org

Women enrolled in the Family Planning Access, Care and Treatment program between the ages of 40-55 are eligible to receive an annual screening mammogram. After receiving a clinical breast examination from their primary care provider, they may have a screening mammogram done by any radiology provider who accepts Medi-Cal.

LOS ANGELES COUNTY DEPARTMENT OF HEALTH SERVICES:

www.ladhs.org

LAC+USC Healthcare Network..... 800-383-4600

Edward R. Roybal Comprehensive Health Center

245 S. Fetterly Avenue, Los Angeles, CA 90022

El Monte Comprehensive Health Center

10953 Ramona Blvd., El Monte, CA 91731

H. Claude Hudson Comprehensive Health Center

2829 S. Grand Avenue, Los Angeles, CA 90007

LAC+USC Medical Center

1200 N. State Street, Los Angeles, CA 90033

Harbor-UCLA Medical Center (Breast Center)..... 310-222-3476

1000 W. Carson Street, Torrance, CA 90509

Hubert H. Humphrey Comprehensive Health Center 323-846-4312
5850 S. Main Street, Los Angeles, CA 90003

Long Beach Comprehensive Health Center 562-599-2153
1333 Chestnut Avenue, Long Beach, CA 90813

Olive View - UCLA Medical Center 818-364-4096
14445 Olive View Drive, Sylmar, CA 91342

ValleyCare Mid-Valley Comprehensive Health Center 818-947-4000
7515 Van Nuys Blvd., Van Nuys, CA 91405

***OTHER LOW AND NO-COST BREAST CANCER SCREENING AND
DIAGNOSTIC RESOURCES***

Inner Images, Inc 310-562-1377
www.innerimagesinc.com
Provide screening mammograms for women age 30-40 with a family history
of breast or ovarian cancer.

Presbyterian Intercommunity Hospital
Patricia L. Scheifly Breast Health Center 562-907-0667
12393 Washington Blvd., Whittier, CA 90602

Saban Free Clinic 323-653-1990
6043 Hollywood Blvd., Los Angeles, CA 90028
5205 Melrose Avenue, Los Angeles, CA 90038
8405 Beverly Blvd., Los Angeles, CA 90048

Santa Monica-UCLA Women's Imaging Center 310-319-5164
1245 16th Street, Suite 110, Santa Monica, CA 90404

Sheila R. Veloz Breast Imaging Center 661-253-8822
23929 McBean Parkway, Bldg. F #101, Valencia, CA 91355

Venice Family Clinic 310-392-8636
604 Rose Avenue, Venice, CA 90291

Watts Health Care Corporation 323-357-6577
10300 S. Compton Avenue, Los Angeles, CA 90002

MQSA CERTIFIED MAMMOGRAPHY FACILITIES INFORMATION

American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)

**Cancer Information Service
of the National Cancer Institute** **800-4-CANCER**
www.cancer.gov (800-422-6237)

Food and Drug Administration..... **888-463-6332**
www.fda.gov/cdrh/mammography

TREATMENT

TREATMENT OPTIONS

There has been tremendous progress in the early identification and treatment of breast cancer. Beginning at the time a patient's breast cancer is found, she has a number of options. Doctors are continuing to learn about the advantages and disadvantages of different treatments. Because of the different stages at which breast cancer is diagnosed, the treatments that are best for each woman will vary.

Axillary Node Dissection: This procedure removes most of the lymph nodes in the underarm area when there is evidence that cancer has spread to the lymph nodes.

Chemotherapy: Treatment with drugs to destroy cancer cells or to reduce the size of a tumor before surgery. Chemotherapy is often used in addition to surgery and radiation or to treat cancer that has come back (recurred).

Hormone Therapy: Treatment of cancer using drugs that blocks the cancer cells from responding to the estrogen hormone.

Lumpectomy: This surgical procedure removes the breast cancer along with a rim or margin of normal surrounding breast tissue. It is followed by radiation therapy.

Mastectomy

Partial or Segmental Mastectomy: This surgical procedure removes the breast cancer and a wedge or margin of normal tissue surrounding it, including some skin and lining of the chest muscle below the cancer. It is followed by radiation therapy.

Total or Simple Mastectomy: This type of surgery removes the entire breast.

Modified Radical Mastectomy: This surgical procedure removes the breast and most of the underarm lymph nodes.

Sentinel Node Biopsy: Patients with invasive breast cancer require an evaluation of the nodal status to determine if cancer has spread from the breast to the lymph nodes. Sentinel node biopsy uses a blue dye or radioactive substance to identify the first (or sentinel) draining lymph node or nodes in your underarm. Removal and examination of the sentinel node(s) will help the surgeon determine if cancer has spread from the breast to the lymph nodes.

Radiation Therapy: Treatment with high-energy rays to kill cancer cells. This type of procedure may be used to destroy any remaining cancer cells after surgery, and to minimize the chance of cancer recurrence. Radiation therapy to the breast may be given to the entire breast or just to the local breast area where the cancer was removed.

QUESTIONS TO ASK ABOUT TREATMENT

Women with breast cancer have many important questions and concerns. Your doctor is the best person to answer questions about breast cancer and how it can be treated, how successful the treatment is expected to be, and how much it is likely to cost. People often find it helpful to make a list of questions before they see a doctor. Please remember to ask a lot of questions and insist on detailed answers. Here are some questions patients may want to ask their doctor:

- What are my treatment options?
- Would a clinical trial be appropriate for me? (Refer to page 23)
- What are the advantages and disadvantages of each kind of treatment?
- If I have pain, how will you help me manage it?
- How will my day-to-day activity level change?
- What are my chances of recurrence?
- What is the follow-up care for each treatment?

QUESTIONS TO ASK REGARDING SURGERY

- Is surgery necessary? If so, why and what type?
- Should I try some other type of treatment first?
- How long will it take me to recover?
- What can I expect my recovery experience to be?
- How much will this operation cost?

Partner With Your Doctor

- Bring a family member or friend to your medical appointments.
- Ask a lot of questions, write them down, and bring them with you.
- Write down the answers.
- Use a tape recorder at your appointments.
- Have copies of all your medical records.
- Write down the names, phone numbers, and addresses of all your providers.

TREATMENT INFORMATION RESOURCES

American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)

Breast Cancer Network of Strength..... **800-221-2141**
Spanish..... **800-986-9505**
www.networkofstrength.org

Cancer Information Service
of the National Cancer Institute **800-4-CANCER**
www.cancer.gov (800-422-6237)

Susan G. Komen for the Cure **800-IM-AWARE**
www.komen.org (800-462-9273)

LOW-COST MEDICATION

Centers for Medicare and Medicaid Services **800-633-4227**
www.medicare.gov
Identifies available drug assistance programs and can help you pick the right Medicare-approved prescription drug plan (Part D) based on your location, income, and drugs you take.

Chronic Disease Fund..... **877-968-7233**
www.cdfund.org
Provides assistance to low-income, under- and uninsured women with the costs of breast cancer treatment pharmaceutical products.

- Healthwell Foundation** **800-675-8416**
www.healthwellfoundation.org
 Provides assistance to low-income, under- and uninsured women who cannot afford their insurance co-payments, premiums, co-insurance, or other out-of-pocket health care costs.
- Linking A.R.M.S.** **800-813-HOPE**
www.cancercare.org **(800-813-4673)**
 Provides limited financial assistance to low-income, under- and uninsured women with the costs of hormonal and oral chemotherapy, pain and anti-nausea medication, lymphedema supplies and durable medical equipment.
- Medicine Program**..... **573-996-3333**
www.freemedicine.com
 Assists patients apply for free prescription meds and obtain prescription drug discount cards.
- Partnership for Prescription Assistance**..... **888-477-2669**
www.pparx.org
 Helps qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Through this site, patients get access to more than 475 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies.
- Patient Access Network Foundation**.....**866-316-7263**
www.patientaccessnetwork.org
 Assists patients who cannot afford their treatments due to out-of-pocket health care costs including deductibles, co-payments and co-insurance.
- Patient Advocate Foundation's
 Co-Pay Relief Assistance Program** **866-512-3861**
www.copays.org
 Offers direct co-payment assistance to qualified patients. Call counselors work directly with the patient as well as with the provider of care to obtain necessary medical, insurance and income information to advance the application in an expeditious manner.
- Together RxAccess Card**..... **800-444-4106**
www.togetherrxaccess.com
 Helps qualified individuals and families without prescription drug coverage save on brand-name and generic prescription drugs and other prescription products.

SECOND OPINIONS

GETTING ALL THE ADVICE YOU CAN

There are many valid reasons to seek a second opinion. They include:

- You're unsure about your diagnosis.
- You've been told to have a procedure that is complicated, risky or experimental.
- Surgery has been recommended.
- You don't feel secure about the quality of the communication between you and your doctor.
- Some insurance companies require a second opinion, especially for elective surgery. They may reimburse you even if the second opinion is not mandated. Find out whether you're covered, particularly if you belong to an HMO or another managed-care organization. Determine whether the second doctor must be a network member.

If the first two doctors have different opinions, and you're still unclear about what to do, there's nothing wrong with seeking a third opinion.

Remember to educate yourself on your condition and the treatments for it. If you know in advance what your options are, you can ask better questions and get more detailed answers.

LOW- AND NO-COST BREAST CANCER TREATMENT RESOURCES

Breast and Cervical Cancer Treatment Program 800-824-0088

www.dhcs.ca.gov/services/medi-cal/Pages/BCCTP.aspx

BCCTP provides full scope Medi-Cal or limited time cancer related Medi-Cal for uninsured or underinsured California residents who have been diagnosed with breast and/or cervical cancer. An applicant can only be enrolled via the internet by providers who offer services under the Family Planning Access Care and Treatment program (Family PACT) and/or Cancer Detection Programs: Every Woman Counts. Please note that California residency has nothing to do with immigration status and that enrolling in the BCCTP does not make an individual a public charge.

Los Angeles County Health Facilities:

Harbor-UCLA Medical Center 310-222-2345

1000 W. Carson Street, Torrance, CA 90509

King-Harbor Medical Center 310-668-4500

12021 S. Wilmington Avenue, Los Angeles, CA 90059

LAC+USC Medical Center 323-226-2622

1200 N. State Street, Los Angeles, CA 90033

Olive View - UCLA Medical Center 818-364-4096

14445 Olive View Drive, Sylmar, CA 91342

CANCER CENTERS

A cancer center coordinates a specialized team of healthcare providers to address cancer concerns and facilitate diagnosis, treatment, education and emotional support at one central location.

QUESTIONS TO ASK REGARDING CANCER CENTERS

- What are the different medical services offered at the cancer center?
- What medical/surgical specialists do you have on staff?
- Do you have a second opinion program?
- What hospitals are affiliated with the cancer center?

- What educational or emotional support services do you offer?
- What culturally relevant services are available for me?
- Do you have a resource library available?
- Is my insurance plan accepted at this center?
- Will you bill my insurance company?

CANCER CENTER RESOURCES

California Hospital Medical Center
Donald P. Loker Cancer Center..... **213-742-5634**
 1338 S. Hope Street, Los Angeles, CA 90015
www.chmcla.org

Cedars-Sinai Outpatient Cancer Center **310-423-8030**
 8700 Beverly Blvd., Suite C-2000, Los Angeles, CA 90048
www.csmc.edu

Cedars-Sinai Medical Center
Saul and Joyce Brandman Breast Center **310-423-9331**
 310 N. San Vicente Blvd., 3rd Floor, Los Angeles, CA 90048
www.csmc.edu

City of Hope National Medical Center - Cancer Center..... **800-826-4673**
 1500 E. Duarte Road, Duarte, CA 91010
www.cityofhope.org

Good Samaritan Hospital - Breast Center..... **213-977-2440**
 637 Lucas Avenue, Los Angeles, CA 90017
www.goodsam.org

Huntington Hospital
Constance G. Zahorik Breast Center..... **626-535-2424**
 50 Bellefontaine, Suite 202, Pasadena, CA 91105
www.huntingtonhospital.com

Long Beach Memorial – MemorialCare Breast Center **562-933-7880**
 701 E. 28th Street, Room 200, Long Beach, CA 90806
www.memorialcare.org

Pomona Valley Hospital Medical Center
Robert and Beverly Lewis Family Cancer Care Center 909-865-9555
1910 Royalty Drive, Pomona, CA 91767
www.pvhmc.org

Presbyterian Intercommunity Hospital
Patricia L. Scheifly Breast Health Center 562-907-0667
12393 Washington Blvd., Whittier, CA 90602
www.whittierpres.com

Revlon/UCLA Breast Center 310-825-2144
200 UCLA Medical Plaza, Suite B265, Los Angeles, CA 90024
www.breastcenter.ucla.edu

St. John's Health Center
John Wayne Cancer Institute Breast Center 310-582-7100
1328 22nd Street, Santa Monica, CA 90404
www.careforthebreast.com

St. Mary Medical Center – Breast Center 562-491-9997
1040 Elm Avenue, Suite 102, Long Beach, CA 90813
www.stmarymedicalcenter.org

St. Vincent Medical Center Cancer Treatment Center 213-484-7577
201 S. Alvarado Street, Los Angeles, CA 90057
www.stvincentmedicalcenter.com

USC/Norris Comprehensive Cancer Center
Henrietta Lee Breast Center 323-865-3371
1441 Eastlake Avenue, Los Angeles, CA 90033
www.norriscancerhospital.com

White Memorial Medical Center
Cecilia Gonzalez De La Hoya Cancer Center 323-260-5768
1720 Cesar Chavez Avenue, Los Angeles, CA 90033
www.whitememorial.com

CANCER CENTER REFERRALS

American College of Surgeons 800-621-4111

Commission on Cancer..... 312-202-5085

www.facs.org/cancerprogram

List of American College of Surgeons, Commission on Cancer accredited cancer programs available upon request.

Cancer Information Service

of the National Cancer Institute 800-4-CANCER

www.cancer.gov

(800-422-6237)

A complete list of NCI's designated comprehensive cancer centers.

CLINICAL TRIALS

Clinical trials are research studies conducted with volunteers. Each study answers scientific questions and tries to find better ways to prevent, screen for, diagnose, or treat a disease. People who take part in cancer clinical trials have an opportunity to contribute to the knowledge of, and progress against cancer. They also receive up-to-date care from experts.

In a clinical trial, patients are randomly assigned to either a control or experimental group. The control group is administered a standard treatment, while the experimental group is administered the new treatment being studied. Neither the patient nor the patient's physician (double-blind) can choose or know the group they are assigned to. Each patient's progress is followed and treatment results are compared. It is through this process that accurate scientific comparisons can be made between the established therapy and the new therapy being studied. Ask your physician whether there are any clinical trials for which you may be eligible.

FREQUENTLY ASKED QUESTIONS ABOUT CLINICAL TRIALS

Q. *Where do clinical trials take place?*

A. Clinical trials take place in doctors' offices, cancer centers, other medical centers, community hospitals and clinics, and veterans' and military hospitals in cities and towns across the United States and in other countries. Clinical trials may include participants at one or two highly specialized centers, or they may involve hundreds of locations at the same time.

Q. *What are some of the benefits of taking part in a clinical trial?*

- A.** The benefits of participating in a clinical trial include:
- Participants have access to promising new approaches that are often not available outside the clinical trial setting.
 - The approach being studied may be more effective than the standard approach.
 - Participants receive regular and careful medical attention from a research team that includes doctors and other health professionals.
 - Participants may be first to benefit from a new method under study.
 - Results from the study may help others in the future.

Q. *What are some of the possible risks associated with taking part in a clinical trial?*

- A.** The possible risks of participating in a clinical trial include:
- New drugs or procedures under study are not always better than the standard care to which they are being compared.
 - New treatments may have side effects or risks that doctors do not expect or that are worse than those resulting from standard care.
 - Participants in randomized trials will not be able to choose the approach they receive.
 - Health insurance and managed care providers may not cover all patient care costs in a study.
 - Participants may be required to make more visits to the doctor than they would if they were not in the clinical trial.

Please discuss your interest in clinical trials with your doctor or health care provider. They can determine whether a person meets the eligibility requirements and can help decide if taking part in a trial is a good option.

QUESTIONS TO ASK ABOUT CLINICAL TRIALS

- Are there clinical trials that I should consider?
- How is this different from standard treatment?
- Who will manage my care while I am in a trial?
- What time commitment am I required to give?
- How long does the treatment last?

- Can I stop at any time?
- What are the possible side effects and risks?
- Who pays for my care and treatment during the trial?
- What are the advantages and disadvantages of participating?
- What drugs will I be receiving?

CLINICAL TRIAL REFERRALS

To learn more about cancer clinical trials; to locate a participating center in the U.S. and Puerto Rico; or to help you decide if a trial is right for you, contact the following agencies:

American Cancer Society **800-ACS-2345**
www.cancer.org **(800-227-2345)**

Bethesda Trials **888-624-1937**
www.bethesdatrials.cancer.gov

National Cancer Institute **800-4-CANCER**
www.cancer.gov/clinicaltrials **(800-422-6237)**

Susan G. Komen for the Cure **800-IM-AWARE**
www.komen.org **(800-462-9273)**



DO YOU HAVE QUESTIONS



ABOUT BREAST CANCER?
THERE ARE VOLUNTEERS WHO CAN
HELP WITH ANSWERS AND SUPPORT

Reach to Recovery

An American Cancer Society Program of breast cancer survivors trained to help you.

- Provides one-to-one support for women and men facing or living with breast cancer.
- Reach to Recovery support materials are always free
- Call your American Cancer Society toll free anytime: 1.800.ACS.2345 or visit us online at www.cancer.org



Hope. Progress. Answers.

1.800.ACS.2345
www.cancer.org

BREAST RECONSTRUCTION

Reconstruction is a way to simulate the breast shape after a natural breast has been removed. Women of all ages are finding that breast reconstruction can be a step toward restoring their bodies and their former lifestyles. Even after reconstruction, a woman still needs to take part in breast health exams and care.

Some women start reconstruction at the same time as their mastectomy; other women wait several months or years. Discuss this option with a board-certified plastic surgeon before surgery. It is also important to verify what your medical insurance covers regarding the cost of reconstruction.

TYPES OF BREAST RECONSTRUCTION

Reconstruction with Implants: Sacs filled with saline (salt water) or silicone (a type of plastic) are placed under your chest wall or skin.

Reconstruction with Tissue Flaps: Sometimes a woman does not have enough natural skin or muscle to cover an implant. Also, a woman may not want an implant placed in her body. In these cases, muscle, fat and skin from another part of the body can be moved to the chest area. It is then shaped into the form of a breast. The needed tissue can be taken from the lower stomach, back or buttocks.

QUESTIONS TO ASK ABOUT RECONSTRUCTIVE SURGERY

- What types of reconstructive surgery are available?
- What is the latest information about implant safety?
- How many breast reconstruction procedures have you done?
- What type of surgery is best for me and will give me the best result?
- What is the risk of rejection and/or infection?
- Can you show me before and after photos of reconstructive surgeries that you have performed? What results are reasonable for me?
- What are the risks and side effects of breast reconstruction and how common are they?

- If I do not choose reconstruction, what prostheses or breast forms are available?
- Can you refer me to a counselor for additional support in making a decision and discussing my feelings?
- How many operations are needed?
- What can I expect my recovery experience to be?
- Is there much pain after surgery? How long will it last?
- Are special bras needed after surgery?
- How will the reconstructed breast compare in appearance with my other breast? Will it have feeling? Will I have a nipple?
- Will my health insurance cover this type of surgery?

BREAST RECONSTRUCTION RESOURCES

American Cancer Society **800-ACS-2345**
 www.cancer.org (800-227-2345)
 Free information regarding breast reconstruction is available upon request.

California Society of Plastic Surgeons **800-722-2777**
 www.californiaplasticsurgeons.org
 Provides California board-certified plastic surgeon referrals.

Cosmetic Tattoo Artist **626-823-8090**
 675 S. Arroyo Pkwy. Suite 410, Pasadena, CA 91105
 www.valerietattoo.com
 A licensed Cosmetologist and Certified Permanent make-up artist trained and certified in advanced areola restoration. She has dedicated her practice to helping others enhance both inner and outer beauty.

Susan G. Komen for the Cure **800-IM-AWARE**
 www.komen.org (800-462-9273)
 Offers up-to-date information on reconstruction options.

PROSTHESES–BRAS–HATS–WIGS

A breast prosthesis is an artificial form that can be worn with a regular or pocketed bra, under clothing after a mastectomy. After your physician has said that you are ready to purchase a permanent breast form and has given you a prescription:

- Check with your insurance company on what's covered. A prosthesis and/or special bra may be covered by your insurance and/or Medicare.
- Make an appointment with a certified fitter who is trained to fit women who have had breast surgery. Also, check the availability of the form and bra that you have selected.
- Comfort and fit should be uppermost in your mind. A prosthesis may or may not be returned; check the store's return policy and make sure it fits properly and comfortably.

QUESTIONS TO ASK ABOUT PROSTHESES AND BRAS

- What specific types of products do you carry?
- Do you provide in-home private consultations and is there a fee?
- Am I required to pay up-front or will you bill my insurance company?
- Do you provide any discounts?
- Do you accept Medicare or Medi-Cal?

PROSTHESES, BRAS, HATS AND WIGS RESOURCES

A Private Affair of Sherman Oaks 818-989-8082

13720 Burbank Blvd., Sherman Oaks, CA 91401

www.aprivateaffair.us

Resource center for prostheses, bras and swimsuits (includes "Prostheses Bank" for low-income/uninsured). All ladies are measured and custom fitted in a private setting by certified mastectomy fitters. Some clothing alterations done to accommodate mastectomy patients. Medicare, Blue Cross, Kaiser and other insurances accepted. No appointment necessary.

A Total Woman..... 562-404-9440

12743 Valley View Avenue, La Mirada, CA 90638
www.atotalwoman.com

Resource center for prostheses, bras, swimsuits and lingerie. Service available in Spanish. Many private insurances accepted. Walk-ins are welcome. After hours service available by appointment.

Action Orthopedics Company..... 213-482-5226

637 Lucas Street, Suite 609, Los Angeles, CA 90017

Resource center for prostheses, bras and swimsuits. Service available in Spanish and accepts both Medi-Cal and Medicare. An appointment is necessary. Will perform customized fittings.

Active Life

Glendale..... 818-243-1700

1530 E. Chevy Chase Drive, Suite 201, Glendale, CA 91206

Los Angeles..... 323-264-7740

1828 E. Cesar Chavez Blvd., Suite A12, Los Angeles, CA 90033

www.4activelife.com

Offers a wide range of off-the-shelf and custom products, including breast prostheses, post-mastectomy and lumpectomy bras, a full line of lymphedema garments and other related products. All patients are custom measured and fitted in a private setting. The staff speak several languages. Medicare, Medi-Cal and most private insurances are accepted.

Alexander OrthoPedic Lab 310-674-9179

660 E. Regent Street, Inglewood, CA 90301

www.alexander-ortho.org

Resource center for prostheses, bras and lymphedema sleeves. Service available in Spanish. An appointment is necessary. Medicare, Medi-Cal and most private insurances are accepted.

American Cancer Society 800-ACS-2345

www.cancer.org

(800-227-2345)

Free prostheses, bras, hats, and wigs are available to those cancer patients who qualify. Please call for eligibility.

Look Good...Feel Better 800-395-5665

Free, non-medical, product neutral program that teaches beauty techniques to women undergoing cancer treatment to help them cope with appearance related side effects. Please call to find a local class and to make an appointment.

Antelope Valley Orthotics & Prosthetics 661-267-0772

1607 E. Palmdale Blvd., Suite D, Palmdale, CA 93550

Provides breast prostheses and other products for women who have had breast surgery. Medicare, Medi-Cal and most private insurances accepted.

Arbor Vitae Medical 310-641-5296

6208 W. 87th Street, Los Angeles, CA 90045

Provides breast prostheses and other products for women who have had breast surgery. Medi-Cal and some private insurance are accepted.

Beauty Bus Foundation 310-287-1272

11301 Olympic Blvd. #303, Los Angeles, CA 90064

www.beautybus.org

Free in-home beauty and grooming treatments including haircuts, blow dries, manicures, pedicures, mini-facials and make-up applications for patients and their primary caregivers.

Beverly Orthopedic Lab 323-727-2887

237 E. Beverly Blvd., Montebello, CA 90640

Resource center for prostheses and bras. Mastectomy fittings done at this site by certified fitters. Service available in Spanish. An appointment is necessary. Medicare and Medi-Cal and most other insurances are accepted. Will perform customized fittings.

Burns Pharmacy 661-942-1461

866 W. Lancaster Blvd., Lancaster, CA 93534

Provides breast prostheses and bras for women who have had breast surgery. Kaiser and many other insurances are accepted. Call for an appointment.

Citrus Valley Health Partners Cancer Resource Center ... 626-938-7585

315 N. 3rd Avenue, Suite 303B, Covina, CA 91723

www.cvhp.org

Provides in-stock wigs/head coverings and can order other products as requested. Client must call for a fitting appointment.

City of Hope - Positive Image Center 800-535-7119 ext. 63842

1500 E. Duarte Road, Duarte, CA 91010

Resource center for prostheses, bras and various head coverings such as wigs, hats, turbans and night caps. Also hosts a free, "Look Good...Feel Better", makeup class every other month. Not necessary to be a City of Hope patient to use these resources. Please make an appointment.

Creative Woman..... 626-358-6216

1530 S. Myrtle Avenue, Monrovia, CA 91016

www.wizardofbras.com

Provides breast prostheses and other products for women who have had breast surgery. Bilingual fitters available. Offers prostheses, bras, and swimsuits. Sewing on premises. Medicare accepted.

Crown City Orthopedic 626-431-2890

980 S. Arroyo Parkway, Suite 100, Pasadena, CA 91105

www.crowncityortho.com

Provides breast prostheses and other products for women who have had breast surgery. Medicare and some private insurance are accepted. By appointment only.

Dynamics Orthotics and Prosthetics 800-928-8821

Los Angeles..... 213-383-9212

1830 W. Olympic Blvd., Suite 123, Los Angeles, CA 90006

Torrance..... 310-781-1780

1001 W. Carson Street, Suite L, Torrance, CA 90502

www.walkagain.com

Resource center for prostheses and bras. Service available in Spanish and Korean. An appointment is necessary. Medicare, Medi-Cal and most private insurances are accepted.

Eagle Medical Supplies..... 818-559-6390

922½ S. San Fernando Blvd., Burbank, CA 91502

Provides breast prostheses and other products for women who have had breast surgery. Certified fitters on site. Offers mastectomy supplies, including breast pumps. Medicare and some private insurance are accepted.

Godiva's Secret

Woodland Hills 818-591-0883

22700 Ventura Boulevard, Woodland Hills, CA 91364

Valencia..... 661-799-9447

25864 McBean Parkway, Valencia, CA 91355

www.godivassecret.com

Resource center for wigs, hats, turbans, eyebrows, special cleansing lotions, and make-up for chemotherapy patients. Custom styling, alterations, and cleaning of wigs. Complete training and education in wig care for first time purchasers. Books and tapes available. No appointment needed.

Hanger Prosthetics and Orthotics, Inc.

- Covina** **626-974-0031**
1270 E. Garvey Avenue, Suite 145, Covina, CA 91724
- Downey** **562-803-3322**
7700 Imperial Hwy., Suite E-2, Downey, CA 90242
- Encino** **818-718-4643**
16661 Ventura Blvd., Suite 120, Encino, CA 91436
- Long Beach**..... **562-432-2987**
1043 Elm Avenue, Suite 202, Long Beach, CA 90813
- Los Angeles - Downtown** **213-749-7184**
1127 Wilshire Blvd., Suite 310, Los Angeles, CA 90017
- Los Angeles**..... **323-866-2555**
6300 Wilshire Blvd., Los Angeles, CA 90048
- Pasadena** **626-403-8174**
1035 S. Fair Oaks Avenue, Suite 102, Pasadena, CA 91105
- Santa Clarita** **661-753-9260**
23206 Lyons Avenue, Suite 111, Santa Clarita, CA 901321
- Torrance**..... **310-373-7700**
23451 Madison Street, Suite 200, Torrance, CA 90505
- Whittier** **562-698-9578**
13203 Hadley Street, Suite 209, Whittier, CA 90601

www.hanger.com

Provides mastectomy bras and forms by appointment only. Performs customized fittings. Medicare, Medi-Cal and some HMO and other private insurance are accepted.

Health-O-Med, Inc.

- Home Health Medical Equipment**..... **323-654-6890**

7606 Santa Monica Blvd., Los Angeles, CA 90046

www.homemedicalequipmentla.com

Resource center for prostheses, bras, swimsuits, lymphedema products, hospital beds and wheelchairs. Service available in English, Armenian, and Russian. No appointment necessary. Medi-Cal, Medicare, BlueCross and some private insurance are accepted.

Helen's Room

- Good Samaritan Hospital Cancer Services Center** **213-977-2429**

637 S. Lucas Avenue, Los Angeles, CA 90017

- Inglewood** **310-672-1010**

601 Grace Avenue, Inglewood, CA 90301

Resource center for wigs, scarves, turbans, prostheses, and mastectomy bras. By appointment only. All services and products are free of charge.

Human Designs

Arcadia 626-445-7797

49 E. Foothill Blvd., Arcadia, CA 91006

Long Beach..... 562-988-2414

2933 Long Beach Blvd., Long Beach, CA 90806

www.humandesigns.com

Provides certified mastectomy fittings, prostheses and bras. Service available in Spanish. Appointments are required. Medicare, Medi-Cal and most HMOs and private insurance accepted.

Huntington Hospital 626-535-2424

Constance G. Zahorik Breast Center/Appearance Center

50 Bellefontaine, Suite 202, Pasadena, CA 91105

www.huntingtonhospital.com

Wigs, make-up and consultation with licensed cosmetologist. Referrals for prosthetics and bra fittings. By appointment only.

Intimate Image

Santa Monica 310-582-1960

2907½ Santa Monica Blvd., Santa Monica, CA 90404

Woodland Hills 818-876-7333

22941 Ventura Blvd., Unit M, Woodland Hills, CA 91364

www.intimateimage.com

Resource center for prostheses, bras, swimsuits, camisoles, lymphedema sleeves and compression stockings. Head coverings such as hats, wigs, caps and turbans are also available. Perform customized fittings.

Appointments are preferred. Medicare, Blue Cross, Blue Shield, Kaiser, Cigna, Aetna and most HMOs and other private insurance accepted.

Laura's Corset Shoppe 818-241-5616

232 N. Brand Blvd., Glendale, CA 91203

www.laurascorset.com

Resource center for prostheses, bras, swimsuits, corsets, sleepwear and underwear. Perform customized fittings. Service available in Farsi. An appointment is necessary. Medicare, Kaiser, Cigna, Aetna and some HMO's and private insurance accepted.

Lerman and Sons Inc.

Beverly Hills..... 310-659-2290
8710 Wilshire Blvd., Beverly Hills, CA 90211

Inglewood 310-677-6183
654 E. Aerick Street, Inglewood, CA 90301

Resource center for prostheses and bras. Service available in Spanish. No appointment is necessary. Medicare, Medi-Cal and most HMOs and other private insurance accepted.

Nordstrom

Farmers Market/Grove 323-930-2230 ext. 1240
189 The Grove Drive, Suite P80, Los Angeles, CA 90036

Glendale 818-502-9922 ext. 1240
200 W. Broadway, Glendale, CA 91210

Santa Anita 626-821-6363 ext. 1240
400 S. Baldwin Avenue, Suite 200, Arcadia, CA 91007

South Bay Galleria 310-542-9440 ext. 1240
1835 Hawthorne Blvd., Redondo Beach, CA 90278

Topanga 818-884-7900 ext. 1240
6602 Topanga Canyon Blvd., Canoga, CA 91303

Westside Pavilion..... 310-470-6155 ext. 1240
10830 W. Pico Blvd., Los Angeles, CA 90064

www.nordstrom.com

Offers a wide range of product including breast prosthesis, mastectomy bras, and post mastectomy camisoles. Offer complimentary prosthesis pocketing on all bras, camisoles, and bathing suits. Contracted with select insurance companies and Medicare.

Pomona Surgical Supply Co 909-623-4378

733 E. Holt Avenue, Pomona, CA 91767

Resource center for prostheses and bras. Certified female mastectomy fitter. Please call for an appointment. Medicare accepted.

Pomona Valley Hospital Medical Center 909-865-9555 ext. 0

Robert & Beverly Lewis Family Cancer Care Center

1910 Royalty Drive, Pomona, CA 91767

www.pvhmccancercare.com

Free wig program for women, in the community, who have lost their hair due to cancer treatment. An appointment is necessary.

**Presbyterian Intercommunity Hospital
Patricia L. Scheifly Breast Health Center**

Mariposa Boutique 562-698-0811 ext. 5638

12393 Washington Boulevard, Whittier, CA 90606

www.pih.net

Resource center for breast prostheses, mastectomy bras, swimsuits, wigs, hats, turbans, and other supplies. Certified mastectomy fitter on site. Medicare, contracting HMO's and private insurances are accepted. Appointments are necessary.

Scope-Life-Like Prosthetics 310-320-5777

1319 W. Carson Street, Torrance, CA 90501

www.scop.net

Resource center for prostheses, bras, swimsuits and lymphedema sleeves. Perform customized fittings. Certified female mastectomy fitter on site. Service available in Spanish. By appointment only. Medicare, Medi-Cal, Kaiser and most HMO's and private insurance are accepted.

UCLA Reflections Boutique..... 310-794-9090

200 UCLA Medical Plaza, Suite 163, Los Angeles, CA 90095

www.simmsmanncenter.ucla.edu

Boutique has gift items as well as hats, scarves, wigs, breast prostheses, bras, compression garments, lymphedema supplies and high quality herbs and supplements. Medicare, Kaiser, Blue Cross, Blue Shield and some HMO's and some private insurance are accepted.

USC/Norris Cancer Hospital

Image Enhancement Center 323-865-3158

1441 Eastlake Avenue, Room 1362, Los Angeles, CA 90033

Resource center for hats, turbans, wigs, prostheses, bras, accessories, clothing and camisoles. Appointments for prostheses fittings encouraged. It is not necessary to be a USC patient to use this resource. Medicare and Blue Shield are accepted.

Women's Health Boutique 310-378-6235

3738 Sepulveda, Torrance, CA 90505

www.w-h-b.com

Resource center for post-surgical garments, mastectomy products, lymphedema pumps and sleeves, compression hosiery and supports, wigs, hats, and turbans. Trained and certified female mastectomy fitters onsite. Spanish spoken. An appointment is preferred, and Medicare is accepted.

PROSTHESES AND WIG BANK

Breast Cancer Network of Strength..... 800-221-2141

Spanish Hotline..... 800-986-9505

www.networkofstrength.org

Wig and Protheses Bank available for use by uninsured and under-insured patients. Hotline staffed, in English and Spanish, 24 hours a day - 7 days a week - 365 days a year by trained peer counselors who are breast cancer survivors.

LYMPHEDEMA

Lymphatic tissue throughout the body drains fluid containing protein, water, fat cells, microorganisms and cell debris into the lymphatic vessels. This fluid becomes lymphatic fluid once it enters the lymphatic system and then travels to the lymph nodes for filtering. Lymph nodes and tissues also help make white blood cells to fight infection.

Secondary lymphedema is a long-term swelling condition that occurs due to the accumulation of fluid and proteins following surgical lymph node removal, or lymph node and vessel damage from radiation, trauma, or cancer. Lymphedema can occur in any area of the body with compromised lymphatic function. Following breast cancer treatment, including lymph node removal and/or radiation, the arm and/or breast are most often affected with lymphedema. Gynecological cancers and treatment with radiation and/or surgery involving lymph nodes in the pelvis increase the risk of developing leg swelling.

The incidence of lymphedema following cancer surgery is highly variable: 10% to >30% of people who have had axillary lymph node removal have been reported to be affected by lymphedema. A combination of lymph node removal and radiation treatment places a patient at a higher risk for developing lymphedema than for a person not undergoing these treatments, or for someone who undergoes only one of these treatments.

There is decreased risk of lymphedema after breast surgery if lymph nodes are not removed or if only a few (1-3) are taken. A surgical procedure called sentinel lymph node biopsy may be an option for many patients and is now considered standard of care in checking lymph nodes for cancer. If you have not had lymph node surgery ask your surgeon if this is an option for you.

FREQUENTLY ASKED QUESTIONS ABOUT LYMPHEDEMA

Q. *Am I at risk for lymphedema?*

A. Anyone who has had lymph nodes removed, radiated and/or damaged is at risk for lymphedema. They are also at a higher risk for developing infections in the region that the removed lymph nodes used to drain, such as the arm and upper back and chest.

Q. *What can I do to reduce the risk of lymphedema and infections?*

- A.** There is no guarantee that lymphedema can be prevented, but there are steps you can take to reduce the risk:
- Avoid tight clothing and jewelry on the afflicted limb because it may prevent good lymphatic flow. If it leaves a mark on your skin, it is too tight.
 - Return to your previous activities slowly following surgery. Avoid activities such as contact sports, heavy lifting, and strenuous exercise, especially if you had not done these activities before surgery. Otherwise, gradually add them back into your daily routine and monitor any changes in size or softness of your arm.
 - Practice low impact exercise daily such as stretching, walking and swimming. Restoring your shoulder range of motion is an important way to help reduce your risk of developing lymphedema.
 - Use lotion on your affected arm, upper back, and chest every day. Nivea or Eucerin are excellent choices. Keeping your skin moist is a good way to help prevent infections.
 - Do not permit blood to be drawn, injections or IVs to be given, or blood pressure to be taken on the affected limb. Any puncture of your skin can allow bacteria on your skin to enter your system and cause an infection or worsen lymphedema.
 - Always practice meticulous hygiene and skin care; keep the skin well moisturized; use an antiseptic for cuts or scratches and keep them covered until they scab over.
 - Take steps to avoid insect bites, breaks in the skin or other injuries to the limb.
 - Consult your physician immediately if any sudden swelling, rash, itching, redness or increase in temperature occurs in the affected limb.
 - If lymphedema does develop, it should develop slowly. If your skin is shiny and stretched from a quick onset of moderate to severe edema, especially if combined with redness, warmth of the area, and pain, you may have another condition that is causing swelling. Consult your doctor.

Q. *Is there a cure for lymphedema?*

A. At this time there is no cure for lymphedema. However, it can be managed effectively if treated early.

Q. *What can be done to treat lymphedema?*

A. A combination of techniques is used to treat and manage lymphedema. Complete Decongestive Therapy (CDT) includes manual lymph drainage, skin care, compression bandaging, prescription compression garments (sleeves, vests, bras), and exercise with gentle muscle contractions. Pneumatic sequential compression pumping may also be used, depending your individual medical and care requirements

Q. *Who provides the treatment for lymphedema?*

A. An occupational or physical therapist who is certified in lymphedema treatment techniques. There is a certification by the course or school attended, and also national certification through the Lymphology Association of North America (CLT-LANA).

LYMPHEDEMA RESOURCES

American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)
Free information regarding lymphedema is available upon request.

BioHorizon Medical, Inc. **310-321-5830**
1970 East Grand Avenue, Suite 370, El Segundo, CA 90245
www.biohorizonmedical.com/
Provides medical equipment used to treat lymphedema. Dedicated to supporting patients and healthcare professionals to help improve the quality of life of those who live with these disorders.

Cedars-Sinai Outpatient Rehabilitation Center **310-423-9200**
444 S. San Vicente, Suite 701, Los Angeles, CA 90048
www.csmc.edu
Provides physical therapy, massage, skin care, exercise, and compression garments for the effective treatment of lymphedema when compression therapy alone is not enough.

City of Hope National Medical Center626-256-4673 X-62412
1500 East Duarte Road, Duarte, CA 91010
www.cityofhope.org
Provides a combination of treatments to manage lymphedema. These may include manual lymph drainage, compression bandaging, exercise, the use of a pneumatic sequential compression pump, and/or compression garments.

Dynamics Orthotics and Prosthetics 800-928-8821
Los Angeles..... 213-383-9212
1830 W. Olympic Blvd., Suite 123, Los Angeles, CA 90006
Torrance..... 310-781-1780
1001 W. Carson Street, Suite L, Torrance, CA 90502
www.walkagain.com
Resource center for lymphedema sleeves and compression garments.
Service available in Spanish and Korean. An appointment is necessary.
Medicare, Medi-Cal and most private insurances are accepted.

ENCORE Program
YWCA of Santa Monica/Westside 310-452-3881
2019 14th Street, Santa Monica, CA 90405
www.smywca.org
Free exercise and pool exercise classes and peer support program for breast cancer patients, with lymphedema, during treatment and post-treatment.

Health-O-Med, Inc.
Home Health Medical Equipment..... 323-654-6890
7606 Santa Monica Blvd., Los Angeles, CA 90046
www.homemedicalequipmentla.com
Provider for lymphedema products. Service available in English, Armenian, Russian and Spanish. No appointment necessary. Medicare, Blue Cross and some private insurance are accepted.

Hollywood Physical Therapy Associates..... 323-957-9571
7080 Hollywood Blvd., Suite 815, Hollywood, CA 90028
www.hollywoodPT.com
A certified lymphedema therapist and a member of the National Lymphedema Network and the American Physical Therapy Association.

Huntington Hospital

Constance G. Zahorik Breast Center..... 626-397-5153

50 Bellefontaine, Pasadena, CA 91105

www.huntingtonhospital.com

Lymphedema skilled physical therapists work with patients to provide evaluation, education (including how to apply compression bandages), lymphatic mobilization and therapeutic exercise. Staff and patients work together to develop home programs that will decrease lymphedema and help in continuing the activities of daily living.

Intimate Image

Santa Monica 310-582-1960

2907½ Santa Monica Blvd., Santa Monica, CA 90404

Woodland Hills 818-876-7333

22941 Ventura Blvd., Unit M, Woodland Hills, CA 91364

www.intimateimage.com

Resource center for lymphedema sleeves and compression stockings. Appointments are preferred. Medicare, Blue Cross, Blue Shield, Kaiser and most HMO's and private insurance accepted.

Long Beach Memorial Medical Center

Rehabilitation Center, Lymphedema Program 562-933-9283

2840 Long Beach Blvd., Suite 260, Long Beach, CA 90806

www.memorialcare.org

Teaches patients how to effectively manage their lymphedema on an independent basis. Individual sessions can last 60 to 120 minutes per day, depending on the severity of the condition. A team of licensed physical therapists certified in Complete Decongestion Therapy (CDT).

Lymphedema Center - Emily Iker, MD 310-829-7472

2021 Santa Monica Blvd., Suite 620 East, Santa Monica, CA 90404

www.lymphedemacenter.com

The Lymphedema Center is a diagnostic and treatment center for lymphatic disorders.

National Lymphedema Network..... 800-541-3259

1611 Telegraph Avenue, Suite 1111, Oakland, CA 94612

www.lymphnet.org

Comprehensive pre-recorded information to access resources on support, education and the treatment of lymphedema.

Pomona Valley Hospital Medical Center
Department of Physical Therapy and Rehabilitation 909-865-9810
1798 N. Garey Avenue, 1st Floor, Pomona, CA 91767
www.pvhmc.org/PhysicalTherapy
Certified physical therapists in the treatment of lymphedema provide comprehensive, decongestive, physical therapy, a treatment and prevention program for lymphedema, including education and skin care, scar tissue management, manual lymph drainage, compression, bandaging and exercises. A physician referral and, if required, insurance authorization is necessary prior to scheduling the first appointment.

Presbyterian Intercommunity Hospital
Patricia L. Scheifly Breast Health Center
Mariposa Boutique 562-698-0811 ext. 5638
12393 Washington Boulevard, Whittier, CA 90606
www.pih.net
Resource center for lymphedema bras and sleeves, compression stockings, and other lymphedema supplies. Medicare, contracting HMO's and private insurances are accepted. Appointments are necessary.

South Bay Home Health Care..... 310-618-9555
1349 El Prado Avenue, Torrance, CA 90501
www.myhealthcenter.com
Features a large selection of lymphedema equipment for home treatment or rehabilitation programs.

TAG Physical Therapy 310-426-9570
111 Penn Street, El Segundo, CA 90245
www.tagpt.com
Specializes in rehabilitation for the cancer patient. This includes a comprehensive lymphedema program that provides manual lymph drainage, bandaging, education and garment fitting. TAG also provides orthopedic cancer rehabilitation for osteoporosis and post surgical patients.

Torrance Memorial Medical Center
Rehabilitation Services 310-325-9110 ext. 2000
3330 Lomita Blvd., 5th Floor, West Tower, Torrance, CA 90505
www.torrancememorial.org/Clinical_Services/Rehabilitation.aspx
Treatment involves manual lymphatic draining, bandaging, self-massage, skin care, homecare program, exercise and referral for compression garment. Our goal for each patient is risk awareness and the ability to keep the extremity at a manageable size to maximize function.

West Hills Hospital

Center for Fitness and Rehabilitation 818-226-6164

7320 Woodlake Avenue, Suite 110, West Hills, CA 91307

www.westhillshospital.com

The Lymphedema Management Program is provided by specially trained and certified lymphedema specialists and is based on international standards of Complete Decongestive Therapy.

HOME HEALTH CARE

Home Health Care may involve services at home that include care provided by Registered Nurses, Physical Therapists, Occupational Therapists, and Medical Social Workers as well as non-skilled care provided by Certified Home Health Aides and caregivers for personal care. Home Care Agencies are licensed by the State and certified by Medicare to provide skilled patient care, under physician's orders. Ask your health care provider, discharge planner or social worker for a referral to an agency that supplies the service required. Personal assistance is usually provided in four hour shifts up to 24 hours per day or as a live-in option and can be arranged directly with a provider of care.

QUESTIONS TO ASK ABOUT HOME HEALTH CARE

- What specific services do you offer?
 - Skilled Nursing
 - Home Infusion Therapy
 - Pharmacy
 - Pain Management
 - Homemaker/Caregivers
 - Social Work Assessment/Assistance
 - Physical or Occupational Therapy
 - Wound Care
- How do you bill for services?
- If I don't have insurance, who can help pay for home health services?
- What insurance do you accept?
- Will you bill my insurance company directly?
- Are you Medicare-certified?
- Is your agency bonded?

HOME HEALTH CARE RESOURCES

Ask your healthcare team for referrals that can assist you with names of agencies that provide care in your area. Medical Social Workers and Discharge Planners in the hospital that your doctor is associated with can assist in securing a list of home care providers. If you are an HMO member, please contact your "member services" representative for a referral.

California Medical Nursing Service, Inc. 818-888-0700
6507 Winnetka Avenue, Canoga Park, CA 91306
www.calmedhomecare.com
Provides palliative care in private homes. Medical equipment and supplies available. Most long-term care insurance accepted.

Home Rehabilitation Healthcare Agency, Inc. 323-294-0327
3756 Santa Rosalia Drive, #617 Los Angeles, CA 90008
www.advanceddynamic.com
Provides comprehensive and coordinated health care services to the homebound. Under the supervision of a patient's physician can provide the following skilled services at the patient's own home; Nurses, Physical/Occupational/Speech Therapists, Medical Social Workers, and Registered Dieticians. Medicare and JCAHO certified.

Los Angeles County Department of Social Services
In-Home Supportive Service (IHSS) Program 888-678-4477
www.ladpss.org/dpss/ihss
Provides medical home assistance for seniors and disabled individuals with limited income and assets who are unable to remain safely at home without such services. Seniors in California, IHSS has identical eligibility criteria, both financial and medical, to Medi-Cal. IHSS covers housecleaning, laundry and other non-medical services. Call for an application.

MEDICAL EQUIPMENT

Specialized equipment may be helpful in assisting mobility or personal care needs. In addition to equipment, you may require medical supplies to help make you more comfortable and assist in your recovery. Referrals may be obtained from your doctor's office, discharge planner at your hospital, your home care therapist or nurse.

QUESTIONS TO ASK ABOUT MEDICAL EQUIPMENT

- Will you bill my insurance company?
- Do I need a doctor's prescription?
- If I do not have insurance, who can help me pay for medical equipment?
- Do you accept Medicare/Medi-Cal?
- After I place an order, how soon will the products be delivered?
- Will you provide assembly of the equipment?

MEDICAL EQUIPMENT RESOURCES

Ask your healthcare provider for referrals that can assist you in getting medical equipment resources. If you are an HMO member, please contact your "member services" representative for a referral.

American Cancer Society **800-ACS-2345**
www.cancer.org **(800-227-2345)**

Contact the American Cancer Society to receive information regarding resources that may be available in the community.

HOSPICE

The purpose of hospice is to provide comfort and care for individuals who are determined to be in the end stage of their illness. Hospice affirms life and regards dying as a normal process. Hospice neither hastens nor postpones death but supports hope for dignity. Care can be provided in the individual's place of residence, including one's home. Through personalized services, patients and families can experience the dying process in a supportive environment that includes physical and spiritual care. Hospice agencies are very helpful in assisting patients and families to make these hard choices when the time is right.

QUESTIONS TO ASK ABOUT HOSPICE

- Do you provide in-home and/or in-patient services?
- Can my doctor continue to care for me?
- Do you offer support services to the family members after the individual has died?
- Will you bill my insurance carrier?
- If I don't have insurance, who can help pay for hospice services?
- Are you a Medicare-certified hospice program?

HOSPICE REFERRAL RESOURCES

California Hospice and Palliative Care Association916-925-3770
3841 N. Freeway Blvd., Suite 225, Sacramento, CA 95834
www.calhospice.org
www.hospicefoundation.info
Advocates for those facing life-threatening illness by promoting availability and access to quality end-of-life care.

Hospice of Pasadena 626-397-3600

351 E. Foothill Blvd., Arcadia, CA 91006

Fully-licensed, Medicare-certified, not-for-profit hospice alternative dedicated to caring for individuals at the end of life. Comprehensive services offered 24 hours a day, 7 days a week, including nursing care, pain control, symptom management, emotional support, pharmacy services, pastoral care and grief recovery and patient support. Accepts all patients in need, regardless of ability to pay.

Hospice of Presbyterian 562-947-3668

15050 Imperial Highway, La Mirada, CA 90638

Fully-licensed, Medicare-certified, not-for-profit hospice alternative dedicated to caring for individuals at the end of life. Comprehensive services offered 24 hours a day, 7 days a week, including nursing care, pain control, symptom management, emotional support, pharmacy services, pastoral care and grief recovery and patient support. Accepts all patients in need, regardless of ability to pay.

National Hospice and Palliative Care Organization 800-658-8898

Spanish..... 877-658-8896

www.nhpco.org

The largest non-profit membership organization representing hospice and palliative care programs and professionals in the United States. It is committed to improving end-of-life care and expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying in the United States and for their loved ones

Roze Room Hospice..... 800-828-9017

5455 Wilshire Blvd., Suite 810, Los Angeles, CA 90036

www.rozeroomhospice.org

Roze Room Hospice provides interdisciplinary hospice services to terminally ill patients, and their families, in any setting that the patient calls "home". Roze Room Hospice's team approach to care includes: physicians, nurses, social workers, spiritual counselors, home health aids, volunteers, a dietitian and a bereavement counselor who, together, combine their knowledge to create a customized plan of care for each patient and family.

TrinityCare Hospice..... 800-535-8446

2601 Airport Drive, Suite 230, Torrance, CA 90505
www.trinitycarehospice.org

Expert in end of life quality care, TrinityCare Hospice offers individualized, coordinated programs of service to promote optimum comfort, and a personal sense of control, to patients at home or in skilled nursing facility settings. With the goal of enhancing the quality of life for patients and their families, comprehensive services, available 24/7, include: expert symptom management and pain control, pastoral care, hospice physician visits, and continuing grief support for patients' families. Values based, non-profit and Medicare certified.

**Vitas Innovative Hospice Care 800-93-VITAS
(800-938-4827)**

www.vitas.com
Licensed and certified agency dedicated to the care of those individuals at the end of life who are no longer seeking treatment for their disease but require palliative care of their symptoms including pain management and spiritual support. Care can be given in the patient's place of residence, either their home or nursing facility. Approved care is available, through the Vitas Charitable Fund, to those who are uninsured.

Wells House Hospice 562-435-9363

245 Cherry Avenue, Long Beach, CA 90802
www.wellshousehospice.com

Provides both a residential hospice facility, and a community hospice care service for people who are terminally ill.

INSURANCE AND LEGAL RESOURCES

QUESTIONS TO ASK ABOUT YOUR INSURANCE

Ask your insurance company:

- Are annual examinations and mammograms covered?
- Are the procedures that my doctor is requesting covered?
- What is the policy on new therapies or participation in clinical trials?
- If I seek care from doctors outside my plan group will my insurance cover my care?
- Do I need to call my insurance company to confirm that I am using a contracting doctor, hospital or facility?
- Who can I talk to if I am not satisfied with my health care?
- Who do I call if my insurance company is not paying my bills

Ask your healthcare providers and pharmacies:

- Are you a contracting provider with my insurance company?

INSURANCE RESOURCES

For insurance questions, call:

California Department of Insurance
Consumer Communications Bureau 800-927-4357
www.insurance.ca.gov

This is a government agency that provides information and handles complaints or inquiries about insurance companies, agents or brokers.

For HMO, Blue Cross and Blue Shield plan questions, call:

California Department of Managed Health Care..... 866-466-2219
www.hmohelp.ca.gov

Provides information and handles complaints and the Independent Medical Review process related to HMO's and all Blue Cross and Blue Shield plans.

For major risk insurance questions, call:

Major Risk Medical Insurance Program (MRMIP)..... 800-289-6574

www.mrmib.ca.gov

A state program that provides health insurance for Californians who, due to pre-existing conditions, have been denied coverage in the individual health insurance market within the previous 12 months. Qualifying Californians participate in the cost of their coverage by paying annual deductibles, premiums, and co-payments.

For Medicare & Medi-Cal questions, call:

Medicare 800-MEDICARE

www.medicare.gov

(800-633-4227)

A federal program for people over 65 years of age and people under the age of 65 with disabilities. A free Medicare handbook outlining the benefits is available from the Social Security Administration.

Medi-Cal..... 800-430-4263

www.ladpss.org/new_portal/dpss_medical.cfm

A state-run program for people who are elderly, disabled and parents of children up to age 21. Please call your nearest Medi-Cal Field Office which can be found in the White Pages of your phone directory. If you would like a mail-in application, call the number listed above.

For life insurance questions, call:

American Council of Life Insurers 202-624-2000

www.acli.org

Offers information for cancer survivors on obtaining life insurance.

For other health insurance related questions, call:

Cancer Legal Resource Center 866-843-2572

TTY 213-736-8310

919 Albany Street, Los Angeles, CA 90015

www.CancerLegalResourceCenter.org

National program providing free information and resources on all types of cancer-related legal issues, (including employment, insurance, government benefits and estate planning), to patients, survivors, caregivers, healthcare professionals, and others coping with cancer. Staff speak English and Spanish, and other languages can be served through a language line.

Center for Health Care Rights

Health Insurance Counseling Advocacy Program 800-824-0780

520 S. Lafayette Park Place, Suite 214, Los Angeles, CA 90057

www.healthcarerights.org

Sponsored by the California Department on Aging, this program assists Medicare beneficiaries navigate through Medicare and helps compare supplemental and long-term care policies. Legal assistance is also available.

Health Consumer Center of Los Angeles 800-896-3203

TTY 818-834-7575

13327 Van Nuys Blvd., Pacoima, CA 91331

www.healthconsumer.org

Helps low-income residents of Los Angeles County navigate through Medi-Cal. Staff speak English, Spanish, Armenian, Cambodian, Chinese, Korean, and Vietnamese. Other languages can be served through a language line.

LEGAL RESOURCES

2.1.1. of Los Angeles County211 or 800-339-6993

TTY 800-660-4026

www.211losangeles.org

Trained specialists are on duty 24 hours a day/ 7 days a week to provide information and referrals to community agencies that can provide legal assistance.

Bet Tzedek Legal Services 323-939-0506

145 S. Fairfax Avenue, Suite 200, Los Angeles, CA 90036

www.bettzedek.org

Legal services for low and moderate-income residents with an emphasis on landlord/tenant issues and benefits advocacy.

Cancer Legal Resource Center 866-843-2572

TTY 213-736-8310

919 Albany Street, Los Angeles, CA 90015

www.CancerLegalResourceCenter.org

National program providing free information and resources on all types of cancer-related legal issues, (including employment, insurance, government benefits and estate planning), to survivors, caregivers, employers, healthcare professionals, and others coping with cancer. Staff speak English and Spanish, and other languages can be served through a language line.

Centro Shalom **562-591-2214**
2131 Long Beach Blvd., Long Beach, CA 90806
www.centroshalom.com
Offers free paralegal clinics on a first-come, first-served basis.

LawHelpCalifornia
www.LawHelpCalifornia.org
Helps people find free legal aid programs in their communities and answers to questions about their legal rights.

Los Angeles County Bar Association **213-627-2727**
www.lacba.org
Hosts a Lawyer Referral Service for Los Angeles County.

Patient Advocate Foundation..... **800-532-5274**
700 Thimble Shoals Blvd., Suite 200, Newport News, VA 23606
www.patientadvocate.org
A national organization that acts as a liaison between patients and insurers, employers and creditors to resolve insurance, job discrimination, and/or debt crisis matters.

Smartlaw **213-243-1500**
Free, pre-recorded general legal information.

Susan G. Komen for the Cure®



The Komen Promise

To save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.

We are the world's largest breast cancer organization, and we want to eradicate breast cancer by:

- **Empowering people** to take charge of their healthcare through education and outreach, early detection and screening.
- **Ensuring quality of care for all** through funding local, community grants. Our local grants provide no-cost and low-cost breast cancer screening, diagnostic tests and treatment, supportive services, and education and outreach to the community.
- **Energizing science to find the cures** of breast cancer through our nationwide research efforts.

We are here to help provide information about local resources in the community and to honor Breast Cancer Survivors.



For information please contact the Los Angeles County Affiliate of Susan G. Komen for the Cure at 310-575-3011 or www.komenlacounty.org
The Los Angeles County Race for the Cure® fundraiser is held in March every year.

ADVOCACY, EDUCATION AND INFORMATION

ADVOCACY, EDUCATION AND INFORMATION RESOURCES

American Cancer Society 800-ACS-2345
www.cancer.org (800-227-2345)

The American Cancer Society provides various breast health programs and services for the community in Los Angeles County.

Reach To Recovery - A one-to-one support program for women and men facing or living with breast cancer. Volunteers are breast cancer survivors who are trained to provide information and support.

Tell A Friend - Trained volunteers encourage friends and family members to get regular mammograms.

Breast Health Community Education – Year-round education to increase community awareness about the importance of early detection.

Look Good...Feel Better – A program that teaches beauty techniques to women undergoing cancer treatment to help them cope with the appearance related side effects. Sessions are offered in English and Spanish throughout Los Angeles County.

Cancer Information – Your American Cancer Society provides the latest cancer information and referrals to community resources 24 hours/7days a week.

I Can Cope – A series of free, educational peer support classes facilitated by medical professionals. Each class highlights a different topic, relevant to the cancer experience, to enhance knowledge and skills and empower participants to cope more effectively with the challenges that living with cancer can bring. Participate through community classes, on-line classes at www.cancer.org/onlineclasses or telephone classes.

Transportation – Transportation assistance to and from cancer treatment related appointments are available. Please contact your American Cancer Society for eligibility and availability.

American Cancer Society Offices in Los Angeles County

- Los Angeles Regional Office** 213-386-7660
3333 Wilshire Blvd., Suite 900, Los Angeles, CA 90010
- Antelope Valley Community Office** 661-945-7585
1043 W. Avenue M-4, Suite B, Palmdale, CA 93551
- Central Los Angeles Unit** 213-386-6102
3333 Wilshire Blvd., Suite 900, Los Angeles, CA 90010
- Downey Rio Hondo Unit** 562-776-0201
9901 Paramount Blvd., Suite 245, Downey, CA 90240
- East San Gabriel Valley Unit** 626-966-9994
915 N. Grand Avenue, Covina, CA 91724
- Long Beach Harbor Southeast Unit** 562-437-0791
936 Pine Avenue, Long Beach, CA 90813
- Los Angeles Coastal Cities Unit**..... 310-348-0356
5731 W. Slauson Avenue, Suite 200, Culver City, CA 90230
- San Fernando Valley Unit**..... 800-227-2345
500 N. Victory Blvd., Burbank, CA 91502
- San Gabriel Valley Unit**..... 626-795-7774
50 N. Hill Avenue, Suite 200, Pasadena, CA 91106
- Santa Clarita Valley Unit**..... 661-298-0886
25020 W. Avenue Stanford, Unit 170, Valencia, CA 91355
- South Los Angeles Unit**..... 310-768-2012
1875 W. Redondo Beach Blvd., Suite 204, Gardena, CA 90247

**Asian American Network for Cancer Awareness,
Research and Training (AANCART) at UCLA** 310-794-6604

650 Charles E. Young Drive South
Box 951772, 41-240 CHS Los Angeles, CA 90095
www.aancart.org

The goals of the project are to develop and implement mechanisms for increasing cancer awareness, research, and training among Asian Americans; to increase the number of Asian Americans participating in clinical and prevention trials; to train more Asian American health workers in community cancer prevention; and to formulate and implement grant-funded research that reduces the burden of cancer in Asian Americans.

Black Women for Wellness..... 323-290-5955

3450 W. 43rd Street, Suite 104, Los Angeles, CA 90008
www.bwwla.com

Committed to healing, educating, inspiring and supporting Black women in order to enhance and improve their health and well being.

**Cancer Information Service 800-4-CANCER
(800-422-6237)
TTY 800-332-8615**

www.cancer.gov

CIS information specialists educate cancer patients, their families and friends, the public and health professionals about cancer prevention, risk factors, early detection, symptoms, diagnosis, treatment, and research. Information specialists answer questions on a range of cancer topics by telephone, TTY, instant messaging, and e-mail.

Chinatown Service Center 213-808-1718

767 N. Hill Street, Suite 400, Los Angeles, CA 90012

www.cscla.org

Offers education, health, and human services to Asian and other immigrant communities. Clinic's community health workers and outreach staff provide health education onsite as well as in the community.

Community Research in Cancer (CORICA) Network 310-825-8848

650 Charles Young Drive South Room A2-125 Box 956900, LA, CA 90095

www.jccf.mednet.ucla.edu/corica/index.htm

CORICA builds community-university partnerships to conduct cancer prevention and control research in underserved communities throughout the greater Los Angeles area. It aims to conduct research that will help eliminate socioeconomic and racial/ethnic disparities in cancer.

Hadassah Southern California 310-234-8300

10495 W. Santa Monica Blvd., #110, Los Angeles, CA 90025

www.southerncalifornia.hadassah.org

Provides the "Hadassah Cares" breast cancer awareness campaign, which educates women about breast self-examination, mammography screening, and proper breast health care.

Health Services Advisory Group, Inc. 818-409-9229

California Medicare Beneficiary Complaints Helpline 866-800-8749

TDD 800-881-5980

700 North Brand Blvd., Suite 70, Glendale, CA 91203

HSAG monitors health care quality for the state's Medicare population and develops collaborative projects with hospitals, physicians offices, nursing homes, and health plans. HSAG conducts educational campaigns on a variety of health issues that benefit all California consumers. Their multilingual Medicare helpline provides information to beneficiaries concerning Medicare rights.

Iris Cantor-UCLA Women's Health Education & Resource Center..... 310-794-8063
911 Broxton Avenue, First Floor, Los Angeles, CA 90024
<http://womenshealth.med.ucla.edu>
Provides education on physical, psychological, and social issues that impact women's health and well-being with a strong focus on prevention.

Korean Health, Education, Information and Research 213-637-1070
3727 W. 6th Street, Suite 200, Los Angeles, CA 90020
www.lakheir.org
Provides breast and cervical cancer screenings, referrals and education for the underserved Korean and Latino communities of Los Angeles County.

Los Angeles Breast Cancer Alliance..... 310-453-1046
2125 Arizona Avenue, Suite 223, Santa Monica, CA 90404
www.labca.org
A grassroots, nonprofit organization dedicated to helping in the eradication of breast cancer through advocacy, education and community involvement.

Mautner Project for Lesbians with Cancer 866-628-8637
1875 Connecticut Avenue, NW #710, Washington DC 20009
www.mautnerproject.org
Educates health care providers about the special concerns of lesbians with cancer and advocates for lesbians with health care issues.

National Black Leadership Initiative on Cancer 213-387-6880
3450 W. 43rd Street, Suite #104, Rm. B, Los Angeles, CA 90008
www.nblic.org
NBLIC focuses on outreach to the African American community through public education to: increase awareness of cancer and cancer risks, improve health-related behaviors, and break down barriers to prevention, early detection, and state-of-the-art treatment.

National Breast Cancer Coalition..... 800-622-2838
www.stopbreastcancer.org
NBCC works to eradicate breast cancer by focusing national attention on research promotion, improving access for screening and treatment and increasing the involvement of those living with breast cancer.

Native CIRCLE..... 877-372-1617

www.mayoclinic.org

The Native CIRCLE is a resource center providing cancer-related materials to healthcare professionals and lay people involved in the education, care and treatment of American Indians and Alaskan Natives.

OCAPICA 714-636-9095

www.ocapica.org

Provides information, basic support services, and patient navigation services for Cambodians, Chamorro, Hmong, Laotian, Marshallese, Native Hawaiian, Samoan, Thai, Tongan and Vietnamese communities with cancer needs.

Partnered for Progress 323-549-0800

4929 Wilshire Blvd., Suite 810, Los Angeles, CA 90010

www.partneredforprogress.org

A broad-based network of concerned agencies, healthcare providers and individuals dedicated to decreasing breast and cervical cancer mortality in LA County. Partnered for Progress is developing and implementing local strategies to increase access to breast and cervical cancer screening and early detection services for medically underserved women.

Patient Advocate Foundation..... 800-532-5274

700 Thimble Shoals Blvd., Suite 200, Newport News, VA 23606

www.patientadvocate.org

An active liaison between the patient and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis matters. Patient Advocate Foundation seeks to safeguard patients through effective mediation that assures access to care, maintenance of employment and preservation of their financial stability.

Premiere Oncology Foundation 310-570-1474

2020 Santa Monica Blvd., Suite 600, Santa Monica, CA 90404

www.premiereoncology.org

A community-based program providing psychosocial support, education, research and integrative medicine. Integrative medical services, (including acupuncture, acupressure, traditional Chinese medicine, yoga therapy, qi gong, massage therapy, humor therapy, nutrition education, art therapy, hypnotherapy and journaling), are provided to cancer patients, their families, friends and the local community.

Redes En Acción 619-594-4086
9245 Sky Park Court, Suite 110, San Diego, CA 92123
www.redesenaccion.org
A nationwide network of community-based organizations, research institutions, government health agencies and the public to combat cancer among Latinos. Core activities include promoting training and research opportunities for Latino students and researchers, generating research projects on key Latino cancer issues, and supporting cancer awareness activities within the Latino community.

Save Ourselves 800-422-9747
2795 E. Bidwell Street, Suite 100-306, Folsom, CA 95630
www.save-ourselves.org
Save Ourselves serves as a catalyst for the prevention and cure of breast cancer through the conduits of education, support and advocacy.

Simms/Mann-UCLA Center for Integrative Oncology 310-794-6644
200 UCLA Medical Plaza, Suite 502, Los Angeles, CA 90095
www.simmsmanncenter.ucla.edu
Center provides psychosocial care and integrated oncology support for individuals with cancer. Houses a library of video and printed material on cancer and cancer related issues. It is not necessary to be a UCLA patient to use these resources. Call for an appointment.

**Susan G. Komen for the Cure 800-IM-AWARE
(800-462-9273)**
5005 LBJ Freeway, Suite 250, Dallas, TX 75244
www.komen.org
A national, non-profit, volunteer-driven organization whose mission is to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment. National toll-free helpline is staffed by specially trained and committed volunteers.

Susan G. Komen for the Cure - LA County Affiliate 310-575-3011
11845 W. Olympic Blvd., Suite 645W, Los Angeles, CA 90064
www.komenlacounty.org
Provides the following programs: annual Race for the Cure, a 5K walk/run which raises funds and awareness for breast cancer education, research, screening and diagnosis; local grants for innovative breast cancer screening, diagnostic and support services for underserved/uninsured women; community outreach programs, health fairs; and speakers bureau on breast health and breast cancer education programs.

The Breast Cancer Fund **415-346-8223**
1388 Sutter Street, Suite 400, San Francisco, CA 94109
www.breastcancerfund.org
Founded in 1992 The Breast Cancer Fund identifies and advocates for the elimination of environmental and other preventable causes of the disease. Through public education, policy initiative, and outdoor challenges, they mobilize the public to secure the changes needed to stop this epidemic.

The Wellness Community

Foothills **626-796-1083**
200 E. Del Mar, Suite 118, Pasadena, CA 91105
www.twcfoothills.org

South Bay Cities..... **310-376-3550**
109 W. Torrance Blvd., Suite 100, Redondo Beach, CA 90277
www.wellnessandcancer.org

Valley/Ventura
www.TWCVv.org

Westlake Village **805-379-4777**
530 Hampshire Rd., Westlake Village, CA 91361

Winnetka Satellite..... **818-407-1643**
19725 Sherman Way, Winnetka, CA 91306

West Los Angeles **310-314-2555**
2716 Ocean Park Blvd., Suite 1040, Santa Monica, CA 90405
www.twc-wla.org

Provides free programs for cancer patients, their families and significant others. Services in English and Spanish are available throughout LA County. Programs include: Welcome to Wellness, Ongoing Support Groups, Drop-in Networking, and Educational Workshops.

The Wellness Group..... **323-939-0621**
5825 W. Pico Blvd., Los Angeles, CA 90019
www.salon21-beauty.com/index_files/page0008.html
Dedicated to inform and empower the African American community on breast health, early detection and healthy lifestyle recommendations.

**Weaving an Islander Network for Cancer Awareness,
Research, and Training (WINCART) 714-278-3499**
800 N. State College Blvd. or PO Box 6870 Fullerton, CA 92834
<http://wincart.fullerton.edu>

The goals of WINCART are to develop and implement programs to increase cancer awareness among Pacific Islanders; improve access to, and utilization of, effective cancer prevention and control interventions; create opportunities to increase the number of well-trained PI researchers; facilitate the development of research grants that address the cancer needs of PIs; and to sustain community-based education, training and research activities by increasing partnerships with governmental and community agencies, funders and policymakers.

PATIENT NAVIGATION

Patient navigators work with cancer patients to "navigate" the health care system and access appropriate social and financial services. The primary function of the navigator is to establish and help maintain communication between patients, their families, physicians, and the health care system and to decrease the time between a cancer-related abnormal finding, definitive diagnosis, and delivery of quality cancer care.

The most important role of patient navigators is to ensure that individuals with suspicious cancer findings receive timely diagnoses and treatment. Navigators in some organizations have assumed other roles such as providing basic support services to access cancer screening, diagnostic services and treatment services. These support services can possibly include transportation, language assistance, making appointments and assistance with insurance. Please check with each organization to determine the range of services offered.

Patient Navigation Resources

Guam Communications Network 562-989-5690
4201 Long Beach Blvd., Suite 218, Long Beach, CA 90807
www.guamcomnet.org
Guam Communications Network provides information and basic support services to Chamorros with cancer.

Huntington Hospital
Constance G. Zahorik Breast Center..... **626-535-2424**
 50 Bellefontaine, Suite 202 Pasadena, CA 91105
www.huntingtonhospital.com
 From the onset of diagnosis, registered nurse navigators assist patients in scheduling appointments, understanding treatment options, managing insurance issues and communicating with physicians and specialists.

Jennifer Diamond Cancer Resource Library
USC Norris Comprehensive Cancer Center
Patient Education and Community Outreach Center..... **323-442-7800**
 1450 Biggy Street, Rm. G501, Los Angeles, CA 90033
http://uscnorriscancer.usc.edu/patient_care/peoc/
 Provides multi-lingual print and electronic cancer education and resource materials devoted to patients, their families and community members seeking information on cancer. The PEOC also provides outreach activities and conducts informational programs relevant to the communities it serves.

Saath..... **866-459-8474**
www.saathusa.org
 Saath provides information and basic support services such as language assistance and referrals to South Asians (Indians, Pakistanis, Bangladeshis, Sri Lankans and Nepalis) with cancer.

Samoan National Nurses Association..... **310-952-1115**
 22010 S. Wilmington Avenue, Suite 301, Carson, CA 90745
 Provides navigation, information and support services to Samoans.

CANCER SURVIVOR RESOURCES

American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)
 Offers the Cancer Survivors Network, a free telephone and Web-based support service created by and for cancer survivors and their families.

Breast Cancer Network of Strength..... **800-221-2141**
Spanish Hotline..... **800-986-9505**
www.networkofstrength.org
 Breast Cancer Network of Strength's mission is to decrease the impact of breast cancer, create and increase breast cancer awareness, and ensure, through information, empowerment and peer support, that no one faces breast cancer alone.

National Coalition for Cancer Survivorship.....877-NCCS-YES
1010 Wayne Ave., Suite 770, Silver Spring, MD 20910 (877-622-7937)
www.canceradvocacy.org

Serves as a clearinghouse for credible information about survivorship, empowers cancer survivors through its publications and programs, convenes other national cancer-related organizations, advocates for policy issues that affect survivors' quality of life, and provides sources of support for cancer patients and their families.

Pomona Valley Hospital Medical Center
Robert & Beverly Lewis Family Cancer Care Center 909-865-9555
1910 Royalty Drive, Pomona, CA 91767
www.pvhmc.com/asp/site/HealthServices/NewCancerCare
Houses a community patient library with over 500 books, in English and Spanish, covering Breast and all other types of cancer.

Sisters Breast Cancer Survivor Network 323-759-0200
www.survivorsofbreastcancer.org
Sisters Breast Cancer Survivor Network provides referrals and comprehensive support to women in underserved communities with breast cancer. The Network provides assistance from diagnosis to treatment and supports in navigating the medical system.

Women of Color Breast Cancer Survivors
Support Project..... 310-330-5140
301 N. Prairie, Suite 420, Inglewood, CA 90301
www.woc4me.org
Women of Color provides breast health education; offers knowledge on early detection; commits to effecting public policy; commits to social change regarding breast health awareness; and supports culturally sensitive breast cancer research.

INTERNET RESOURCES

You can find numerous online resources that deal with various aspects of breast health and breast cancer. Discuss all information obtained from the internet with your healthcare provider to determine its accuracy and relevance to your particular situation.

American Cancer Society

www.cancer.org

AANCART

www.aancart.org

Breast Cancer Connections

www.bcconnections.org

Breast Cancer Network of Strength

www.networkofstrength.org

Breast Health Network

www.breasthealthnetwork.com

Cancer Care

www.cancercare.org

Cancer Information Service of the National Cancer Institute

www.cancer.gov

General Cancer News

www.cancernews.com

Inflammatory Breast Cancer Research Foundation

www.ibcresearch.org

Los Angeles Breast Cancer Alliance

www.labca.org

National Alliance of Breast Cancer Organizations

www.nabco.org

National Black Leadership Initiative on Cancer

www.nblic.org

National Comprehensive Cancer Network

www.nccn.org

National Lymphedema Network

www.lymphnet.org

National Women's Health Information Center

www.4women.gov

Partnered for Progress

www.partneredforprogress.org

Susan G. Komen for the Cure

www.komen.org

Susan G. Komen for the Cure Los Angeles County

www.komenlacounty.org

The Breast Cancer Fund

www.breastcancerfund.org

The Public Health Institute's Breast Cancer Answers

www.canceranswers.org

The Wellness Community

www.twcfoothills.org (Foothills)

www.wellnessandcancer.org (South Bay Cities)

www.TWCVv.org (Valley/Ventura)

www.twc-wla.org (West Los Angeles)

Tulane/Xavier Center for Bioenvironmental Research

<http://e.hormone.tulane.edu>

WINCART

<http://wincart.fullerton.edu>

FREE PUBLICATION RESOURCES

Information about cancer is available from the sources listed below. You may wish to check for additional information at your local library or bookstore and from support groups in your community (see page 70). Another option may be to use your computer to access and search the Internet (see page 66).

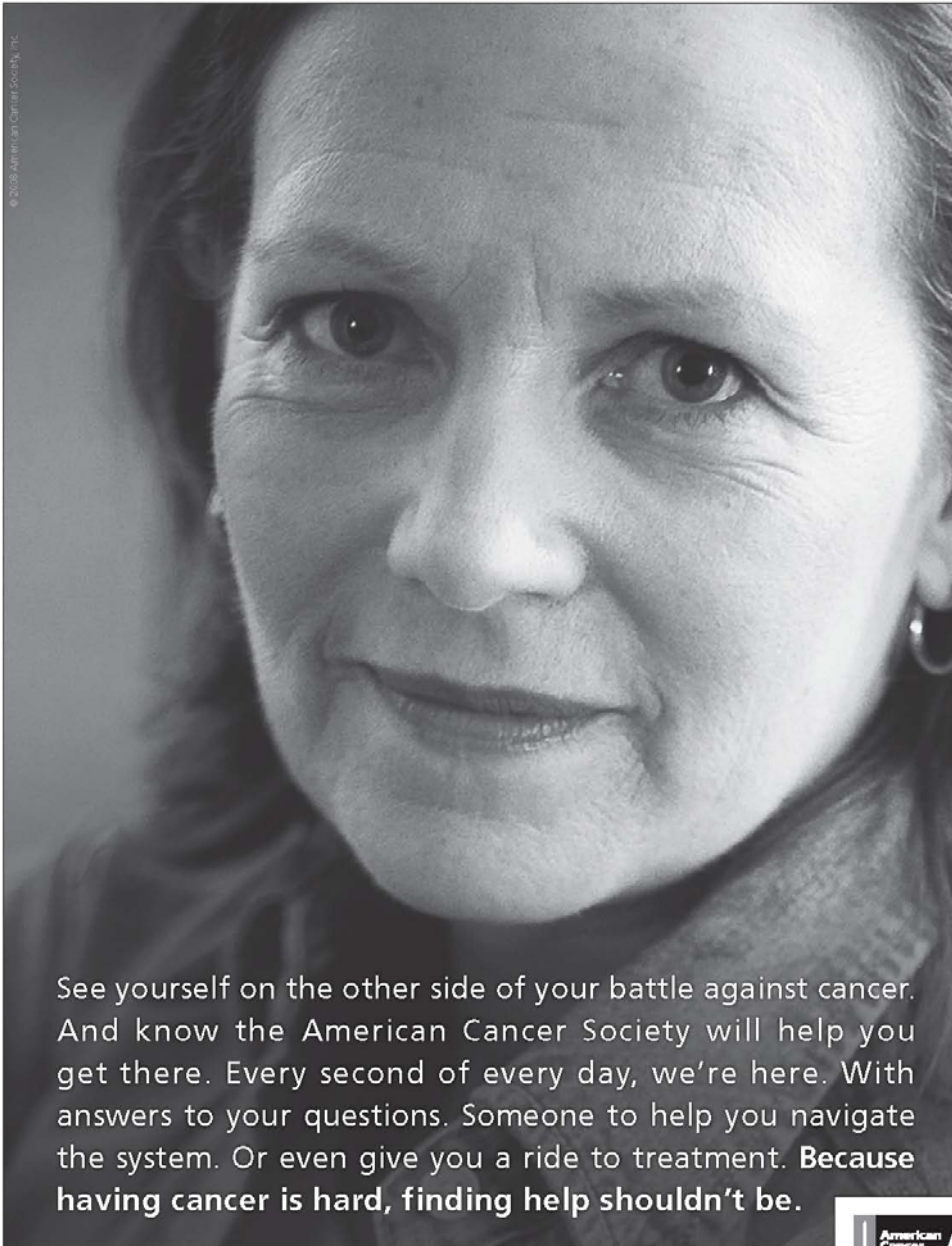
American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)

Breast Cancer Network of Strength..... **800-221-2141**
Spanish..... **800-986-9505**
www.networkofstrength.org

Cancer Information Service
of the National Cancer Institute **800-4-CANCER**
www.cancer.gov (800-422-6237)

Health Services Advisory Group, Inc. **818-409-9229**
www.hsag.com

Susan G. Komen for the Cure **800-IM-AWARE**
www.komen.org (800-462-9273)



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See yourself on the other side of your battle against cancer. And know the American Cancer Society will help you get there. Every second of every day, we're here. With answers to your questions. Someone to help you navigate the system. Or even give you a ride to treatment. **Because having cancer is hard, finding help shouldn't be.**

1.800.227.2345 • cancer.org/HelpNow



SUPPORT SERVICES AND COUNSELING

A woman or man with breast cancer may experience emotional ups and downs while going through diagnosis and treatment. Friends and family often provide much needed support, but the words, "I've been there and I do know how you feel," form a special bond among breast cancer survivors. In addition to open discussion sessions, where group members share feelings and talk about their progress, most groups provide educational sessions. Some groups have professional facilitators who can provide expertise on vital resources and answer questions. All support groups listed are at no cost, unless otherwise noted. Be sure to call for information, as some groups require that you register before attending.

SUPPORT GROUPS

American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)
Reach to Recovery program provides one-to-one support for women and men facing or living with breast cancer. Volunteers are breast cancer survivors who are trained to provide information and support.

Breast Cancer Network of Strength..... **800-221-2141**
Spanish..... **800-986-9505**
www.networkofstrength.org
YourShoes™ 24/7 Breast Cancer Support Center is staffed with trained peer counselors who are all breast cancer survivors. Peer counselors are available to talk about breast cancer and about your feelings and concerns.

California Medical Center
Donald P. Loker Cancer Center..... **213-742-5634**
1338 S. Hope Street, Los Angeles, CA 90015
Weekly cancer patient support groups, in both English and Spanish, are facilitated by the Wellness Community - West LA. Please call for a schedule.

Citrus Valley Health Partners
Cancer Resource Center..... **888-456-2847**
315 N. 3rd Avenue, Suite 303B, Covina, CA 91723
www.cvhp.com
Monthly English and Spanish support groups. Please call for a schedule.

City of Hope Medical Center..... 626-256-4673 ext. 62282
1500 E. Duarte Road, Biller Resource Center, Duarte, CA 91010
www.cityofhope.org/support/
Breast cancer support group meets once a month and is open to the community. Pre-registration required. Call for details.

Glendale Memorial Hospital and Health Center
Marcia Ray Breast Center 818-502-2323
222 W. Eulalia Street, Glendale, CA 91204
www.glendalememorial.com
Breast cancer support group meets once each month. Call for details.

Herald Cancer Association..... 626-286-8700
715 E. Mission Road, San Gabriel, CA 91776
www.cchc.org
Breast cancer support groups meet monthly and are conducted in Cantonese and Mandarin. Please call for details.

Huntington Hospital 626-535-2424
100 W. California Blvd., Pasadena, CA 91105
www.huntingtonhospital.com
Breast Cancer support group meets once per month.

Little Tokyo Service Center 213-473-3035
231 E. 3rd Street, Suite G-106, Los Angeles, CA 90013
www.ltsc.org/whatwedo/socsvcprograms/counseling_support.htm
Japanese Cancer Support Group meets in the South Bay and Little Tokyo. Please call for additional information and meeting times. Sessions are conducted in Japanese.

My Sister My Friend Breast Cancer Support 866-542-6312
www.mysistermyfriendbcs.org
Formed out of a need in the African American community, this group is dedicated to assisting women diagnosed with breast cancer, (primarily the under-served and uninsured), eradicating breast cancer and its associated myths and educating the community on breast health and the benefits of early detection. A support group meets every month at St. Mary Medical Center. Call for additional information.

Northridge Hospital Medical Center 818-885-8500 ext. 2855
18300 Roscoe Blvd., Northridge, CA 91328
www.northridgehospital.org
Breast cancer support group holds meetings twice a month. General cancer support groups (for men and women) are also held in both English and Spanish. Call for additional information.

Olive View-UCLA Medical Center
Avon Cares for Life at Olive View-UCLA Medical Center
UCLA Jonsson Comprehensive Cancer Center 818-364-4135
14445 Olive View Drive, Sylmar CA 91342
www.cancer.ucla.edu/avon
Provides navigation and support services to patients diagnosed with breast cancer along the continuum of care from diagnosis to survivorship. Patients are also given the opportunity to participate in clinical trials and to receive quality survivorship care in the Avon Cares for Life Post-Treatment clinic. This program is only available to the patients of Olive View Medical Center.

Pomona Valley Hospital Medical Center
Robert & Beverly Lewis Family Cancer Care Center 909-865-9691
1910 Royalty Drive, Pomona, CA 91767
www.pvhmccancercare.com
Breast cancer support groups meet twice per month. Please call for more information on wellness programs and support groups.

Presbyterian Intercommunity Hospital
Ruby L. Golleher Oncology Center..... 562-698-0811 ext. 5720
12393 Washington Blvd., Whittier, CA 90602
www.pih.net
Support group for patients and their families coping with breast cancer provided once per month.

Self-Help And Recovery Exchange (SHARE!) 310-305-8878
5521 Grosvenor Blvd., Los Angeles, CA 90066
www.shareselfhelp.org
Offers assistance in finding breast cancer, self-help support groups in your area or help in starting new groups. Self-help support groups for care givers also available. All services and support groups are free. Donations are voluntary.

Simms/Mann-UCLA Center for Integrative Oncology 310-794-6644

200 UCLA Medical Plaza, Suite 502, Los Angeles, CA 90095

www.simmsmanncenter.ucla.edu

Center provides psychosocial care and integrated oncology support for individuals with cancer. Houses a library of video and printed material on cancer and cancer related issues. It is not necessary to be a UCLA patient to use these resources. Call for an appointment.

Sisters Breast Cancer Survivors Network®..... 323-759-0200

www.survivorsofbreastcancer.org

One Saturday per month the meeting, held at Hubert H. Humphrey Comprehensive Health Center, targets cancer patients, cancer survivors, family members, and caregivers. Call for details.

The Wellness Community

Foothills 626-796-1083

200 E. Del Mar Blvd., Suite 118, Pasadena, CA 91105

www.twcfoothills.org

Support groups in English, Spanish and Korean. "Welcome to Wellness" groups are offered in English. Please call for a schedule.

South Bay Cities..... 310-376-3550

109 W. Torrance Blvd., Suite 100, Redondo Beach, CA 90277

www.wellnessandcancer.org

Support groups in English and Spanish. Social and educational programs, Yoga, stress reduction and Pilates are also offered. All services are free of charge. Please call for the current calendar.

Valley/Ventura

Westlake Village 805-379-4777

530 Hampshire Rd., Westlake Village, CA 91361

Winnetka Satellite..... 818-407-1643

19725 Sherman Way, Winnetka, CA 91306

www.twcvv.org

Support services in English and Spanish; educational workshops; social events; stress management and exercise programs including Yoga, T'ai Chi and Qi Gong. Please call for a complete schedule.

West Los Angeles 310-314-2555

2716 Ocean Park Blvd., Suite 1040, Santa Monica, CA 90405

www.twc-wla.org

Support services are offered in English, Spanish and Thai onsite and at White Memorial Medical Center, California Hospital Medical Center and Hollywood Presbyterian Medical Center. An Art & Expression class is also available. Call for a complete list of times and locations.

weSPARK Cancer Support Center

Sherman Oaks 818-906-3022

13520 Ventura Blvd. Sherman Oaks, CA.91432

Santa Clarita..... 661-288-2322

26370 Diamond Place Suite 507 Santa Clarita, CA 91350

Support groups are offered for people in all stages of treatment, for all kinds of cancer. Yoga, Tai Chi, Qi Gong, Guided Imagery, and creative and healing classes. All services are free of charge. Please call for a schedule.

White Memorial Medical Center

Cecilia Gonzalez De La Hoya Cancer Center 323-260-5768

1720 Cesar E. Chavez Avenue, Los Angeles, CA 90033

www.whitememorial.com

Breast Cancer support groups, for Spanish speaking women who have been diagnosed or are recuperating from breast cancer, are offered several times per month. Free Meditation and Yoga classes, taught by a qualified, bilingual instructor, are also available. Please call for more information.

Women of Color

Breast Cancer Survivors Support Project 310-330-5140

301 N. Prairie Avenue, Suite 420, Inglewood, CA 90301

www.woc4me.org

African American support group held every second Saturday of the month. Please call the number above for specifics.

Women of Essence Breast Cancer Support Group 310-537-8227

P.O. Box 1854, Lynwood, CA 90262

www.womenofessence.org

African American breast cancer support group, which provides support for minority breast cancer survivors, meets monthly at the AC Bilbrew Library. Please call for more information.

YWCA ENCORE^{Plus} Program

Harbor Area 310-547-0831

Walking Together - English/Spanish support group for women who have had an abnormal mammogram or diagnostic test and are concerned about their health care choices. Meetings are held at Harbor UCLA and St. Mary's Medical Center. Please call for more details.

Refugio Support Group - Spanish support group for breast cancer survivors and patients. Meetings are held at Harbor UCLA and St. Mary's Medical Center. Please call for more details.

YWCA ENCORE^{Plus} Program (cont.)

Santa Monica **310-452-3881**
2019 14th Street, Santa Monica, CA 90405
www.smywca.org
Free peer support and post surgery land & water exercise for women who have had breast cancer surgery. All exercise is led by a certified fitness professional and an Encore Plus specialist. Please call for registration.

SUPPORT GROUP REFERRALS

American Cancer Society **800-ACS-2345**
www.cancer.org **(800-227-2345)**

Breast Cancer Network of Strength..... **800-221-2141**
Spanish..... **800-986-9505**
www.networkofstrength.org

Cancer Information Services
of the National Cancer Institute **800-4-CANCER**
www.cancer.gov **(800-422-6237)**

COUNSELING

The diagnosis, treatment and recovery from breast cancer is a stressful period for patients and their loved ones. To help patients and their families cope with the challenges, it is helpful to seek professional counseling in the form of individual, family or group therapy. Specialists in cancer counseling are able to teach both patients, and their loved ones, how to use the necessary skills to deal with the ongoing problems of cancer and its treatment. Individual or family therapy provides a personalized approach designed to mobilize inner strengths and to facilitate positive coping methods before, during and after treatment.

QUESTIONS TO ASK ABOUT COUNSELING

- What experience do you have in working with breast cancer patients?
- What credentials do you hold?
- What do you charge for your services?
- Do you have a sliding fee scale?
- Will you bill my insurance, Medicare or Medi-Cal?

COUNSELING RESOURCES

Please refer to Support Services and Support Group Referrals found on pages 70-75.

TRANSLATION AND INTERPRETATION SERVICES

The purpose of language interpreters (oral) and translators (written) is to ensure effective communication between limited English proficient (LEP) patients and their health care providers. Utilizing interpreters in medical triads ensures that patient/provider communication is clear and accurate. It also increases access to preventive services, reduces the need for unnecessary procedures and fosters a better patient/provider relationship.

Title VI of the 1964 Civil Rights Act requires that recipients of federal funds (through Medi-Cal, Medicare, research dollars, etc.) ensure meaningful access to services for LEP patients. This requirement affects health agencies, hospitals, clinics, nursing homes, managed care organizations, contractors and others. Interpretation services must be offered at no cost and providers should avoid using minors, family members, friends or untrained interpreters.

Title VI of the 1964 Civil Rights Act is enforced by the Department of Health and Human Services Office for Civil Rights. The Region IX office can be contacted by calling 1-800-368-1019. Refer to their website www.hhs.gov/ocr for more information.

INTERPRETATION

As the State of California has no certification process for health care interpreters, it is important that both patient and provider learn how to identify quality language resources.

- Interpreting is a complex skill. Not all bilingual persons are qualified to be health care interpreters.
- A trained health care interpreter acquires interpreting skills through extensive training, practice and continuing education.
- Studies have shown that 23% to 53% of words are incorrectly interpreted when untrained interpreters are utilized.
- Learn about the basics of interpretation. This will help you assess the skills of an interpreter.
- Conduct adequate research. Meet with interpretation agencies to learn about recruitment, testing and training protocols.

QUESTIONS TO ASK ABOUT INTERPRETATION SERVICES

- What are your recruitment methods?
- What are the qualifications of your health care interpreters?
- What language proficiency assessment methods do you use? May I obtain a copy of your proficiency assessment tools?
- What training have your health care interpreters completed? May I obtain a copy of the curricula or training manual? May I audit a training session?
- Are health care interpreters required to participate in continuing education courses?
- Are your interpreters “certified”?
- What is the “certification” process?
- Do you offer a pre-session where I can meet with the interpreter before a session to clarify expectations?
- For more information on how to choose and use a language agency, refer to The California Endowment’s publication “How to Choose and Use a Language Agency: A Guide for Health and Social Service Providers Who Wish to Contract with Language Agencies,” at: www.calendow.org/pub/publications/HOWTOCHOOSEALANGUAGEAGENCY030703.pdf

UTILIZING AN INTERPRETER EFFECTIVELY

An interpreter facilitates understanding and communication between two people who do not speak the same language or come from the same culture. Two modes of interpreting that are commonly used in health care settings are consecutive and simultaneous interpreting.

In **simultaneous interpreting** the interpreter begins to interpret almost immediately after the speaker begins to speak.

In **consecutive interpreting** the interpreter waits for the speaker to complete a thought before interpreting. Remember to allot additional time when using an interpreter who interprets consecutively. This is the most common mode used in health care interpreting.

- When using an interpreter, speak in short sentences. Don't assume that the interpreter is a "language machine".
- When using an interpreter for a health care appointment, remember to speak directly to the LEP patient.
- A trained interpreter will speak in the first person voice while interpreting, using "I" statements instead of "he said" or "she said".
- A trained interpreter will not speak on behalf of the client.
- A trained interpreter will not answer questions on behalf of LEP patients.
- A trained interpreter will not make judgments or decisions for the LEP client.
- A trained interpreter will stop a session if clarification is needed. This is called an intervention.
- A trained interpreter will comply with the California Standards for Healthcare Interpreter's (CHIA) ethical principles, protocols, and guidance on roles and interventions. Refer to their website at www.chia.ws/standards.htm for more information.
- A trained interpreter is a member of the health care team and will keep all information confidential.

INTERPRETATION AND TRANSLATION RESOURCES

2.1.1. Los Angeles County211 or 800-339-6993
TTY 800-660-4026
www.211losangeles.org

Trained specialists are on duty 24 hours a day/7 days a week to provide information and referrals to community agencies that can help with translation and interpretation services.

California Relay Service..... 800-735-0373
TTY English 800-735-2929
TTY Spanish 800-855-3000
TDD/Voice..... 800-735-2922

www.dntp.org

Provides operators to relay telephone conversations between people who are deaf, hard of hearing, or speech-disabled and all those they wish to communicate with by telephone.

California Telephone Access Program - Equipment..... 800-806-1191
Spanish Voice 800-949-5650
Cantonese Voice..... 866-324-8754
Mandarin Voice 866-324-8747
Hmong Voice..... 866 880-3394
TTY English 800-806-4474
TTY Spanish 800-896-7670

www.dntp.org

Distributes telecommunications equipment and services to individuals certified as having functional limitations of hearing, vision, mobility, speech and/or interpretation of information.

Greater Los Angeles Agency of Deafness, Inc..... 323-478-8000
TTY 323-550-4226

2222 Laverna Avenue, Los Angeles, CA 90041

www.gladinc.org

Ensures equal access for the deaf and hard of hearing community to the same opportunities afforded their hearing counterparts.

PALS for Health and ALAS para tu Salud 213-553-1818
Patient call-in line (API languages) 800-228-8886
Patient call-in line (Spanish)..... 213-627-4850

605 W. Olympic Blvd., Suite 600, Los Angeles, CA 90015

www.palsforhealth.org

A non-profit, community-based, language access and advocacy program which offers low-cost health care interpretation services in various API languages and Spanish in Los Angeles, Orange County and the Inland Empire. A minimum of 2-days notice on all interpreter requests is required. Interpreters and translators have to complete an intensive application process that includes a bilingual proficiency exam and 6-day training. Written translation services, patient language rights education, cultural trainings for providers, language proficiency testing, and interpreter training for bilingual health care professionals are also available.

TRANSPORTATION RESOURCES

Transportation is available through the following agencies. Call individual agencies to receive additional information and necessary eligibility forms for reduced or no-cost transportation.

2.1.1. Los Angeles County211 or 800-339-6993

TTY 800-660-4026

www.211losangeles.org

Trained specialists are on duty 24 hours a day/ 7 days a week to provide information and referrals to community agencies that can help with transportation.

Access Services 800-827-0829

TTY 800-827-1359

Provides transportation services for people with mobility problems including seniors and people with disabilities. Call to request an application. To reserve a ride, call (800) 883-1295 or TTY (800) 826-7280.

Antelope Valley Transit Authority 661-945-9445

1031 W. Avenue L-12, Lancaster, CA 93534

Provides disabled persons' with identification cards, that can be used to access Dial-A-Ride and reduced price fares on local public transportation. Disability verification and photograph required.

American Cancer Society 800-227-2345

www.cancer.org

Road to Recovery is an American Cancer Society service program that provides transportation for ambulatory cancer patients to their treatments and home again. Transportation is provided according to the needs and available resources in the community.

Comutesmart.info 800-266-6883

TTY 800-252-9040

www.comutesmart.info

Provides information on bus and rail service throughout Los Angeles County.

Fame Renaissance Transportation Services 323-730-7700 ext. 4

Program provides seniors and cancer patients with taxi coupons.

Get About Transportation..... 909-621-9900

Ground transportation assistance, available 7 days per week, for seniors, cancer patients and those with disabilities living in La Verne, San Dimas, Claremont, and Pomona.

GMD Transportation, Inc..... 323-874-4085

<http://gmdtrans.com>

Provides non-emergency transportation for wheelchairs and gurneys in Hollywood, West Hollywood, Los Angeles, Beverly Hills, West LA, Studio City and North Hollywood. Medi-Cal and other insurances accepted.

Los Angeles Department of Transportation

www.ladottransit.com

City Ride..... 213-808-7433

Transportation subsidy program for seniors and mobility-impaired citizens of Los Angeles. Registration required.

Commuter Express 213-808-2273

Provides express transportation service during peak commute hours, Monday through Friday.

DASH 213-808-2273

Provides shuttle service throughout Los Angeles for 25 cents.

MetroLink..... 800-371-5465

TDD 800-698-4833

www.metrolinktrains.com

MetroLink is a regional rail system providing passenger services covering San Diego to Ventura, Los Angeles to San Bernardino.

Metropolitan Transportation Authority (MTA) 800-266-6883

www.mta.net

Reduced fares are available for seniors 62 years or older and for qualified disabled persons. Riders with current Access Services ID cards may ride Metro Bus and Metro Rail at no charge.

National Patient Travel Center 800-296-1217

www.patienttravel.org

Helps patients in need obtain charitable and discount air travel to distant specialized medical facilities for evaluation, diagnosis, or treatment.

Pomona Valley Workshop 909-399-0617 ext. 27

www.pvwonline.org

Free curb to curb transportation for seniors and cancer patients traveling to treatment appointments in eastern LA County within a 20 mile radius of Montclair (91763). Passengers must be ambulatory, unless they are independently able to wheel themselves from the curb to their appointments. This service is available up to twice a week per patient.

RIDEINFO..... 800-431-7882

Free operator facilitated referral service which matches an individual's transportation needs with available accessible transportation. Provides quick, accurate referrals to over 200 public and private transportation providers in Los Angeles County.

ADDITIONAL SERVICES

This section provides various resources that are intended to address basic human needs. As situations change, whether they are medical or financial, temporary aid of some sort may be necessary.

FOOD RESOURCES

2.1.1. Los Angeles County..... 211 or 800-339-6993

TTY 800-660-4026

www.211losangeles.org

Provides referrals in LA County for people seeking food resources.

Centro Shalom 562-591-2214

2131 Long Beach Blvd., Long Beach, CA 90806

www.scinterfaith.org/centro_shalom.htm

Distributes food and clothing, as donations allow.

Christian Food Center..... 800-798-7099

1101 E. Washington Blvd., Los Angeles, CA 90021

Provides frozen, canned and dehydrated food, cereals, bread, dairy products, fresh fruits and vegetables to qualifying recipients. Cost: 200 pounds of food/week for \$25.

Friends in Deed House..... 626-797-6072

444 E. Washington Blvd., Pasadena, CA 91104

Provides emergency food assistance, to families in Pasadena, Altadena and other surrounding communities, for up to five days.

Grace Resource Center..... 661-940-5272

45134 N. Sierra Highway, Lancaster, CA 93534

www.graceresources.org

Provides groceries and hot meals to those in need. Call for schedule.

Jewish Family Services of Los Angeles

Senior Nutrition and Home Delivered Meals Program.... 323-937-5852

330 N. Fairfax Avenue, Los Angeles, CA 90048

www.jfsla.org

Delivers frozen kosher meals to homebound Beverly-Fairfax, Metro Los Angeles, Pico-Robertson, West Los Angeles and West Hollywood residents. Congregate dining for those 60+, and their caregivers, is also available in the same areas.

Los Angeles Coalition to End Hunger & Homelessness.....**213-251-0041**
 2500 Wilshire Boulevard, Suite 1155, Los Angeles, CA 90057
www.lacehh.org
 Publishes a directory of free/low cost food resources in LA County which gives practical information about how to get food, money and other help from government programs and community services. The coalition also organizes presentations and workshops on hunger and homelessness.

Los Angeles County Department of Public Social Services Health and Nutrition Hotline **877-597-4777**
<http://dpss.co.la.ca.us>
 Provides information on government assistance programs and will send applications for food stamps, Medi-Cal and Healthy Families.

Meals on Wheels

Culver City **310-559-0666**
 4427 Overland Avenue, Culver City, CA 90230
 Delivers meals to homebound residents of Culver City, Palms, Mar Vista, Marina Del Rey, Venice and West LA for a small fee.

Long Beach Downtown **562-432-6215**
 241 Cedar Avenue, Long Beach, CA 90802
 Delivers one hot and one cold meal daily, Monday through Friday, to people who are homebound or chronically ill. Costs \$6.50 per day.

Los Angeles..... **213-484-7775**
 2131 W. 3rd Street, Los Angeles, CA 90057
 Delivers hot and cold meals to anyone in the Los Angeles area who is homebound. \$2.50 donation for hot meals and \$1.25 for cold supper.

Pasadena **626-449-6815**
 54 N. Oakland Avenue, Pasadena, CA 91101
 Delivers hot and cold meals Monday-Friday to people who are in need.

Santa Monica **310-394-5133**
 1823 A Michigan Avenue, Santa Monica, CA 90404
 Delivers a hot lunch and a cold meal daily. \$6.00 suggested donation.

Torrance - Lomita..... **310-542-3434**
 3510 Maricopa Street, Torrance, CA 90503
 Delivers hot and cold meals daily. Regular and diabetic meals available at \$5 per day.

Whittier **562-698-2750**
 7702 Washington Avenue, Suite G, Whittier, CA 90602
 Provides home delivered meals to people who are homebound in Whittier, Pico Rivera and Santa Fe Springs for a small fee.

Project Angel Food..... 800-761-8889

922 Vine Street, Los Angeles, CA 90038
www.angelfood.org

With a completed and approved client application, Project Angel Food provides free, nutritious, and freshly prepared meals to nourish the bodies and spirits of people living with cancer and other serious illnesses. We act out of a sense of urgency because hunger and illness cannot wait.

Salvation Army

Los Angeles Divisional Headquarters 213-553-3297

Please call for information on Salvation Army facilities not listed below.

Bellflower 562-804-0808

9644 Cedar Street, Bellflower, CA 90706

Provides emergency food assistance and hot meals twice a week for residents of Artesia, Bellflower, Cerritos, Hawaiian Gardens, La Mirada, Norwalk and Paramount. Call for information.

Compton 310-639-0362

736 E. Compton Blvd., Compton, CA 90220

Provides emergency food assistance, once a week, for residents of Compton, Carson and Lynwood. Call for information.

Glendale 818-246-5586

320 W. Windsor Road, Glendale, CA 91204

Delivers one hot meal Monday through Friday to homebound individuals at a cost of \$6.00 per day.

Long Beach..... 562-426-7637

455 E. Spring Street, Long Beach, CA 90806

Provides emergency groceries for low income families, seniors, and the disabled from the Long Beach area. Call for more information.

Los Angeles - Downtown 213-896-9160

832 W. Jameswood Blvd., Los Angeles, CA 90015

Provides emergency groceries for low income families, seniors, and the disabled. Call for information.

Pasadena 626-773-4400

960 E. Walnut Street, Pasadena, CA 91106

Emergency food assistance sponsored by the Pasadena Tabernacle.

Redondo Beach..... 310-318-2827

125 W. Beryl Street, Redondo Beach, CA 90277

Provides home delivered meals in Hermosa Beach, Manhattan Beach, Lawndale, Redondo Beach, parts of Torrance and Palos Verdes.

Salvation Army (cont.)

Santa Monica 310-917-1138
1533 4th Street, Santa Monica, CA 90401
Provides emergency food assistance and social service referrals for eligible residents.

Watts Labor Community Action Committee

Access Center for Homeless Services 323-563-4721
958 E. 108th Street, Los Angeles, CA 90059
www.wlcac.org
Offers food assistance and social service referrals for homeless men, women, and children in South Central Los Angeles and surrounding areas.

Wilmington Senior Citizens Center 310-518-4533

1371 N. Eubank Avenue, Wilmington, CA 90744
Delivers meals to homebound seniors (60+) residing in Wilmington, San Pedro, Harbor City, Harbor Gateway and Gardena. \$2.00 Donation.

HOUSING AND SHELTER RESOURCES

If you find yourself without housing, many programs can help you cope for the short-term until you find a longer-range solution to the situation.

2.1.1. Los Angeles County 211 or 800-339-6993

TTY 800-660-4026
www.211losangeles.org
Provides referrals in LA County for people seeking housing and shelter resources.

Disabled Resources Center Housing Assistance ... 562-427-1000 ext. 14

TTY 562-427-1366
Provides information on Section 8 housing, rental listings/referrals, subsidized units, tenant rights, assistance responding to unlawful detainer, information on first time home buyer, and utility assistance programs for the disabled.

Fair Housing Council of San Fernando Valley 818-373-1185

8134 Van Nuys Blvd., Suite 206, Panorama City, CA 91402
Investigates allegations of housing discrimination and provides housing information and referrals.

Fair Housing Foundation **800-446-3247**
Long Beach..... **562-989-1206**
 3605 Long Beach Blvd., Suite 302, Long Beach, CA 90807
Los Angeles..... **323-295-3302**
 4401 Crenshaw Blvd., Suite 317, Los Angeles, CA 90043
 Provides counseling on housing discrimination, landlord and tenant issues, habitability cases, and unlawful-detainer assistance. Also provides mediation, referrals, education and outreach.

Housing Authority of the City of Long Beach **562-570-6985**
 521 E. 4th Street, Long Beach, CA 90802
 Offers Section 8 housing and a list of affordable housing resources.

Housing Authority of the City of Los Angeles
Section 8 Housing Assistance Payment Programs **213-252-2500**
TTY **213-252-5313**
 2600 Wilshire Blvd., Los Angeles, CA 90057
 Provides rent subsidies to private landlords and public housing projects in the City of Los Angeles on behalf of eligible families.

Housing Rights Center..... **800-477-5977**
Los Angeles..... **213-387-8400**
 520 S. Virgil Avenue, Suite 400, Los Angeles, CA 90020
Pasadena **626-791-0211**
 1020 N. Fair Oaks Avenue, Pasadena, CA 91103
www.hrc-la.org
 Provides assistance for tenants and landlords on housing discrimination, security deposits, evictions and investigated discrimination charges. Publishes a monthly housing list.

Lamp Community (and Lamp Village). **213-488-9559**
 527 S. Crocker Street, Los Angeles, CA 90013
www.lampcommunity.org
 Provides emergency, permanent and transitional housing.

Los Angeles County
Community Development Commission **800-731-4663**
TDD/TYY: **562-906-4928**
 12131 Telegraph Road, Santa Fe Springs, CA 90670
www.lacdc.org/CDCWebsite
 Housing Authority Section 8 provides rent subsidies on behalf of eligible families to private landlords and public housing projects in LA county.

Los Angeles Family Housing Corporation
Sydney M. Irmas Transitional Living Center..... **818-982-4091**
7843 Lankershim Blvd., North Hollywood, CA 91605
www.lafh.org
Operates emergency and transitional housing for individuals and families.

Los Angeles Mission..... **213-629-1227**
303 E. 5th Street, Los Angeles, CA 90013
www.losangelesmission.org
Provides clothing, meals, showers, rehabilitation, religious services, and a learning center. Offers transitional housing following completion of a rehabilitation program.

New Image Emergency Shelter**562-733-1147 ext. 109**
1301 W. 12th Street, Long Beach, CA 90813
www.newimageshelter.org
Operates an emergency shelter and transitional housing for homeless men, women and families. Also provides other supportive programs for homeless individuals and families and the low income population. Call for details.

People Assisting the Homeless (PATH)..... **323-644-2216**
340 N. Madison Avenue, Los Angeles, CA 90004
Homeless Access Center
Provides referrals to community services for people who are homeless.
PATH Regional Homeless Center
Provides emergency and transitional housing.

SRO Housing Corp. Information Line..... **213-620-7146**
www.srohousing.org
Offers clean, safe and affordable single room occupancy housing (emergency, transitional and permanent) in Downtown LA for homeless, formerly homeless and low-income individuals. Call between 9 and 11 a.m.

The Saban Free Clinic
Crisis Intervention and Case Management..... **323-337-1755**
8405 Beverly Blvd., Los Angeles, CA 90048
6043 Hollywood Blvd., Los Angeles, CA 90028
www.thesabanfreeclinic.org
Offers brief therapy and crisis counseling, showers, clothing and community referrals on a walk-in basis. Call for shower hours.

West Hollywood Community Housing Corp......**323-650-8771 ext. 2**
8285 W. Sunset Blvd., Suite 3, West Hollywood, CA 90046
Develops and manages low-income housing and provides 24 hour
apartment hotline.

PUBLIC BENEFITS AND FINANCIAL RESOURCES

Beckstrand Cancer Foundation **949-955-0099**
20341 Birch Street, Suite 310, Newport Beach, CA 92660
www.beckstrand.org
Provides temporary financial assistance to patients from both Los Angeles
and Orange Counties. Assistance includes money for “survival needs” such
as food and shelter. Applicants must undergo financial screening and be in
active treatment. Please note, this is not an emergency based foundation.

Brenda Mehling Cancer Fund..... **661-310-7940**
24152 Lyons Avenue, #157 Santa Clarita, CA 91321
www.bmcf.net
Supports patients between the ages of 18 and 40, currently undergoing
cancer treatment. The fund covers services to meet daily needs, such as
housing, co-payments, health expenses, rent, insurance, and groceries.

Cancer Care, Inc. **800-813-HOPE**
www.cancercare.org **(800-813-4673)**
Provides free, professional support services to people with cancer and
anyone affected by cancer (caregivers, children, loved ones, and the
bereaved). Services include counseling, education, financial assistance
and practical help.

Center for Health Care Rights **213-383-4519**
520 S. Lafayette Park Place, Suite 214, Los Angeles, CA 90057
Provides counseling and advocacy, regarding Medicare and health
insurance-related problems, for Medicare recipients.

Circle of Hope **661-254-5218**
www.circleofhopeinc.org
Provides financial assistance for women who are in active breast cancer
treatment. Funds are available for uninsured and underinsured individuals
who live in, work in, or receive treatment in the Santa Clarita Valley.

Health Insurance Premium Payment (HIPP) Program 866-298-8443
www.dhcs.ca.gov/services/Pages/TPLRD_CAU_cont.aspx
Pays private health insurance premiums for certain high cost Medi-Cal beneficiaries.

Los Angeles County Department of Public Social Services
Central Helpline 877-481-1044
TTY 800-660-4026

<http://dpss.co.la.ca.us>
Offers programs designed to alleviate hardship and promote health, personal responsibility, and economic independence. Provides temporary financial assistance, health care insurance, food benefits, in-home services and advocacy for federal disability benefits to low-income residents of LA County.

Social Security Administration 800-772-1213
TTY 800-325-0778

www.socialsecurity.gov
Provides information on Social Security retirement, disability, survivors, SSI benefits and related topics. Information available in many languages.

State Disability Insurance (SDI) 800-480-3287
Spanish 866-658-8846
TTY 800-563-2441

15315 Fairfield Ranch Road, Suite 100, Chino Hills, CA 91709
4300 Long Beach Blvd., Suite 600, Long Beach, CA 90807
888 S. Figueroa Street, Suite 200, Los Angeles, CA 90012
15400 Sherman Way, Room 500, Van Nuys, CA 91406
Provides affordable, short-term benefits to eligible workers who suffer a loss of wages when they are unable to work due to a non-work related illness or injury, or a medically disabling condition.

UTILITY DISCOUNTS

Department of Community Services & Development 866-675-6623
www.csd.ca.gov

Low Income Home Energy Assistance Program (CAL LIHEAP) provides direct utility payments or single party warrants for low-income households.

Department of Water and Power, City of Los Angeles 800-342-5397
TTY 800-432-7397
www.ladwp.com

Life Support Discount

Provides utility discounts for eligible customers who have an essential life-support unit in their home, powered by electricity or water supplied by the DWP.

Payment Extension

Helps utility customers experiencing difficulty paying their bills.

Project Angel

Helps low-income DWP residential customers meet energy and water needs during the Christmas season.

Referral to Payment Assistance Agencies

Provides referrals to agencies that offer financial assistance.

Residential Low-Income Rate

Offers 15% discount of the average cost of electricity and water for low-income residents.

Senior Citizen Lifeline Discount

Provides utility discounts for seniors 62 years or older.

Pacific Gas & Electric Company 800-743-5000
TTY 800-652-4712
www.pge.com

CARE Program

Offers 15% discount on gas and electricity rates to low-income residential families.

Energy Partners

Helps low-income customers make their homes more energy efficient.

LIHEAP Program

Provides direct utility payments or single party warrants for low-income households.

Relief for Energy Assistance through Community

Help Program (REACH) 866-675-6623

Provides assistance for low-income customers who cannot pay their bills due to a sudden, unexpected financial hardship.

Services for Medical Baselines and Life Support Customers

Assistance for customers dependent on life-support equipment or with special heating/cooling needs due to certain medical conditions.

SBC / AT&T..... 800-310-2355

www.sbc.com

Universal Lifeline Telephone Service provides discounted basic residential telephone services to low-income families.

Southern California Edison 800-409-2365

www.sce.com

Income Qualified Program 800-352-8580

Offers 15% discount to low-income residential families.

Low-Income Energy Efficiency..... 800-736-4777

Provides energy-efficiency programs to low-income households.

Southern California Gas Company..... 800-427-2200

TTY 800-252-0259

www.socalgas.com

CARE Program

Offers 20% discount on gas and electricity rates to low-income residential families.

Home Efficiency Rebate Program

Provides homeowners incentives to purchase energy efficient products.

HEALTHY LIFESTYLE: NUTRITION AND PHYSICAL ACTIVITY

12 WAYS TO IMPROVE YOUR OVERALL HEALTH AND REDUCE YOUR CANCER RISK

1. Perform monthly breast self-examinations and obtain annual clinical breast exams, mammograms, pelvic examinations and Pap tests.
2. Don't smoke. Cigarette smoking is the #1 cause of cancer deaths in the USA. Smoking is harmful to you and those who breathe your secondhand smoke.
3. Maintain a healthy weight and participate in moderate exercise at least 5 times a week.
4. Eat a variety of foods. A balanced diet eaten regularly offers the best hope for lowering the risk of cancer.
5. Eat at least five servings of vegetables and fruits each day.
6. Add high-fiber foods such as whole grain cereals, vegetables, and fruits to your diet.
7. Trim fat from your diet. The ideal diet contains less than 30% of calories from fat.
8. Cut down on processed meats such as ham, bacon, bologna, hot dogs, and foods containing sulfates.
9. Don't drink, or limit the use of alcohol.
10. Avoid sun damage to the skin. Cover up during peak sunlight hours, 10 a.m. to 4 p.m. Wear a hat. Use sunscreen everyday with a SPF of at least 15. Best of all, stay out of the sun.
11. Be careful of harmful chemicals in the workplace. If you work with harmful chemicals or fibers like asbestos, wear protective clothing and follow all directions.
12. Use biodegradable products. Cut down on insecticides and other forms of toxic substances.

HEALTHY EATING BEFORE, DURING, AND AFTER TREATMENT

What we eat on a daily basis has a very powerful effect on our health and quality of life. Healthy eating is an important part of cancer treatment. Eating the right kinds of food before, during, and after treatment can help you feel better and stay stronger.

Preparing Yourself for Cancer Treatment

- A healthy diet is vital for a person's body to work at its best. This is especially important for cancer patients.
- Fruits, vegetables, grains, and legumes all have important nutrients and other cancer-fighting substances that strengthen the immune system and prevent cancer.
- By maintaining a healthy diet, you'll go into treatment with reserves to help keep up your strength, prevent body tissue from breaking down, rebuild tissue, and maintain your defenses against infection.
- People who eat well are better able to cope with the side effects of treatment and may be able to handle higher doses.

Managing Eating Problems during Treatment

- Nutrition recommendations for cancer patients who are undergoing active treatment are different than those for individuals interested in prevention, or those who have completed treatment, because they are designed to help build strength and withstand the effects of treatment.
- While undergoing treatment you should talk with your doctor about any major diet changes.

After Treatment Ends

- Eating correctly after treatment will help you to regain your strength, rebuild tissue, and help you feel well.
- Eating a variety of different types of vegetables, making the plate as colorful as possible is a good strategy.
- A low-fat, high-fiber diet is the healthiest diet of all. Base your diet on whole grains, legumes, vegetables and fruit and you'll get much higher doses of cancer fighting vitamins, minerals, fiber, and phytochemicals.

NUTRITION RESOURCES

American Cancer Society 800-227-2345

www.cancer.org

Offers cancer patients with information regarding healthy eating.

American Dietetic Association..... 800-877-1600

www.eatright.org

Registered dietitians provide information on food and nutrition in English and Spanish and referrals to local registered dietitians.

National Cancer Institute 800-422-6237

TTY 800-332-8615

www.cancer.gov

Provides valuable cancer-related information on a wide range of topics, including eating hints for cancer patients before, during, and after treatment.

FITNESS AND EXERCISE

Studies have shown that, regardless of age, exercise can be a major benefit, both physically and mentally. A personalized fitness program can help you take charge of your health and maintain a level of fitness necessary for an active, independent lifestyle.

Many people think that as we age, we tend to slow down and do less physical activity. For the most part, this is not true. According to the President's Council on Physical Fitness and Sports, much of the physical frailty attributed to aging is the result of inactivity, disease or poor nutrition. The good news is that many problems can be helped by improving lifestyle behaviors. In addition, research has also shown that exercise can ease tension and reduce the amount of stress you feel. To put it simply – exercise is one of the best things you can do for your health.

HOW TO GET STARTED

Before beginning any exercise program, it's a good idea to have a physical exam and discuss your goals with your healthcare provider.

- Pick activities that are appropriate for your current level of ability and endurance.
- Choose a program that you're excited about, such as line dancing, water exercise, or walking.

- Results take time, be patient.
- Remember to drink plenty of water before, during and after your workout.
- Exercise with a friend.
- Rest whenever necessary.
- Keep a journal to record your progress.

PHYSICAL ACTIVITY PROGRAMS

American Cancer Society 800-227-2345

www.cancer.org

Offers information regarding nutrition and physical activity as well as a worksite wellness program called *Active for Life*.

Team Survivor..... 310-477-8557

1223 Wilshire Blvd., Suite 570, Santa Monica, CA 90403

www.teamsurvivor-la.org

Offers a variety of free, fitness programs (Yoga, Stretching & Strength Building, Swimming, Walking, Hiking, Dragon Boat, and Triathlon), educational classes and fun fitness events for women of all ages and fitness levels who have a present or past diagnosis of cancer.

The Wellness Community

Foothills 626-796-1083

200 E. Del Mar, Suite 118, Pasadena, CA 91105

www.twcfoothills.org

The center offers free classes in Yoga, T'ai Chi, Qi Gong, Imagery/Visualization and Meditation for people at all levels of fitness and mobility to learn techniques for improving posture and increasing muscle tone. Please call for schedule.

South Bay Cities..... 310-376-3550

109 W. Torrance Blvd., Suite 100, Redondo Beach, CA 90277

www.wellnessandcancer.org

Offers free Restorative Yoga, T'ai Chi/Qi Gong, and gentle exercise programs. Please call for calendar.

The Wellness Community (cont.)

Valley/Ventura

Westlake Village **805-379-4777**

530 Hampshire Rd., Westlake Village, CA 91361

Winnetka Satellite **818-407-1643**

19725 Sherman Way, Suite 270, Winnetka, CA 91306

www.twcvv.org

Free exercise classes for cancer patients and their families, including T'ai Chi, Qi Gong, and Yoga. Also offers a mindful-based relaxation and guided imagery, stress reduction program. Call for a complete schedule and more information.

West Los Angeles **310-314-2555**

2716 Ocean Park Blvd., Suite 1040, Santa Monica, CA 90405

www.twc-wla.org

Free stress reduction workshops and T'ai Chi, Qi Gong, strength training, relaxation/visualization and meditation programs. Also offers easy yoga for cancer patients (stretching, movement and breathing) to relieve stress and tension and regain strength.

YWCA of Santa Monica/Westside **310-452-3881**

2019 14th Street, Santa Monica, CA 90405

www.smywca.org

Free water exercise and peer support for women after breast cancer surgery. Yoga, mat classes, aerobics, strength training and dance programs offered for free in conjunction with Team Survivor.

WELLNESS RESOURCES

SMOKING CESSATION PROGRAMS

American Cancer Society 800-227-2345

www.cancer.org

Provides educational material and referrals to help a person quit smoking.

American Lung Association in California 510-638-5864

www.californialung.org

Provides literature and referrals to help an individual quit smoking.

California Smoker's Help-Line 800-662-8887

TTY 800-933-4833

Spanish 800-456-6386

Chinese 800-838-8917

Korean 800-556-5564

Vietnamese 800-778-8440

Chewing Tobacco 800-844-2439

www.californiasmokershelpline.org

Provides self-help materials for quitting and phone counseling referrals to other smoking cessation programs. Specialized services available for teens and pregnant women.

City of Long Beach Tobacco Education Program..... 562-570-7950

3820 Cherry Avenue, Long Beach, CA 90807

www.longbeach.gov

Provides free educational information and referral resources, as well as information regarding policy and tobacco control laws.

Los Angeles County Department of Public Health

Tobacco Control and Prevention Program 213-351-7890

3530 Wilshire Blvd., Suite 800, Los Angeles, CA 90010

www.lapublichealth.org/tob

Provides tobacco education, cessation presentations, facilitates cessation training, and offers education/prevention materials in English and Spanish.

Nicotine Anonymous..... 800-642-0666

www.nicotine-anonymous.org

Ongoing, effective smoking cessation program based on the 12-step approach, for those who want to quit or have quit smoking.

SUBSTANCE ABUSE TREATMENT PROGRAMS AND REFERRALS

2.1.1. Los Angeles County211 or 800-339-6993

TTY 800-660-4026

www.211losangeles.org

Provides referrals in LA County for people seeking substance abuse treatment programs.

Al-Anon/Ala-Teen Family Group Hotline 818-760-7122

Spanish 562-948-2190

www.alanonla.org

Provides information and referrals to local support groups for children, friends, and family members of alcoholics.

Alcoholics Anonymous National 800-923-8722

Lancaster 661-945-5757

Long Beach..... 562-989-7697

Los Angeles 323-936-4343

Pomona 909-629-0493

San Fernando Valley 818-988-3001

San Gabriel Valley 626-914-1861

South Bay 310-961-4320

www.aa.org

Helps alcoholics and people with alcohol addiction to stay sober or achieve sobriety. Provides information regarding AA meetings and other activities. Self-help hotline operates 24 hours.

Alcoholism Center for Women, Inc..... 213-381-8500

1147 S. Alvarado Street, Los Angeles, CA 90006

www.alcoholismcenterforwomen.org

Provides in-patient residential treatment, 12-step support groups, individual and group counseling, comprehensive bio-psycho/social evaluation, peer and vocational counseling, and parenting skills.

Asian American Drug Abuse Program, Inc..... 323-293-6284

2900 S. Crenshaw Blvd., Los Angeles, CA 90016

www.aadapinc.org

Provides drug court treatment program, tobacco education, and substance abuse treatment through a residential program that includes individual, group and family counseling, drug screening, and drug diversion.

California Drug and Alcohol Programs 800-879-2772
TTY 916-445-1942
www.adp.ca.gov
Provides resources and information for persons seeking substance abuse recovery support.

Clare Foundation, Inc..... 310-314-6200
911 Pico Blvd., Santa Monica, CA 90405
www.clarefoundation.org
Offers sober living facility and fully furnished apartments for women in substance abuse recovery and their children. Curriculum includes a 12-step program and a comprehensive substance recovery program.

Cocaine Anonymous Los Angeles 310-216-4444
San Fernando Valley 818-760-8402
San Gabriel/Pomona Valleys 626-447-2887
www.ca4la.org
Provides emergency telephone support and 12-step meeting referrals.

Los Angeles Centers for Alcohol and Drug Abuse..... 562-906-2676
www.lacada.com
Offers both residential and out-patient comprehensive drug treatment, a co-ed sober living program, HIV testing, domestic violence counseling and court ordered services.

Narcotics Anonymous Southern California..... 626-359-0084
Lancaster/Palmdale 661-266-2200
Los Angeles 323-933-5395
San Fernando Valley 818-997-3822
Westside 310-390-0279
www.todayna.org
Provides information and referrals to people seeking recovery from drug addiction. 12-step and self-help meetings available.

National Council on Alcoholism & Drug Dependence.....	800-622-2255
East San Gabriel and Pomona Valley	626-331-5316
Lancaster	661-948-5046
Long Beach.....	562-426-8262
Palmdale	661-274-1062
Pasadena	626-795-9127
San Fernando Valley.....	818-997-0414
South Bay	310-328-1460

www.ncadd.org

Provides information and referrals to local services, including counseling and treatment. They also conduct community prevention and education programs.

United American Indian Involvement 213-202-3970

1125 W. 6th Street, Suite 103, Los Angeles, CA 90017

www.uaii.org

Provides emotional, mental, spiritual, cultural, social and health services for American Indians dealing with substance abuse. Offers individual, couples and group counseling; self-help groups; vocational rehabilitation; social services; spiritual and traditional healing practices.

WEIGHT CONTROL PROGRAMS

Overeaters Anonymous 323-653-7499

www.oalaintergroup.org

Overeaters Anonymous is a fellowship of individuals who through shared experiences, strength and hope, are recovering from compulsive overeating. There are no dues or fees for members.

Weight Watchers..... 800-651-6000

www.weightwatchers.com

The philosophy of Weight Watchers is that healthful weight management involves a comprehensive program that includes a food plan, activity plan and behavior modification provided in a supportive environment.

LOW AND NO-COST CERVICAL CANCER SCREENING AND DIAGNOSTIC SERVICES

A pelvic examination and Pap test are important parts of a woman's routine health care; they can detect abnormalities that may lead to cervical cancer. These abnormalities can be treated more successfully before cancer develops or if cancer is found early. Death from cervical cancer is almost always avoidable when detected early. Ask questions of the providers you seek and be an active part of your care.

FREQUENTLY ASKED QUESTIONS ABOUT PELVIC EXAMS, PAP TESTS AND HPV

Q. *What is a pelvic examination?*

A. In a pelvic examination, the vagina, uterus, ovaries, fallopian tubes, bladder and rectum are inspected or felt by a healthcare provider to find any atypical changes in their size or shape. During a pelvic examination, the vagina is widened through the use of an instrument called a speculum in order to see the upper portion of the vagina and cervix.

Q. *What is a Pap test?*

A. Also known as a Pap smear, this is a way to examine cells collected from the cervix (the lower segment of the uterus). It can show the presence of infection, inflammation, abnormal cells and/or cancer.

Q. *How is a Pap test done?*

A. The Pap test is performed by a physician, advanced practice nurse, or physician assistant. The woman will be lying down on the examination table with her knees bent and her feet supported by stirrups. An instrument called a speculum is placed in the vagina and opened, exposing the cervix. Cells are collected from the cervix using a small brush and spatula. These cells are then placed on a slide or in liquid media, and sent to a laboratory for analysis.

Q. *When should I start having Pap tests?*

A. Approximately three years after the onset of vaginal intercourse, or by age 21, whichever comes first.

Q. *When should a Pap test be done?*

A. This test should not be done when a woman is menstruating; the best time is approximately 10-20 days after the first day of the menstrual period. You should avoid sexual intercourse, douching, or the use of vaginal medicines, gels, foams or creams, except as directed by your clinician, for 48 hours prior to the examination.

Q. *How often should I have a Pap test?*

A. A Pap test should be done once a year until age 30. After age 30, if you have had three consecutive normal tests, your clinician may decide to do further Pap tests every two to three years (barring certain risk factors such as HIV, immunosuppression, or DES [diethylstilbestrol] exposure).

Q. *Can I afford a Pap test?*

A. Most insurance companies pay for Pap tests, and there are many low- and no-cost programs available. See the following section for low and no cost screening resources.

Q. *What are the risk factors for cervical cancer?*

A. The most important risk factor for cervical cancer is infection by the human papillomavirus (HPV). Other risk factors include not having regular pap tests, smoking, HIV infection, history of multiple sexual partners and having sexual intercourse before the age of 16.

Q. *What is the human papillomavirus (HPV)?*

A. There are over 100 different types of HPV, a virus most commonly known to cause warts on the hands and feet. Some types infect the genital tract. Genital HPV types are sexually transmitted and can cause external genital warts or cell changes on the cervix that increase a woman's risk for cervical cancer. Many women become infected with HPV, but very few will ever develop cervical cancer. In most cases the body's immune system will fight off the virus and the infection will go away without any treatment. For reasons we don't yet understand, in some women the infection persists and can cause cervical cancer.

Q. *Is there a test for the human papillomavirus (HPV)?*

A. Yes, there is an HPV test. The HPV test can be done at the same time as the Pap test, with the same swab or a second swab. You will not notice a difference in your exam if you have both tests done. The HPV test can detect if you have the types of HPV that are linked to cervical cancer.

Q. *Who should be tested for HPV?*

A. Women over 30 may have an HPV test done at the same time as the Pap test. If both results are normal, a woman has a very low risk of developing cervical cancer and may not need another pap or HPV test for three years.

Q. *I am under age 30. Should I have an HPV test and a Pap test?*

A. HPV testing is not recommended for women under 30 because HPV is very common in this age group and usually goes away without causing any health problems. However, if you are under 30 and your Pap test results are abnormal or unclear, your clinician may want to do an HPV test.

Q. *What cervical cancer/HPV vaccines are there?*

A. There are two cervical cancer/HPV vaccines approved by the FDA. Gardasil works by protecting against the four types of HPV that most commonly cause cervical cancer and genital warts. Cervarix works by protecting against the two types of HPV that most commonly cause cervical cancer.

Q. *Are the vaccines safe?*

A. The vaccines have been licensed as safe by the FDA. Before it was approved, the vaccines were tested in thousands of girls and women around the world. The most common side effect is soreness at the injection site, the upper arm. Flu-like symptoms and low grade fever are also common. Sometimes dizziness or fainting can occur after the injection, especially in adolescents. For this reason it is recommended that you are seated or lying down when you receive the shot and remain in the doctor's office or clinic for 15 minutes afterward.

Q. Who should get the HPV vaccine and how is it given?

A. The FDA has approved the vaccine, Gardasil for girls, boys, men and women ages 9 to 26 and the vaccine Cervarix for girls and women ages 10 to 25. It is best to get the shot before the start of sexual activity, however, young women can have the vaccine even if they have already had sex and been infected with HPV. This is because the vaccine can protect women with one type of HPV from being infected with other types of HPV. The vaccine is given as a series of three injections over a six month period.

Q. Do any medical organizations recommend the HPV vaccine?

A. Yes, a number of national organizations have recommended HPV vaccination. They include the American Academy of Pediatrics, the Centers for Disease Control and Prevention (CDC), the American Academy of Family Physicians, and the American College of Obstetricians and Gynecologists.

Q. Do women who have been vaccinated still need a Pap test?

A. Yes. The vaccine does not provide protection against all types of HPV that cause cervical cancer or against existing HPV infections. Routine Pap tests remain very important to detect precancerous changes in the cervix and to allow treatment before cervical cancer develops.

LOW & NO-COST CERVICAL CANCER SCREENING RESOURCES AND DIAGNOSTIC SERVICES

Cancer Detection Programs: Every Woman Counts..... 800-511-2300

www.cdph.ca.gov/programs/CancerDetection

Part of the California Department of Public Health, Cancer Detection Section, this program helps underserved women receive free breast and cervical cancer screening and diagnostic services. To qualify for cervical services, a woman must meet 3 criteria: age of 25 years or older, income at or below 200% of the federal poverty level, and either uninsured or underinsured. Operators provide referrals to local clinics and speak English, Spanish, Cantonese, Mandarin, Korean and Vietnamese. Please note that you **must** request cervical services when calling the 800 number, as not all facilities have funding for both breast and cervical screening.

Family PACT..... 800-942-1054

www.familypact.org

Women enrolled in the Family Planning Access, Care and Treatment program are eligible for annual examinations that include a breast and pelvic exam, Pap test, testing for sexually transmitted infections, and contraception. Women who are uninsured or underinsured with an income at or below 200% of the federal poverty level qualify if they are able to reproduce. Coverage is from the age of menarche, or the onset of menstruation, to age 55 (please note that the woman must be able to reproduce; if a woman had had surgical sterilization, such as a tubal ligation, she will no longer qualify for the program).

Medicare 800-MEDICARE

www.medicare.gov

(800-633-4227)

Medicare covers regular screening Pap tests and pelvic examinations every two years. Medicare pays for annual Pap tests for women who are at a high risk for cervical or vaginal cancer and/or who have had an abnormal Pap test in the preceding 36 months.

Office of Women's Health 800-793-8090

Low income, uninsured women may call for a referral to a nearby, free or low cost clinic in Los Angeles County for a Pap test and/or mammogram. Operators are available Monday – Friday, 9am – 5pm and speak English, Spanish, Cantonese, Mandarin, Korean, Vietnamese and Armenian.

LOW & NO-COST CERVICAL CANCER SCREENING AND DIAGNOSTIC REFERRALS

American Cancer Society 800-ACS-2345
www.cancer.org (800-227-2345)

**Cancer Information Services
of the National Cancer Institute** 800-4-CANCER
www.cancer.gov (800-422-6237)

National Cervical Cancer Coalition..... 800-685-5531
www.nccc-online.org

LOW AND NO-COST CERVICAL CANCER TREATMENT RESOURCES

Breast and Cervical Cancer Treatment Program 800-824-0088
www.dhcs.ca.gov/services/medi-cal/Pages/BCCTP.aspx
BCCTP will immediately provide full scope Medi-Cal or limited time cancer related Medi-Cal for uninsured or underinsured California residents who have been screened and diagnosed with breast and/or cervical cancer. An applicant can be enrolled via the internet by providers who offer services under the Family Planning Access Care and Treatment program (Family PACT) and/or Cancer Detection Programs: Every Woman Counts. Please note that California residency has nothing to do with immigration status and that enrolling in the BCCTP does not make the individual a public charge.

LOW AND NO-COST HPV VACCINE RESOURCES

Merck Vaccine Patient Assistance Program..... 800-293-3881
www.merck.com/merckhelps/vaccines/home.html
Merck has created a vaccine patient assistance program for its line of vaccines for use in adults, including Gardasil. Through this program, Merck provides free vaccines to adults who are 19 and older who are uninsured or unable to afford vaccines.

Vaccines for Children Program..... 510-620-2630
www.cdc.gov/vaccines/programs/vfc
Gardasil is part of the Vaccines for Children Program, a federal program that provides free vaccines to children 18 years and younger. Children are eligible if they are: Medicaid eligible; uninsured; American Indian or Alaska Native; or whose health insurance does not cover vaccinations.

GLOSSARY OF TERMS

This dictionary defines words that you may hear or read while going through a breast health concern. This is not a complete listing of medical terms. If you have a question about a word that is not listed, ask your health care provider to explain it to you.

A

Adjuvant Therapy: Treatment given in addition to the primary treatment.

Autologous Peripheral Stem Cell Transplantation: A procedure in which peripheral stem cells are removed from a patient, stored as the patient receives high-dose chemotherapy, and re-infused into the same patient. Stem cells are the basic blood cells that lead to the development of red cells, white cells, and platelets.

B

Benign: Implies a non-cancerous growth or tumor.

Biopsy: A procedure, surgical or non-surgical, in which tissue samples are removed from the body, for examination under a microscope, to find out if cancer or other abnormal cells are present.

Bone Marrow Transplant: Intravenous (IV) transfusion of bone marrow cells designed to establish marrow and immune function in patients with malignant or nonmalignant disorders. The bone marrow can be from a matched (related or unrelated) donor or the patient's own bone marrow (autologous).

Breast Reconstruction: Surgery that rebuilds the contour of the breast after the primary surgery has removed cancerous cells. May use implants, or other tissues from the woman's body.

C

Carcinoembryonic Antigen (CEA): A blood test for women with metastatic (widespread) cancer that can help determine if treatment has been effective. Not used for screening.

Chemotherapy: Treatment with drugs to destroy cancer cells.

Clinical Breast Exam: A breast exam performed by a health care provider.

Clinical Trial: Research studies to test new drugs or procedures on patients or to compare current standard treatments (medications, procedures) with others that may be equal or better.

Colposcopy: A visual inspection of the cervix done using a large microscope called a colposcope. An acetic acid (vinegar) solution is painted on the cervix, causing any abnormal areas to turn white. If whitened areas are seen during the exam, the clinician may remove a small piece of the tissue for a biopsy.

Cryotherapy: A procedure that freezes and destroys abnormal cells on the cervix.

Cyst: A fluid-filled sac most commonly felt on palpation.

D

Digital Mammography: An x-ray mammography system that produces digital images using a computer receptor in contrast to images produced on radiographic film.

E

Endocervical Curretage (ECC): Removal of tissue from the inner canal of the cervix.

G

Genetic Risk Counseling and Testing: A method used to determine an individual's risk of disease that can pass genetically (such as some breast cancers) by examining the history and genetic material (blood cells) of the family.

H

Hormone Therapy: Treatment of cancer by removing, blocking, or adding hormones.

Hospice: Supportive, palliative treatment, involving a multi-disciplinary team including: nurses, social workers, chaplains, physicians and family. The goal is not to extend the length of life, but to control and improve quality of life. It can be offered in an at-home setting or a hospice facility.

Human Papillomavirus (HPV): A sexually transmitted infection that causes lesions in the vagina and cervix. More than 50 types exist, and some of these are linked with cervical cancer.

I

Imaging: A technology to produce a picture of the inside of the body. Includes mammogram, ultrasound, CAT (computerized axial Tomography), MRI (magnetic resonance imaging) and x-ray.

In Situ Breast Cancer: A tumor that has not grown beyond the site of origin and not invaded neighboring tissue.

L

Localized Breast Cancer: Cancer that is confined to the breast.

Loop Electrosurgical Excision (LEEP): A procedure that can diagnose and treat cervical abnormalities. A thin wire loop emits low-voltage radio waves that excise tissue from the cervix.

Lumpectomy: This procedure removes the breast mass and may be followed by radiation therapy. Most surgeons also remove and test some of the underarm lymph nodes to check that the cancer has not spread.

Lymphedema: Swelling in the arm caused by excess fluid that collects after lymph nodes and vessels are removed by surgery or treated by radiation.

Lymph Nodes: Small bean shaped tissue, located along the lymphatic vessels.

Lymphatic System: The tissues and organs that produce and store lymphocytes and the channels that carry lymph fluid.

M

Magnetic Resonance Imaging (MRI): An imaging technique that uses a powerful magnet to transmit radio waves through the body. The images appear on a computer screen as well as on film. Like x-rays, the procedure is physically painless.

Malignant: A term that designates a cancerous or abnormal growth.

Mammogram: A low-dose radiation x-ray technique especially designed to detect breast cancer.

Mastectomy: Surgery to remove most or part of the breast and surrounding tissues (muscle, skin, lymph nodes).

Metastatic: The spread of cancer cells to distant areas of the body (such as bones or brain) by way of the blood stream or lymphatic system.

P

Palliative Treatment: Therapy that relieves symptoms, such as pain, but does not cure the disease. Its main purpose is to improve quality of life.

Pap Test: A screening test that examines cells collected from the cervix for the presence of cancer, infection, inflammation, and other abnormalities.

Positron Emission Tomography (PET): The PET machine is used to detect how fast the body uses glucose. If glucose is being consumed faster in certain parts of the body, it may indicate the presence of a cancerous tumor. Except for an injection of radioactive material mixed with glucose, this is a painless, non-invasive procedure.

R

Radiation Therapy: The use of high energy radiation from x-rays and other sources to destroy cancer cells after surgery and minimize the chance of cancer recurrence.

Rehabilitation: Activities to adjust, heal, and return to full productive life after injury or illness. This may involve physical restoration (such as a prosthesis, physical therapy), counseling and emotional support.

Risk Factor: Anything that increases a person's chance of developing disease. Some known risk factors for breast cancer include: family history of breast cancer (especially in a mother or sister), beginning menstrual periods at a young age (before 12), late menopause, never having children or having one's first child after age 30, and maintaining a high fat diet, among others.

S

Screening: The search for disease in people at risk without any symptoms in hope of finding disease at a very early and more treatable phase. Screening tests for breast cancer include a clinical breast exam and mammography.

Second Opinion: The process of seeking the advice of another medical doctor with similar credentials to assist in the decision-making process.

Support Group: A collection of lay people, often with some common experience.

U

Ultrasound: An imaging technique that uses high-frequency sound waves to define a part of the body. Painless and without radiation, this technique is best for differentiating between breast cysts and tumors.