

# Navigating Your Breast Cancer Journey

Information & Resources



# Who We Are

Our purpose is to provide support through the sharing of common experiences as we focus on a woman's personal struggle. We offer our knowledge, encouragement and friendship to let each woman know that she is not alone while she faces this disease.

Bosom Buddies of Arizona has been providing information, monthly meetings, care and comfort since 1982 when five women decided they wanted to share their experiences and journey through breast cancer with other women. They knew that part of the healing process was giving support and sharing information to help ease the next woman's journey. Thus we began – reaching out to another “buddy” in need.

We support women of all ages and in all stages of breast cancer. We support their caregivers as well.

If you have found a breast lump, have been diagnosed with breast cancer, have a friend or loved one who might benefit from our services, need information, use our support, or just need someone to talk to, please contact us at our website at [www.BosomBuddies-AZ.org](http://www.BosomBuddies-AZ.org) or 602-265-2776.

Bosom Buddies<sup>®</sup> Inc. is a 501(c)(3) non-profit organization.

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# **Bosom Buddies of Arizona**

## **Navigating Your Breast Cancer Journey**

### **Information and Resources**

**Revision April 15, 2019**



You have just been diagnosed with breast cancer and are totally overwhelmed. There are so many people giving you advice, and so many books to read in the library and bookstores. There's information online, as well as at your doctor's office. Where do you turn?

We at Bosom Buddies of Arizona (BB) have tried to simplify your life if you live in Maricopa County, Arizona—although we think this resource can help people throughout the country.

The amount of information is overwhelming, and we have not tried to be all things to all people. Our intent is to provide area-specific information on certain topics. In this guide we have chosen specific topics where we can help with resources right within our community.

Let's start by assuming you have been diagnosed with breast cancer, and hopefully, you have investigated getting a second opinion. Through your insurance plan you have been directed to a specific set of doctors and/or specialists who have taken you through surgical and treatment options. If you do require further reading on these subjects, and we were to recommend one comprehensive book, it would be "Dr. Susan Love's Breast Book." If you prefer one comprehensive web site, it would be the National Cancer Institute within the National Institutes of Health ([www.cancer.gov](http://www.cancer.gov)).

However, we can help address many of your questions and concerns, including if you are looking for insurance, have legal issues, need a comprehensive cancer center, a screening or testing facility, a prosthesis or reconstruction. We can also help if you have lymphedema, want to add on complementary and/or alternative medicines, find a support group, or join a clinical trial. Or maybe you want to advocate for breast cancer issues, understand what it means to be a survivor, or ultimately look for hospice support. You will find answers here.

In each section we've provided a definition, a list of questions, and a list of resources.

Remember: KNOWLEDGE IS POWER! The more you know, the more intelligent questions you can ask so that you really can take control and become an integral part of your own care, healing and survival.

We hope that you find “Navigating Your Breast Cancer Journey, Information and Resources” helpful. We have made every effort to ensure that the information contained in this guide is accurate. Before you visit any vendors contained in this resource guide, please contact them to verify that they have not moved.

This booklet provides general information on breast cancer and resources, and is not intended to be a substitute for professional medical advice, diagnosis or treatment.

*Be of good health,*

Bosom Buddies of Arizona  
602-265-2776  
[www.bosombuddies-az.org](http://www.bosombuddies-az.org)

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# 5

## *Ways to Get Excellent Breast Cancer Care*

**Take Some Time** Most women don't need to rush into treatment. By taking some time to learn about breast cancer, you can make better choices. Ask your doctor if your decisions can wait a few weeks.

**Learn About Your Breast Cancer** Your treatment depends on your diagnosis. Ask your doctor or nurse: What is my diagnosis? Are there any other names for it? What are my treatment options? Try to get a second opinion on both your diagnosis and treatment options.

**Ask Questions** Ask lots of questions. If you can, bring a friend or family member to your appointments. Before choosing a treatment, ask your doctor or nurse: What is this treatment supposed to do? What is my risk of getting breast cancer again if I complete this treatment? What if I don't? How likely am I to be alive in 5 or 10 years if I do have this treatment? What if I don't? What are the bad side effects? Will any side effect last for the rest of my life? Also, find out how many new breast cancer patients your doctor treats each year. Studies show that the best patient outcomes result from doctors who treat at least 30-50 new patients per year.

**Investigate Medical Evidence** There is not a "one size fits all" solution for breast cancer. Ask your doctor or nurse for evidence-based guidelines explaining which treatments are most likely to work. Get information that you can trust.

**Get Support** You may be able to get help dealing with your emotions, transportation and finances, or solving problems with family, treatments and insurance. Contact Bosom Buddies @ 602-265-2776, or attend one of our monthly support group meetings (details at [www.BosomBuddies-AZ.org](http://www.BosomBuddies-AZ.org)).

Adapted from "The Guide to Quality Breast Cancer Care."  
National Breast Cancer Coalition [www.stopbreastcancer.org](http://www.stopbreastcancer.org)

# Chapter I

## *General Breast Cancer Information*



If you have just been diagnosed, we recommend the following sites where you can obtain some basic information about breast cancer.

### **Arizona Breast Cancer Resource Guide** **[www.azbreastcancer.org](http://www.azbreastcancer.org)**

An online guide that offers general breast cancer information, financial resources, and other useful information.

**[breastcancer.org](http://breastcancer.org)** A non-profit organization dedicated to providing information and community support to those touched by breast cancer. Provides free booklets and up-to-date medical information and research, as well as a friendly and compassionate atmosphere. You can sign up for e-mail updates about current research, online events and more.

**[breastcancercoach.org/en-us](http://breastcancercoach.org/en-us)** Answer a few questions about your tumor type and learn all about treatment options that may be appropriate for patients like you.

Contains a good list of questions to ask your doctor, too.

### **[www.cancer.net/breast](http://www.cancer.net/breast).....1-888-651-3038**

Oncologist-approved cancer information from the American Society of Clinical Oncology. This site provides information for those who were recently diagnosed or are undergoing treatment for breast cancer.

**[www.cancer.org](http://www.cancer.org)** Website of the American Cancer Society. Provides free booklets, up-to-date medical information and research, and a supportive warm community in a friendly and compassionate atmosphere.

**Dr. Susan Love Research Foundation...**

**www.dsrlf.org.....1-866-569-0388**

Provides data for women and men interested in breast cancer prevention, detection, treatment and long-term survivorship.

**National Cancer Institute (within the National Institutes of Health) .....1-800-4-CANCER**

**www.cancer.gov** This is the world's largest organization solely dedicated to cancer. Comprehensive information, searchable data, multiple related links, and access to booklets, both online and mailed to you free of charge.

**www.patientresource.com** Contains a wealth of information on many different types of cancers.

Publishes a variety of free publications on all aspects of cancer, including a financial resource guide and women's cancer guide.

**ww5.Komen.org** Website of Susan G Komen, known for a variety of information on breast cancer and online support.

**Books** - There are also many good books available on breast cancer. Bosom Buddies maintains a comprehensive library of books and pamphlets on breast cancer. Please contact our office at 602-265-2776 or [info@BosomBuddies-AZ.org](mailto:info@BosomBuddies-AZ.org) for a current list.

## Chapter 2

# Healthcare, Financial, Insurance, Legal, Prescription, Resources



Insurance companies in Maricopa County and throughout the United States are offering new and varied choices in health care coverage. Traditional insurance allows patients to select any doctor for primary or specialty care. Managed care limits choices of doctors or hospitals, but may offer more preventative care services and lower costs. If you have the opportunity to choose an insurance plan, do so very carefully and wisely. Your monthly insurance payment may be the most important investment you make. Read your policy very carefully and know what your coverage is. Many insurance companies require preauthorization for many medical tests, surgeries, procedures, and prescriptions.

### QUESTIONS TO ASK

- *Are annual examinations and mammograms covered?*
- *What is the policy on new therapies or participation in clinical trials?*
- *What is the policy for covering the cost of prostheses?*
- *Do you cover reconstruction?*
- *Who can I talk to if my care needs to be improved?*
- *Will the plan pay a percentage of the cost if I seek care from doctors outside my plan?*
- *Does the policy cover a second opinion?*
- *What can I expect my copay or financial liability to be?*
- *Can I self-refer to specialists, or must my primary care physician make referrals to specialists?*
- *What is the amount of my deductible and what services are applied towards my deductible?*
- *Are my physicians and healthcare facilities in or out of network?*

## HEALTHCARE AND INSURANCE

**Arizona Health Care Cost Containment System  
(AHCCCS) – Maricopa County.....602-506-3000**  
**[www.azahcccs.gov](http://www.azahcccs.gov)**

Medical insurance program for low income county residents  
(Arizona’s Medicaid Program).

**General Information; Member and Provider Services;  
Enrollment:.....602-417-4000**  
**Eligibility: (*in state outside of Maricopa County*)**  
**1-800-654-8713**  
**Eligibility: (*out of state*)..... 1-800-523-0231**

**Arizona Life Lines Insurance Services ...623-435-5511**  
**outside Maricopa County .....1-888-543-5637**  
**[www.arizonalifelines.com](http://www.arizonalifelines.com)**

Assists individuals, families and small groups with determining their needs for the right health plan. Specializes in high risk and hard to place health and life. Offers assistance in understanding COBRA and HIPPA.

**Department of Public Health, Maricopa County**  
**Referrals .....602-506-6900**  
**[www.maricopa.gov/Public\\_Health/](http://www.maricopa.gov/Public_Health/)**

**Don’t Get Dropped AZ**  
**[www.dontgetdroppedaz.org](http://www.dontgetdroppedaz.org)**

Information and assistance for AHCCS eligibility and health coverage options.

**Health-E-Arizona Plus**  
**[www.healtharizonaplus.gov](http://www.healtharizonaplus.gov)**

This is a tool that can be used to determine what services and benefits you may be eligible for in Arizona. This may include AHCCS (health insurance), TANF (cash assistance), and SNAP(food stamps)

**Maricopa Integrated Health Service (MIHS)**

A resource for Maricopa County residents. You must have applied for and been denied AHCCS coverage to participate in the Financial Assistance Program, which uses a sliding scale to determine what you pay based on your income level. MIHS can help, even if you are uninsured or underinsured.

**www.mihs.org.....602-344-5011**

**Medicare.....1-800-MEDICARE**

**www.medicare.gov**

The U.S. government’s health insurance program for those who are 65 or older, some disabled people under age 65, and people with End-Stage Renal Disease (permanent kidney failure treated with dialysis or a transplant). Administered by The Centers of Medicare and Medicaid Services within the U.S. Department of Health and Human Services.

**Mission of Mercy-Arizona.....602-861-2233**

**www.amissionofmercy.org**

Provides free healthcare, dental care, and prescription medications to the uninsured or underinsured.

**National Committee for Quality Assurance (NCQA)**

**www.ncqa.org.....202-955-3500**

Ask NCQA if they have rated your health plan, or have a report card or other information on it.

**Pre-existing Condition Insurance (PCIP)**

**www.pcip.gov**

Must be a U.S. citizen, have a pre-existing condition, and without insurance for six months.

**Well Woman Healthcheck Program**

**1-888-257-8502 or 602-344-2602**

**www.wellwomanhealthcheck.org**

Operated by the Arizona Department of Health Services through a cooperative agreement with the Centers for Disease Control and Prevention. Provides free screening (clinical breast exam, mammogram, pelvic test, Pap test) to women who qualify. Some treatment programs are also available.

## **COPAY AND PRESCRIPTION COVERAGE**

Many pharmaceutical companies provide financial assistance with prescription medications.

**Arizona Copper X Card .....1-888-227-8315**  
**[www.azgovernor.gov](http://www.azgovernor.gov)**

Available to any Arizona resident, this simple, free prescription discount card saves an average of 20% off the price of prescription medications.

**AZ & Me .....1-800-292-6363**  
**[www.astrazeneca-us.com/medicines](http://www.astrazeneca-us.com/medicines)**

Helps those without insurance, those in Medicare Part D, and those who have faced a recent financial challenge.

**Bristol Myers Squibb Patient Assistance Foundation**  
**[www.bmspaf.org](http://www.bmspaf.org).....1-800-736-0003**

Assists patients who need temporary help paying for medications listed on the website.

**Cancer Care.....1-800-813-4673**  
**[www.cancercopay.org](http://www.cancercopay.org)**

Offers co-pay assistance, as well as free professional support through counseling, support groups, education workshops, publications, financial assistance, and community programs.

**Cancer Supportive Survivorship Care**  
**[www.cancersupportivecare.com](http://www.cancersupportivecare.com)**

Drug Assistance Program from pharmaceutical companies

**Co-Pay Relief.....1-866-512-3861**  
**[www.copays.org](http://www.copays.org)**

Provides assistance with co-pays.

**Glaxosmithklines Commitment to Access...**  
**www.gskcta.com .....1-866-265-6491**  
Offers oncology and specialty pharmacy products at little or no cost to qualifying patients.

**Genetech Biooncology Co-pay Card .....**  
**www.genetech-access.com/herceptin**  
Assists with out-of-pocket costs for Herceptin.

**Johnson & Johnson Patient Assistance Foundation**  
**www.jjpaf.org.....1-800-652-6227**

**Merck Patient Assistance.....1-800-444-2080**  
**www.merckhelps.com**

**Novartis.....1-800-282-7630**  
**www.novartisoncology.com**

**Pharmaceutical Research and  
Manufacturers of America (PhRMA)....1-202-835-3400**  
**www.phrma.org**  
Free medicine.

**Smiley Wiley Breast Cancer Foundation ...**  
**www.smileywiley.org.....1-561-632-8631**  
Provides financial assistance to men and women with breast cancer who can't meet their health insurance deductibles.

## **LODGING**

**Editha House .....602-388-4920**  
**www.edithahouse.org**  
Provides affordable lodging for adult cancer patients and their adult caregivers traveling to Phoenix, Arizona for medical treatment.

**Hope Lodge**

**[www.cancer.org/Treatment/SupportProgramsServices/ HopeLodge/Index](http://www.cancer.org/Treatment/SupportProgramsServices/HopeLodge/Index)**

Free temporary housing program through the American Cancer Society.

**Sisters Network Inc.....[www.sistersnetworkinc.org](http://www.sistersnetworkinc.org)**

Provides assistance with medical-related lodging, co-pays, office visits, prostheses and mammograms.

**TRAVEL**

**Air Care Alliance**

**[www.aircareall.org](http://www.aircareall.org)**

**Air Charity Network.....1-877-621-7177**

**[www.aircharitynetwork.org](http://www.aircharitynetwork.org)**

**American Cancer Society Road to Recovery**

**602-224-0524 or 800-227-2345**

**[www.cancer.org/treatment/supportprogramservices/ road-to-recovery](http://www.cancer.org/treatment/supportprogramservices/road-to-recovery)**

**Angel Wheels .....1-800-768-0238**

**[www.angelwheels.org](http://www.angelwheels.org)**

**Angel Flight West .....1-888-426-2643**

**[www.angelflightwest.org](http://www.angelflightwest.org)**

**Cancer Care .....1-800-813-4673**

**[www.cancercare.org](http://www.cancercare.org)**

**Corporate Angel Network .....1-866-328-1313**

**[www.corporateangelnetwork.org](http://www.corporateangelnetwork.org)**

**Glendale Transit .....480-222-4106**  
**www.glendaleaz.com**

**Mercy Medical Airlift .....1-800-296-1217**  
**www.mercymedical.org**

**National Patient Travel Center.....1-800-296-1217**  
**www.patienttravel.org**

The National Patient Travel Center provides information about all forms of charitable, long-distance medical transportation and provides referrals to all appropriate sources of help available in the national charitable medical transportation network.

**Quality Transportation Service .....602-371-1000**  
Assisted transportation services for the elderly, disabled, and those confined to wheelchairs for a fee.

**21<sup>st</sup> Century C.A.R.E. ....1-888-850-1622**  
**www.21stcenturycare.org**

### **Miscellaneous**

**About Care Support Services For The Homebound**  
**www.aboutcare.org.....480-802-2331**

Provides transportation, shopping, errands, respite care, computer assistance, and minor home repairs for residents of Gilbert and Chandler.

**Cleaning for a Reason**  
**http://cleaningforareason.org**

Provides free housecleaning services for women undergoing chemotherapy.

**Comfort Keepers In-Home Care Services**  
**www.ComfortKeepers.com.....480-659-9351**

Provides such services as personal care, meal preparation, laundry, light housekeeping, transportation, grocery shopping, errand services, etc.

**Synergy Home Care.....480-947-1234**  
**www.synergyhomecare.com**

Provides such services as personal care, meal preparation, laundry, light housekeeping, transportation, grocery shopping, errand services, etc.

**Food Stamps application and questions**  
**Healtharizona.com.....602-542-9935**

**Happily After League.....480-275-0613**  
**www.happilyafterleague.com**

Dedicated to supporting moms through cancer recovery.

**Give Forward**  
**www.giveforward.com**

An online fundraising web site to raise money for a loved one in need.

**LIHEP Assistance Program for Arizona**  
**www.des.gov/services/aging-and-adult/**  
**community-services/energy-assistance**

Provides assistance with utility bills.

**Meals on Wheels .....602-264-2255**  
**www.mealcall.org/meals-on-wheels/az**

**U.S. National Library of Medicine**  
**www.nlm.nih.gov**

Contains information on financial assistance, health insurance and Medicare.

**National Cancer Institute**  
**(within the National Institutes of Health)**

**www.cancer.gov.....1-800-422-6237**

Provides information on financial assistance and other resources for people with cancer.

**Native American Cancer Research ....1-800-537-8295**  
**www.natamcancer.org**

A non-profit organization dedicated to helping improve the lives of Native American patients and survivors through education, spirituality, communication, treatment, clinical trials and health information.

**The Singletons.....480-818-5285**  
**www.thesingletonaz.org**

Support for single moms with cancer.

**National Coalition for Cancer Survivorship**  
**www.canceradvocacy.org.....1-877-622-7937**

Offers information and publications on cancer, including information on financial resources, survivorship and more.

**Patient Advocacy Foundation.....1-800-532-5274**  
**www.patientadvocate.org**

Provides medication and arbitration services to patients that help remove obstacles to healthcare including medical debt crisis, insurance access issues, and employment issues for patients with chronic debilitating and life threatening illnesses. Provides assistance and information on financial issues such as co-pays, too.

**Tammy Dykstra Foundation**  
**www.tammyfoundation.org**

Provides assistance with transportation, cooking, light housekeeping, personal care, child care, and more.

**Tiffany Foundation .....602-300-5859**  
**www.thetiffanyfoundation**

Provides grants for medical transportation costs, child care, etc.

**The Joy Bus**  
**www.thejoybusdiner.com**

The Joy Bus is a not-for-profit organization with the sole purpose of relieving the daily struggles of homebound cancer patients with a fresh, chef-inspired meal.

## LEGAL RESOURCES

**AZ Law Help.....602-258-3434**

**[www.azlawhelp.org](http://www.azlawhelp.org)**

**Maricopa County Bar Association.....602-257-4200**

**[www.Maricopabar.org](http://www.Maricopabar.org)**

Provides referral to private attorneys.

**State Bar of Arizona.....602-252-4804**

**[www.azbar.org](http://www.azbar.org)**

Offers numerous public information brochures, free of charge.

### **State Laws Relating to Breast Cancer**

**[www.cdc.gov](http://www.cdc.gov).....1-800-CDC-INFO**

The Centers for Disease Control and Prevention has published a summary, by state, of statutes relating to breast cancer.

For a copy of state statues go to their web site:

[www.cdc.gov/cancer/breast/pdf/bclaws.pdf](http://www.cdc.gov/cancer/breast/pdf/bclaws.pdf)

The CDC web site [www.cdc.gov](http://www.cdc.gov) also contains a lot of useful information regarding breast cancer.

### **Breast Cancer Legal Advocacy Initiative**

**[www.ambar.org/breastcancer](http://www.ambar.org/breastcancer).....1-800-285-2221**

Created by the American Bar Association's Commission on Women in the Profession, this Initiative is designed to protect the legal rights of those affected by breast cancer. This site provides listings of local organizations that provide pro bono legal service and information about various legal issues.

### **Center for Democracy & Technology (**

**[www.healthprivacy.com](http://www.healthprivacy.com).....1-800-526-7234**

Provides information on employee's rights under the Americans With Disabilities Act.

**Health Privacy Project.....1-202-637-9800**

**[www.healthprivacy.org](http://www.healthprivacy.org)**

Dedicated to raising public awareness of the importance of health privacy in order to improve health care access and quality, both on an individual and a community level.

**Compassion and Choices.....1-800-247-7421**  
**www.compassionandchoices.org**

Created in 2005 by the unification of Compassion in Dying and End-of-Life Choices, this organization supports, educates and advocates for choice and care at the end of life. They work for improved care and expanded options at the end of life, with effective care for every dying person. They support comprehensive pain control and palliative care, as well as legal aid in dying, if suffering is unbearable. They have 95 local groups across the country.

**National Conferences of State Legislatures (NCSL)**  
**www.ncsl.org .....1-202-624-5400**

A way to find out if your state has passed breast cancer or other health care laws.

**National Partnership for Women and Families**  
**www.nationalpartnership.org.....1-202-986-2600**

A guide to the Family and Medical Leave Act (FMLA).

**The Cancer Legal Resource Center .....1-866-999-3752**  
**www.disabilityrightslegalcenter.org/about/cancerlegalresource.cfm**

CLRC is a national joint program between the Disability Rights Legal Center and Loyola Law School Los Angeles. It provides free information and resources on cancer-related legal issues to cancer survivors, caregivers, health care professionals, employers, and others coping with cancer.



## TEN STEPS TO PROTECTING THE LEGAL RIGHTS OF BREAST CANCER PATIENTS

- Read your health insurance policy carefully.
- Determine if the treatment prescribed by your physician is covered by your policy.
- Find out about the appeals process under your insurance policy.
- Consult with an expert who is knowledgeable about health insurance law.
- Plead your case in person to your insurance carrier.
- Personalize your written case with your insurance company.
- Obtain copies of your medical records.
- Document everything!
- Ask your physician to advocate for your treatment.
- Be prepared to fight!
- Familiarize yourself with the Patient Protection and Affordable Care Act.



# Chapter 3

## Breast Cancer Centers



A breast cancer center coordinates a specialized team of health professionals to address breast cancer concerns, facilitating diagnosis, treatment, education and emotional support at one central location. At the very least, the team should include a surgeon, pathologist, radiologist, oncologist, plastic surgeon, and various support team members.

### QUESTIONS TO ASK

- *What medical services does the center offer?*
- *What specialists are on staff?*
- *Do you have a second opinion program?*
- *What hospitals are associated with the center?*
- *How many breast surgeries are performed here each year?*
- *What types of surgeries are completed (e.g. lumpectomy, mastectomy, etc.)?*
- *What education and support programs do you offer?*
- *Do you have a resource library?*
- *Is my insurance accepted here?*
- *Will you bill my insurance company?*
- *If I don't have insurance, who can help pay for these services?*

### RESOURCES

#### CANCER CENTER REFERRALS

**American College of Surgeons approved cancer programs.....1-800-621-4111**  
**[www.facs.org/cancer](http://www.facs.org/cancer)**

**National Cancer Institute's designated comprehensive cancer centers.....1-800-4-CANCER**  
**[www.cancer.gov](http://www.cancer.gov)**

**NATIONAL CANCER INSTITUTE  
DESIGNATED COMPREHENSIVE CANCER  
CENTER**

**Arizona Cancer Center.....1-520-694-2873  
www.azcc.arizona.edu**

University of Arizona  
1515 North Campbell Avenue  
P.O. Box 245024, Tucson, AZ 85724

**HOSPITALS /FACILITES WITH BREAST CANCER  
CENTERS**

**Banner Baywood Medical Center .....480-321-4444  
www.bannerhealth.com**

Center for Women’s Health  
6444 E. Baywood Ave., Mesa, AZ 85206

**Banner Boswell Medical Center.....623-832-4000  
www.bannerhealth.com**

10401 West Thunderbird Blvd., Sun City, AZ 85351

**Banner Del Webb Medical Center.....623-524-4000  
Louisa Kellam Center for Women’s Health  
www.bannerhealth.com**

14502 West Meeker Blvd., Sun City West, AZ 85375

**Banner Desert Medical Center.....480-412-3000  
Multi-Disciplinary Breast Cancer Clinic  
www.bannerhealth.com**

1400 S. Dobson Rd., Mesa, AZ 85202

**Banner MD Anderson Cancer Center ....480-256-6444  
www.bannerhealth.com**

2946 E. Banner Gateway Dr., Gilbert, AZ 85234

**Banner Good Samaritan Medical Center  
Laura Dreier Breast Center  
www.bannerhealth.com**

602-640-3131 (to schedule a screening mammogram)  
For all other questions call 602-839-6300  
1111 East McDowell Rd., Phoenix, AZ 85006

**Banner Thunderbird Medical Center.....602-865-5555  
Breast Cancer Clinic  
www.bannerhealth.com**

5555 W. Thunderbird Rd., Glendale, AZ 85306

**Cancer Treatment Center of America  
at Western Regional Medical Center ....623-207-3000  
www.cancercenter.com/western-hospital.cfm**

14200 W. Filmore, Goodyear, AZ 85338

**Chandler Regional Medical Center  
Women's Imaging Center ...480-728-3900 Option #1  
www.chandlerregional.org**

1727 W. Frye, Suite #110, Chandler, AZ 85224

**John C. Lincoln Breast Health and Research Center  
www.jcl.com/medicalservices/breasthealth  
623-780-4673centralized scheduling for 3 locations**

19646 N. 27<sup>th</sup> Ave., Suite #205, Phoenix, AZ 85027-Deer Valley  
33423 N. 32<sup>nd</sup> Ave., Phoenix, AZ 85085-Sonoran  
9250 N. Third St., Suite, #1002, Phoenix, AZ 85020-North Mountain

**Maricopa Integrated Health System.....602-344-1970  
www.mihs.org**

Phoenix Cancer Center  
2525 East Roosevelt St., Phoenix, AZ 85008

**Mayo Clinic.....480-301-8000  
www.mayoclinic.org/arizona**

13400 East Shea Blvd., Scottsdale, AZ 85259

**Mayo Clinic Hospital.....480-515-6296**  
**www.mayoclinic.org/mchospital-sct**  
5777 East Mayo Blvd., Phoenix, AZ 85054

**Native Health.....602-279-5262**  
**www.nativehealthphoenix.org**  
Started in 1978, this private, non-profit organization provides a wide range of programs in primary medical care, health promotion and prevention, wellness programs and behavioral health programs.

**Phoenix Baptist Hospital and Medical Center**  
**www.abrazohealth.com.....602-249-0212**  
Breast Health Services  
2000 West Bethany Home Rd., Phoenix, Arizona 85015

**St. Joseph’s Hospital and Medical Comprehensive Cancer Center.....602-406-6621**  
**www.stjosephs-phx.org**  
350 West Thomas Rd., Phoenix, AZ 85013

**Scottsdale Healthcare Osborn.....480-882-4000 or 877-898-6569**  
**www.shc.org**  
7400 East Osborn Rd., Scottsdale, AZ 85251

**Scottsdale Healthcare Shea.....480-323-3000**  
**www.shc.org**  
9003 East Shea Blvd., Scottsdale, AZ 85260

**Virginia G. Piper Cancer Center**  
**at Scottsdale Healthcare .....480-323-1020**  
**Cancer Care Coordinator.....480-323-1255 or ccc@shc.org**  
**www.shc.org**  
10460 North 92nd St., Scottsdale, AZ 85258

**Joint Commission on Accreditation of  
Healthcare Organizations (JCAHO)...630-792-5000  
[www.jcaho.org](http://www.jcaho.org)**

Check to see if your hospital is accredited. JCAHO may also have a report on your hospital.



# Chapter 4

## Screening/Testing Resources/Facilities



Whether you are having a mammogram or have been diagnosed with breast cancer and require further testing, it's very important that you choose the right facility. If you have health insurance, your physician will recommend a screening facility. If you do not have insurance, there are resources listed below. Either way, there are important questions that you must ask about the facility where you will undergo testing.

### QUESTIONS TO ASK

- *Is the facility certified by the Mammography Quality Standard Act (MQSA)?*
- *What does the test cost?*
- *Will you bill my insurance?*
- *What insurance programs do you accept?*
- *Are there any low-cost mammography programs which I might qualify for?*
- *What preparation is required for my test(s)?*
- *Should my mammogram be scheduled at a certain time of the month?*

### RESOURCES

**Arizona Institute for Breast Health.....480-860-4200**  
**www.aibh.org**

9055 E. Del Camino Drive, Suite #200, Scottsdale, AZ 85258  
Offers a second opinion, completely free of charge, to women who have been diagnosed with breast cancer. The volunteer team of physicians and medical professionals are breast health experts whose specialties include breast radiology, breast surgery, medical oncology, radiation oncology, reconstructive surgery, and breast pathology. This team evaluates the best medical and surgical options for the preservation of a woman's body and emotional wellbeing, as well as the continued quality of her life.

**Well Woman Healthcheck Program .....1-800-232-4636  
or 602-542-1219 or 1-888-257-8502 to find nearest  
provider**

**[www.azdhs.gov/hsd/healthcheck/wellwomen](http://www.azdhs.gov/hsd/healthcheck/wellwomen) (Arizona)**

**[www.cdc.gov/cancer/nbccedp](http://www.cdc.gov/cancer/nbccedp) (National)**

This program is operated by the Arizona Department of Health Services through a cooperative agreement with the Centers for Disease Control and Prevention. It provides free screening (clinical breast exam, mammogram, pelvic test, Pap test, etc.) to women that qualify, alongside a few treatment programs.

**Center for Women’s Health**

**Woman’s Wellness Clinic.....602-406-3715**

500 West Thomas Rd., Suite #800, Phoenix, AZ 85013

Part of St. Joseph’s Hospital and Medical Center, this program offers physical exams and health education for women who have no insurance, or whose insurance does not cover well woman exams. Call for information and an appointment.

**American Cancer Society.....602-224-0524 or  
1-800-227-2345**

**[www.cancer.org](http://www.cancer.org)**

Maintains a county-wide referral list of low cost mammography programs

**American Breast Cancer Foundation ....410-730-5105**

**[www.abcf.org](http://www.abcf.org)**

Key To Life Program.

**The Breast Cancer Site .....1-888-811-5271  
customer service**

**[www.thebreastcancersite.greatergood.com](http://www.thebreastcancersite.greatergood.com)**

Supports free mammograms and offers breast cancer information,  
Monday through Friday, 10 am to 6 pm EST.

**Desert Cancer Foundation of Arizona.....480-763-6897  
[www.desertcancer.org](http://www.desertcancer.org)**

**U.S. Food and Drug Administration....1-800-838-7715**

The FDA has a list of all of its certified mammography facilities  
by state and zip code, available on the FDA's web site.

**<http://www.fda.gov/cdrh/mammography>**

### **Medicare and Medicaid**

Covers screening and testing (see section on Insurance for  
referral numbers).

**All screening and testing requires  
a referral and a written prescription  
from a physician.**



# Chapter 5

## Prostheses

### Bras–Hats–Wigs

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A breast prosthesis is an artificial breast-shaped form that can be worn under clothing after a mastectomy. After your physician has said that you are ready to purchase a breast form and has given you a prescription, it's time to review some questions to find a breast form that will work for you. Make sure that you make an appointment with a fitter who is trained to fit women after breast surgery. Also, check with your insurance company or Medicare to see if it covers prostheses and/or specialty clothing. Obtain specifics on what is covered and what is not.

- *Comfort and fit should be uppermost in your mind. A prosthesis cannot be returned, so take your time when shopping.*
- *Make an appointment with a fitter who is trained to fit women who have had breast surgery.*
- *Write “surgical” on your bill.*
- *Wigs are often referred to as hair prosthetics so that insurance companies and Medicare will cover their costs.*

#### QUESTIONS TO ASK

- *What products will my insurance company cover?*
- *What specific types 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?*

#### RESOURCES

**American Cancer Society.....602-224-0524**  
**or .....1-800-ACS-2345**

**A'NU Image.....623-434-3704**  
**www.anuimage.com**

301 W. Deer Valley Rd., #2, Phoenix, AZ 85027

**Arizona Wig Boutique .....480-429-3778**  
7074 E. 5<sup>th</sup> Ave., Scottsdale, AZ 85251

**Barbara’s Mastectomy Boutique.....602-910-3265**  
5350 N. 16th St., #101, Phoenix, AZ 85016  
Home visits by appointment.

**Boutique of Hope.....480-256-3220**  
Banner MD. Anderson Cancer Center  
2946 E. Banner Gateway Dr., Gilbert, AZ 85324

**Classy Sisters Wigs.....602-993-8090**  
**www.classysisterswigs.com**  
15620 N. 35th Ave., #4, Phoenix, AZ 85053

**Di**

**Fikes Brace & Limb.....480-981-7393**  
**www.fikesnet.com**  
6343 E. Main St., #B-1, Mesa, AZ85205

**Fine Fittings.....623-214-3324**  
18795 N. Reems Rd., Shop G-113, Surprise, AZ 85374-8685

**Headcovers Unlimited.1-800-264-4287 or 281-334-4287**

**Hanger Prosthetics and Orthotics, Inc**  
**www.hanger.com/locations**

13065 W. McDowell, Avondale, AZ 85392.....**623-535-1919**

1401 N. 51st Avenue, Glendale, AZ 85306 .....**602-843-0688**

932 W. Southern, Mesa, AZ 85210.....**480-962-6976**

1032 E. Southern, Suite 101 Mesa, AZ 85204 .....**480-461-1940**

16620 N. 40h St., Bldg. F, Phoenix, AZ 85032.....**602-765-0207**  
1641 E. Osborn, #4 , Phoenix, AZ 85016.....**602-264-0097**  
9023 E. Desert Cove, #2, Scottsdale, AZ 85200....**480-614-8820**  
3501 N. Scottsdale Rd., Ste. 101, Scottsdale, AZ, 85251 **480-945-1929**  
13203 N. 103rd Ave, Sun City, AZ 85351.....**623-977-2221**  
13925 W. Meeker Blvd., Ste. 5, Sun City West, AZ 85370  
**623-474-3099**

**Jewel's Garden Boutique.....480-412-5959**  
Banner Desert Medical Center  
1400 S. Dobson Rd., Mesa, AZ 85202

**Live and Give Foundation Wig Out Program**  
.....**602-234-2930**  
**www.checkforalump.com or**  
**hollyrose@checkforalump.com**  
Provides free wigs

**Mastectomy Products .....602-553-0039**  
11001 N. 99<sup>th</sup> St., Suite #107, Peoria, AZ 85345

**Nordstroms Department Stores Prosthetics Fitting Program**  
**Chandler Fashion Center .....480-855-2500**  
3199 W. Chandler Blvd., Chandler, AZ 85226  
**Scottsdale Fashion Square.....480-946-4111**  
7055. E. Camelback Rd., Scottsdale, AZ 85251

**Pongratz Orthotics & Prosthetic.....602-222-3032**  
2530 E. Thomas Rd., Phoenix, AZ 85016

**Tina's Treasures (Piper Center).....480-323-1990**  
**or 480-323-1027** to schedule your appointment  
10460 N. 92nd St., Scottsdale, AZ 85258

## **MAIL ORDER AND ONLINE RESOURCES**

There are many other online companies.

However, if ordering a prosthesis, you should be fitted first.

### **TLC – Tender Loving Care.....1-800-850-9445**

Published by the American Cancer Society, this brochure includes products for women coping with breast cancer, such as bras, prostheses, swim suits, turbans and hats.



# Chapter 6

## Reconstruction



After the natural breast has been removed, some women opt for breast reconstruction as a surgical alternative to a prosthesis or breast form. Women of all ages are finding that breast reconstruction can be a step toward restoring their bodies and their former lifestyle. Some women start reconstruction at the same time as their mastectomy; others wait several months, or even years. *It is critical for all women, even after reconstruction, to maintain breast health exams and care.*

Different approaches to breast reconstruction include:

- Using breast expanders or implants
- Using your body's own tissue (autologous tissue reconstruction)
- Using a combination of tissue reconstruction and implants

Autologous tissue reconstruction, also known as tissue flap reconstruction, uses your own fat, skin, and sometimes muscle to create a breast. This procedure produces a breast that looks and moves naturally. Common tissue flaps include DIEP, GAP, latissimus dorsi, and others. Breast reconstruction is a complex procedure, and should only be performed by a board certified plastic surgeon.

There are multiple options to consider, as well as pros and cons, to having this procedure. It's essential to talk to a medical professional or health counselor.

### QUESTIONS TO ASK

- *What are the various types of reconstruction?*
- *How many of these procedures have you performed, and what is your success rate?*
- *When is the best time to have reconstruction?*
- *What type of reconstruction do you think is right for me?*
- *What chance is there of rejection and/or infection?*

- *Will an implant make it more difficult to detect a local recurrence?*
- *Can you show me pictures of reconstruction procedures you have done?*
- *Could I meet with some of the women you've worked on, so I can see and feel their breasts?*
- *Will my insurance pay for the reconstruction, even if it is done later?*
- *Will my insurance cover removal of implants if this becomes a need or desire?*
- *Will I have a lot of pain? How can the pain be treated?*
- *How long will it take? What is the recovery time?*
- *What will the recovery be like?*
- *How many operations are needed?*
- *Can you refer me to a counselor for additional support in making a decision and discussing my feelings?*

## **RESOURCES**

**American Society of Plastic Surgeons.....847-228-9900**  
**[www.plasticsurgery.org](http://www.plasticsurgery.org)**

**Cancer Information Service.....1-800-422-6237**  
**National Cancer Institute**  
**[www.cancer.gov](http://www.cancer.gov)**

**American Cancer Society ..... 602-224-0524 or**  
**[www.cancer.org](http://www.cancer.org).....1-800-ACS-2345**

**Mayo Clinic 1-800-446-2279 or 480-301-8000 for AZ**  
**[www.mayoclinic.org](http://www.mayoclinic.org)**

**MD Anderson Cancer Center, University of Texas**  
**[www.mdanderson.org/Diseases/BreastCancer](http://www.mdanderson.org/Diseases/BreastCancer)**

**Seattle Cancer Center Alliance**  
**<http://www.seattlecca.org>**

**Dr. Susan Love Research Foundation**

**www.dslrf.org.....1-866-569-0388**

**The Breast Reconstruction Guidebook by Kathy Steglio**

**www.breastrecon.com**

A very comprehensive guidebook on all aspects of breast reconstruction. Available from Bosom Buddies of Arizona (602-265-2776) and can be ordered from [www.amazon.com](http://www.amazon.com) or any bookstore such as Barnes and Noble.

**www.webmd.com**

**www.breastcenter.com**

The Center for Restorative Breast Surgery was established to serve as a dedicated resource for women seeking the most advanced methods of breast reconstruction that utilizes the body's own tissue.



# Chapter 7

## Lymphedema

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Lymphedema occurs in some breast cancer patients after the removal of lymph nodes and/or radiation. It is an interruption in the lymphatic system, which filters lymph fluid through nodes into the blood stream. When the system is altered the lymph fluid moves very slowly and accumulates in the affected areas, causing swelling (a.k.a. edema). There is no existing cure for lymphedema—but it can be controlled with diligent care of your affected limb. The treatment focuses on minimizing and controlling the swelling.

Some treatments include exercise, wraps, massage or compression. NONE of these treatments should be conducted unless they are under the direction of a physician, lymphedema therapist, and/or physical therapist.

### QUESTIONS TO ASK

- *How do I know if I have lymphedema?*
- *Whom should I call?*
- *What exactly is it?*
- *How is it treated?*
- *Which treatment is right for me?*

### RESOURCES

**National Lymphedema Network (NLN)...1-800-541-3259**  
**[www.lymphnet.org](http://www.lymphnet.org)**

Founded in 1988, this internationally recognized non-profit organization provides education and guidance to lymphedema patients, health care professionals and the general public by disseminating information on the prevention and management of primary and secondary lymphedema. The NLN is supported by tax-deductible donations, and is a driving force behind the movement in the U.S. to standardize quality treatment for lymphedema patients nationwide. In addition, the NLN supports research into the causes and possible alternative treatments for this sometimes incapacitating, long-neglected condition.

**Lymph Notes**

**www.lymphnotes.com**

Online resource and support for people with lymphedema, including their families, friends, and the therapists who care for them.

**Banner Desert Medical Center Lymphedema Clinic  
623-888-3502**

**CORAL (Center for Oncological Rehabilitation and Lymphedema )**

John C. Lincoln Deer Valley Building #1  
19841 N. 27<sup>th</sup> Ave., Suite#303, Phoenix, AZ 85027

**www.coralcenters.com.....623-580-9323**

**Encompass Health Rehabilitation Hospital of Scottsdale**

**480-551-5454 Outpatient Scheduling.....480-551-5436**

9630 E. Shea Blvd., Scottsdale, AZ 85260

**Virginia G. Piper Cancer Center.....480-323-1233**

10460 N. 92nd St., Suite 203, Scottsdale, AZ 85258

*Many of the hospitals in the county will have lymphedema programs. See the section on Breast Cancer Centers in this guide. In addition, there are many physical therapy facilities throughout the county. Ask your physician for a referral and a prescription. The therapist should be qualified to perform manual lymphatic drainage therapy.*

## Chapter 8

# Complementary and Alternative Medicine (CAM)



According to the U.S. National Center for Complementary and Alternative Medicine (NCCAM), complementary and alternative medicine (CAM) is a group of diverse medical and health care systems, practices and products that are not presently considered to be part of conventional medicine. Complementary medicine is used *together with* conventional medicine, while alternative medicine is used *in place of* conventional medicine. Conventional medicine is medicine as practiced by holders of M.D. (medical doctor) or D.O. (doctor of osteopathy) degrees and by their allied health professionals, such as physical therapists, psychologists and registered nurses. Some conventional medical practitioners are also practitioners of CAM.

These therapies are used to promote wellness, manage symptoms associated with cancer and its treatment, or even to treat the cancer itself. While there have been some studies of complementary therapies, most have not undergone rigorous clinical testing. Therefore, the efficacy of such therapies cannot be guaranteed. When properly combined with standard cancer treatments, some complementary therapies can enhance wellness and quality of life. However, others may be harmful during or after treatment for cancer.

CAM therapies include nutrition, mind-body medicine, hypnosis, massage, acupuncture, herbal and vitamin supplements, naturopathic medicine and spiritual support. Benefits may include patient empowerment and participation, reduction in chemotherapy side effects, and an increased focus on the healing process. Keep in mind that most breast cancer groups do not recommend alternative medicine in place of conventional therapies.

***Always*** talk with your doctor before using a complementary treatment or alternatives to conventional therapies.

## QUESTIONS TO ASK

- *Are CAMs widely used?*
- *How are CAM approaches evaluated?*
- *Are these therapies covered by insurance?*
- *What are the benefits of a specific therapy?*
- *What are the risks?*
- *What are the side effects?*
- *Will it interfere with my conventional treatment?*
- *Is this therapy part of a clinical trial? If so, who is sponsoring it?*
- *How safe are the herbal, dietary and nutrient products?*
- *Can there be adverse effects to acupuncture or other manipulative treatments?*

## RESOURCES

### **Annie Appleseed Project**

**[www.annieappleseedproject.org](http://www.annieappleseedproject.org)**

Provides information, education, advocacy and awareness for people with cancer and their family and friends who are interested in complementary or alternative medicine and natural therapies from a patient's perspective.

### **M.D. Anderson Cancer Center's.....1-877-mda-6789 Complementary/Integrative Medicine Education Resources (CIMER) [www.mdanderson.org/departments/cimer](http://www.mdanderson.org/departments/cimer)**

CIMER aims to help patients and physicians decide how best to integrate CAM into their care.

### **Memorial Sloan Kettering Cancer Center [www.mskcc.org/mskcc/html/11570.cfm](http://www.mskcc.org/mskcc/html/11570.cfm)**

This site provides evidence-based information about herbs, botanicals, supplements and more.

### **The National Cancer Institute..... 1-800-422-6237 [www.cancer.gov](http://www.cancer.gov)**

The National Cancer Institute and the National Center for Complementary and Alternative Medicine teamed up to publish

“Thinking About Complementary and Alternative Medicine.”

This guide is designed to help patients understand CAM therapies, and is available online at or call **1-800-422-6237**.

**[www.cancer.gov/publications](http://www.cancer.gov/publications)**

### **The National Center for Complementary and Alternative Medicine (NCCAM)**

This is the federal government’s lead agency for scientific research on complementary and alternative medicine (CAM). They provide information about CAM therapies to help patients make informed decisions about using such therapies during and after treatment. It’s one of the 27 institutes and centers that make up the National Institutes of Health (NIH) within the U.S. Department of Health and Human Services.

**[www.nccam.nih.gov](http://www.nccam.nih.gov)**

### **Office of Cancer Complementary and Alternative Medicine (OCCAM) [www.cancer.gov/cam](http://www.cancer.gov/cam).....240-276-6595**

Established in 1998, The Office of Cancer Complementary and Alternative Medicine (OCCAM) enhances the National Cancer Institute’s (NCI) complementary and alternative medicine activities. OCCAM coordinates the Institute’s CAM research program, and offer guidelines for evaluating CAM therapies as well as CAM clinical trial information.

### **The Center for Mind-Body Medicine**

**[www.cmbm.org](http://www.cmbm.org)**

### **Mixtures Pharmacy and Compounding Center**

**480-706-0620 or [www.mixturesrx.com](http://www.mixturesrx.com)**

6515 S. 40<sup>th</sup> St., #123, Phoenix, AZ 85048

**[www.breastcancer.org](http://www.breastcancer.org)**

“Your lifeline to the best medical information about breast cancer.”

A comprehensive site that includes information about CAM.

# Chapter 9

## Clinical Trials

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Clinical trials, also known as prospective trials, study a new treatment by testing it between different groups. One group of subjects gets the treatment, while another group, the control group, doesn't get the treatment (though when there is an existing standard treatment, one group will receive that). If the new treatment is a new drug and nothing currently exists like it, the other group will receive a placebo. These studies can be randomized, where a computer picks each subject's treatment, or double-blind, where neither the researcher nor the subject know who's getting the new treatment. Prospective, randomized, double-blind studies have the fewest potential flaws.

### QUESTIONS TO ASK

- *Should I consider participating in a clinical trial?*
- *What is the focus of the study?*
- *Which is right for me?*
- *How is the trial conducted?*
- *What is involved? Tests? Treatments? Time?*
- *What results can reasonably be expected?*
- *How is this different from standard treatment?*
- *Who will manage my care while I'm in a clinical trial?*
- *Is there any cost to me for my participation in a clinical trial?*
- *How much time am I required to give?*
- *What drugs will I be receiving?*
- *Will I know if I am given a placebo?*
- *If I am not given any treatment (e.g. placebo) how will I get better?*
- *How long will the treatment last?*
- *Can I stop at any time?*
- *What are the possible side effects?*
- *Are there any risks?*
- *What are the advantages and disadvantages in participating?*

## RESOURCES

**American Cancer Society.....1-800-303-5691**  
**www.cancer.org**

**Breast Cancer Trials.....1-415-476-5777**  
**www.breastcancertrials.org**

**Center Watch Clinical Trial Listing Service**  
**1-866-219-3440**  
**www.centerwatch.com**

**ClinicalTrials.gov**  
**www.clinicaltrials.gov**

A registry of federally and privately supported clinical trials conducted in the United States and around the world. Provides information about a trial's purpose, who may participate, locations, and phone numbers for more details. This information should be used in conjunction with advice from health care professionals

**Coalition of Cancer Cooperative Groups**  
**1-877-277-8451**  
**www.cancertrialshelp.org**

**Dr. Susan Love Research Foundation**  
**1-866-569-0388**  
**www.dslrf.com**

**Mayo Clinic**  
**1-507-538-7623 or 1-800-664-4542**  
**www.mayoclinic.org**

**National Comprehensive Cancer Network**  
**1-215-690-0300**  
**www.nccn.org**

**National Cancer Institute.....1-800-422-6237**  
**www.cancer.gov**

**National Library of Medicine (NLM)**  
**www.clinicaltrials.gov**

A registry of federally and privately supported clinical trials conducted in the United States and around the world. Provides information about a trial’s purpose, who may participate, locations, and phone numbers for more details. This information should be used in conjunction with advice from health care professionals

**Scottsdale Healthcare Virginia G. Piper Cancer Center**  
**www.shc.org/medical-services/cancer-care/cancer-clinical-trials ..... 480-323-1339 or 877-273-3713**

**American Cancer Society.....1-800-227-2345**  
**www.cancer.org**

**Young Survival Coalition.....1-877-YSC-1011**  
**www.youngsurvival.org**



## Chapter 10

# Support Groups and Services



Support groups offer the chance to openly discuss your thoughts with others who are going through the same experience that you are. Some studies have shown that women who attended support groups reported less depression, anxiety and pain, and even lived longer. Groups vary in size, scope and status, can be in person or online, and cater to patients or caregivers. Ask your doctor if there is a support group available through your local hospital, or contact one of the groups listed below. Sharing, learning, listening and talking about your experiences will help ease you along this journey of breast cancer. And remember—it's not a sign of weakness to join a support group.

### QUESTIONS TO ASK REGARDING SUPPORT GROUPS

- *How often do you meet? When? Where?*
- *May I bring along my partner, a friend, my caregiver?*
- *How does this group work?*
- *Is there an educational component?*
- *Do you have a professional counselor?*
- *Are there trained facilitators?*

### LOCAL AND NATIONAL SUPPORT GROUPS

#### **African American Breast Cancer Alliance**

**[www.aabcainc.org](http://www.aabcainc.org).....612-462-6813**

The AABCA is dedicated to providing hope, awareness, education, emotional and social support to breast cancer survivors, their family members, and the community.

**American Cancer Society.....1-800-ACS-2345**

**[www.cancer.org](http://www.cancer.org)**

Group support at locations throughout the county and online as well. These forums provide discussion about various aspects of the cancer

experience such as diagnosis, treatment, relationships, and daily living with cancer.

Reach to Recovery, one-on-one support/visitation: 1-800-227-2345

**Bosom Buddies of Arizona.....602-265-2776**  
**www.bosombuddies-az.org**

Provides breast cancer support groups, educational materials, and advocacy for residents of Maricopa County. Support group meetings are held monthly at various locations throughout the county.

**Breast Buds .....480-657-0500**  
**www.breastbuds.org**

Monthly meetings held in Glendale and Scottsdale.

**Cancer support Community Arizona (formerly known as The Wellness Community Arizona) .....602-712-1006**  
**www.cscaz.org**

360 E. Palm Lane, Phoenix, AZ 85004

Provides a variety of programs and services for all types of cancers.

**Cancer Care.....1-800-813-4673**  
**www.cancercare.org**

Provides free, professional support services to anyone affected by cancer  
Offers individual counseling and professionally supported groups.

**Caring Bridge**  
**www.CaringBridge.org**

Website to connect family and friends.

**Celebrating Life Foundation.....1-800-207-0992**  
**www.celebratinglife.org**

A non-profit organization devoted to educating the African community and women of color about the risk of breast cancer, encouraging advancements in the early detection or treatment, and improving survival rates.

**Centro Medico Regional de Casa Grande**  
**.....1-520-381-6300**

Grupo de apoyo para pacientes con cancer

1800 E. Florence Blvd , Casa Grande, AZ 85222

Support groups for individuals and families.

**ChemoAngels.com .....chemoangels@yahoo.com**

Matches cancer patients with “angels,” individuals who help patients through treatments with small cards, gifts, and other positive graces.

**Coalition of Blacks Against Breast Cancer ....480-301-4232  
www.cbbaz.org or info@bbcaz.org**

The mission of Coalition of Blacks against Breast Cancer (CBBC) is to provide high quality, reliable information and support to African-American breast cancer patients within the Phoenix metropolitan area, and to educate the community about breast cancer prevention, diagnosis and screening. The CBBC is the only group within Metro Phoenix that provides information or resources specifically to this demographic about breast cancer.

**FORCE-Facing Our Risk of Cancer Empowered  
www.facingourrisk.org**

National non-profit organization dedicated to improving the lives of individuals and family affected by hereditary breast and ovarian cancers.

**Happily After League.....1-480-275-0613**

Supporting moms through cancer recovery.

**HER2 Support .....1-760-602-9178  
www.her2support.org**

An organization that provides information and support for women diagnosed with HER2 positive breast cancer.

**Inflammatory Breast Cancer Research Foundation  
1-877-786-7422**

**www.ibcresearch.org**

Dedicated to the advancement of inflammatory breast cancer research in order to find its causes and increase the effectiveness of its treatment. The organization also focuses on increasing the awareness of IBC symptoms, to lead to earlier and more efficient clinical methods of detection and diagnoses.

**Living Beyond Breast Cancer.....1-610-645-4567  
1-888-753-5222 (helpline)**

**www.lbcc.org**

A national education and support organization, LBCC aims to improve quality of life and help women make sound choices about health care to help manage breast cancer diagnosis, treatment and beyond.

**Men Against Breast Cancer..... 1-866-547-MABC**

**www.mbcn.org**

Support services targeted at educating and empowering men to be effective caregivers when breast cancer strikes a female loved one. This organization mobilizes men to be active participants in the fight to eradicate breast cancer as a life-threatening illness.

**Metastatic Breast Cancer Network .....1-888-500-0370**

**www.mvcnetwork.org**

**BCMets.org**

Online resource that offers support and information for women living with advanced breast cancer and their families.

**BrainMetsBC.org**

**www.brainmetsbc.org**

A web site offering women with metastatic breast cancer and their families resources to learn about brain metastases from patient perspective.

**Native American Cancer Network.....1-800-537-8295**

**www.natamcancer.org**

A community-based American Indian non-profit resource that seeks to help reduce cancer incidence and mortality in Native Americans.

**Nueva Vida \*\*\* .....1-866-986-8432**  
**www.nueva-vida.org**

Nueva Vida helps guide Latinas breast and cervical cancer patients through their interactions with the healthcare system to obtain life-saving treatments.

**OncoChat**  
**www.oncochat.org**

A peer support group.

**SHARE: Self Help for Women with Breast or Ovarian Cancer**

**844-275-7427**

**www.sharecancersupport.org**

Offers survivor-led support to those affected by breast or ovarian cancer. Survivors help others address the many emotional and practical issues that arise from a cancer diagnosis. Services include hotlines in English and Spanish with capacity in 12 other languages.

**Susan G. Komen for the Cure.....1-877-465-6636**  
**ww5Komen.org**

The Susan G. Komen for the Cure Breast Cancer Foundation is a leader in the fight against breast cancer through its support of research and community-based outreach programs.

**Triple Step Toward The Cure.....1-424-258-0313**  
**www.triplesteptowardthecure.org**

General and financial support for women diagnosed with triple negative breast cancer.

**Triple Negative Breast Cancer Foundation**  
**1-646-942-0242**

**www.tnbcfoundation.org**

Devoted to finding targeted treatment for triple negative breast cancer, and helping to raise awareness, support researchers, and work for better detection, prevention and treatment.



## Chapter II

# Survivorship



After you've been diagnosed, welcome a new term into your life: survivorship. You can count from the day of diagnosis, the date of surgery, the end of treatment; it doesn't matter. You are here. You are a survivor!

A diagnosis of cancer is a threat to your self-esteem, body image, sexuality—even to your survival. Life will never be the same after this diagnosis, and your consciousness will have been changed forever. Take time to grieve the loss, because this process is an important first step toward the healing of the mind. Then truly *live*.

The experience of breast cancer can be a powerful incentive to reorder priorities and see life from a different perspective. Make a point to find something wonderful in every task. Stop and smell the roses! Breast cancer can be a liberating experience, so do something you've always wanted to do. Adopt some healthy habits, eat better, exercise more. You're alive—savor each day and enjoy life. Better yet, help others going through the breast cancer experience.

### QUESTIONS TO ASK

- *What can I do if I wake up at night worrying about my cancer?*
- *Will the cancer cells that may have spread to other parts of my body start to grow when I stop taking chemotherapy?*
- *What can I do about feeling excessively tired?*
- *Why have I lost interest in intimate relations with my partner?*
- *Why can't I sleep, relax, or feel interested in anything?*
- *Why can't I stop feeling that I am going to die because of my cancer?*
- *What can I do for my children, who worry not only about me, but also about themselves?*

- *What can I do for my children and family to help them with their reactions to my condition? Are they fearful, in denial, have anxiety, hypochondria, anger, etc.?*

## RESOURCES

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

Retreats and camps designed to give cancer survivors and family members of various age groups (children, siblings, adults) an uplifting and refreshing break away from the daily issues that are a part of living with cancer.

**Inflammatory Breast Cancer Research Foundation**  
**1-877-stop-ibc**  
**www.ibcresearch.org**

Dedicated to researching the cause of Inflammatory Breast Cancer (IBC), which is an advanced and accelerated form of breast cancer usually not detected by mammograms or ultrasounds. Inflammatory breast cancer requires immediate aggressive treatment with chemotherapy prior to surgery, and is treated differently than more common types of breast cancer.

**Living Beyond Breast Cancer.....1-888-753-5222**  
**www.llbc.org**

Provides information, education, a 24/7 helpline, and one-on-one support.

**National Coalition for Cancer Survivorship (NCCS)**  
**www.canceradvocacy.org.....1-877-633-7937**

This support source for cancer patients and their families provides a national network, clearinghouse, and advocacy group for anyone concerned with survivorship.

**Native American Breast Cancer Survivor's Network**  
**www.natamcancer.org .....1-800-537-8295**

Helps Native Americans who are dealing with breast cancer within their families become connected to each other for a telephone or in-person support system.

**National Breast Cancer Foundation, Inc.**  
**www.nationalbreastcancer.org**

An online gathering place to search for information and find support from others that are on the same journey. See “Survivors” on Discussion Board sitemap

**Sisters Network, Inc.....1-713-781-0255**  
**www.sistersnetwork.org**

Committed to increasing local and national attention to the devastating impact that breast cancer has within the African American community.

**Sunstone Cancer Support Centers.....1-520-749-1928**  
**(various Tucson locations) www.sunstonehealing.org**

**Susan G. Komen for the Cure.....1-877-GO KOMEN**  
**ww5.komen.org**

A well-known sponsor for numerous survivor events.

**Young Survival Coalition.....1-877-YSC-1011**  
**www.youngsurvival.org**



# Chapter 12

## Advocacy

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There are several kinds of cancers, and each is deserving of research dollars. Breast cancer advocates have been successful in their efforts to raise research dollars, which then leads to more researchers, more advances, more therapies, more publicity and more survivors. As a result, there have been systemic changes at the federal level in how the nation researches, finances and delivers quality cancer care.

### QUESTIONS TO ASK

- *How can I affect legislation?*
- *How do I participate?*
- *What can I do to help?*
- *Who are my legislators, federal, state and local?*
- *To whom do I write/call?*
- *Is there some type of training that I can take?*

### RESOURCES

**National Breast Cancer Coalition ..... 1-800-622-2838**  
**[www.stopbreastcancer.org](http://www.stopbreastcancer.org)**

Since 1991, the National Breast Cancer's trained advocates have lobbied at the national, state and local levels for public policies that impact breast cancer research, diagnosis and treatment. They are a grass roots advocacy effort, with hundreds of member organizations and tens of thousands of individual members. Together everyone works toward increased federal funding for breast cancer research, and collaboration with the scientific community. This helps implement new models of research, improve access to high-quality health care and breast cancer clinical trials, and expand the influence of breast cancer advocates in all aspects of the breast cancer decision making process.

To achieve their mission of ending breast cancer, they focus on three goals—research, access and influence.

**American Cancer Society Cancer Action Network  
(ACS CAN) [www.cancer.org](http://www.cancer.org)**

This is a non-profit, non-partisan sister advocacy organization of the American Cancer Society. ACS CAN is dedicated to eliminating cancer as a major public health problem through voter education and issue campaigns, aimed at influencing candidates and lawmakers to support laws and policies that help people fight cancer. (Not specific to breast cancer.)

**Breast Cancer PreventionPartners..... 1-866-760-8223  
[www.bcphp.org](http://www.bcphp.org)**

The Breast Cancer Fund is the leading national organization focused on identifying the environmental causes of breast cancer and preventing the disease. They advocate for environmental health policies that place the public's health first, and work to secure the institutional changes and legislative reforms to help end breast cancer.

**Mautner Project,  
Whitman-Walker Health1-202-797-3590 [www.whitman-walker.org](http://www.whitman-walker.org)**

Their mission is to offer affirming community-based health and wellness services to all with a special expertise in LGBTQ and HIV care. We empower all persons to live healthy, love openly, and achieve equality and inclusion.

**National Coalition for Cancer Survivorship (NCCS)...  
1-877-622-7937 [www.canceradvocacy.org](http://www.canceradvocacy.org)**

The National Coalition for Cancer Survivorship is the oldest survivor-led cancer advocacy organization in the country. NCCS believes in evidence-based advocacy for systemic changes at the federal level in how the nation researches, regulates, finances and delivers quality cancer care and empowers survivors. They also organize Cancer Advocacy Now!™, a legislative advocacy network that engages constituents across the country in federal cancer-related issues. Patient education is also a priority for NCCS, as they believe that access to credible and accurate patient information, such as NCCS's award-winning Cancer Survival Toolbox®, is key to demanding and receiving quality cancer care. (Not specific to breast cancer.)

**Susan G. Komen for the Cure 1-877-GO-KOMEN**  
**ww5.komen.org**

Through Komen Champions for the Cure™, the power of activism is used to achieve important legislative objectives at federal, state and local levels. They cultivate and maintain strong relationships with decision-makers and community leaders, encouraging their active engagement in the breast cancer movement.



# Chapter 13

## Hospice



Hospice care is a special service available to those who are terminally ill, which allows them to live as fully and comfortably as possible. It is a family-centered program, designed to provide a continuum of home and/or inpatient palliative support, care and comfort to both patients and their families in the final phase of terminal illness. The program's interdisciplinary team meets needs arising from the special physical, emotional, spiritual and social stresses experienced during the final stages of illness, dying and bereavement. Hospice affirms life, and regards dying as a normal process. It neither hastens nor postpones death.

### QUESTIONS TO ASK

- *Is service provided 24/7?*
- *Do you have in-patient units?*
- *Do you provide services in my home?*
- *Do you offer support services to friends/family members?*
- *Will you bill my insurance company?*
- *Do you provide pain management services?*
- *If I don't have insurance, who can help pay for hospice services?*
- *Is your company licensed?*
- *Are you a Medicare certified hospice program?*

### RESOURCES

#### **Arizona Hospice and Palliative**

**Care Organization.....480-491-0540**

**[www.arizonahospice.org](http://www.arizonahospice.org)**

4015 S. McClintock Dr., Ste #110, Tempe, AZ 85282

**Banner Hospice.....1-800-293-6989**

275 E. Germann Rd., Suite 110, Gilbert, AZ 85297

Non-Profit; In-Patient Locations

**Evercare Hospice & Palliative Care.....602-749-5900**

3141 North 3rd Ave., Phoenix, AZ 85013

For Profit; No In-Patient Units

**Hospice Foundation of America.....1-800-854-3402**

**www.hospicefoundation.org**

Helps individuals cope with issues of terminal illness, death, and the process of grieving and bereavement.

**Hospice of the Valley.....602-530-6900**

**www.hov.org**

1510 East Flower St., Phoenix, AZ 85014-5656

*(main office; various locations)*

Non-Profit; In-Patient Locations and at home care

**Infinity Hospice Care.....602-381-0375**

**www.infinityhospicecare.com**

5110 North 40th St., Suite 107, Phoenix, Arizona 85018

For Profit; No In-Patient Units

**International Association for Hospice & Palliative Care  
(IAHPC) .....1-866-374-2472  
www.hospicecare.com**

Collaborates and works to improve the quality of life for patients with advanced life-threatening conditions and their families by advancing hospice and palliative care programs, education, research, and favorable policies around the world.

**For children whose mothers have breast cancer:  
Honor Health  
Phone: 623-879-1656 or 602-709-1442**

## **END OF LIFE**

It is helpful to plan your memorial or funeral services while you are still alive. This assures that your wishes will be carried out upon your death, and takes the pressure off of your family members during a time of grief. In addition to funeral/cremation services provided by mortuaries/funeral home, one might want to consider whole body donation. There is no cost for these donations, and the companies respect the body even after death. There are many organizations that accept whole body donation. Make sure you know what the company does with the body, as there have been instances where unscrupulous companies are making profits from selling tissues obtained from donated bodies.

# Glossary



**Axilla:** The armpit.

**Axillary Lymph Nodes:** The lymph nodes in the armpit.

**Axillary Lymph Node Dissection:** The surgery needed to remove some of the lymph nodes from the armpit.

**Benign:** Not cancerous.

**Bilateral:** Involving both sides, such as both breasts.

**Blood Cell Count:** A test that measures the number of red blood cells (RBC's), white blood cells (WBC's), and platelets in a blood sample.

**Biopsy:** The surgical removal of a piece of tissue to determine if cancer cells are present.

**Bone Marrow:** Soft cell tissue in center of the bones where blood is manufactured.

**Bone Scan:** A complete body x-ray used to determine if there is any sign of cancer in the bones.

**BRCA1:** A gene on chromosome 17 that normally helps to suppress cell growth. A person who inherits certain mutations (changes) in a BRCA1 gene has a higher risk of getting breast, ovarian, prostate, and other types of cancer.

**BRCA2:** A gene on chromosome 13 that normally helps to suppress cell growth. A person who inherits certain mutations (changes) in a BRCA2 gene has a higher risk of getting breast, ovarian, prostate, and other types of cancer.

**Brachytherapy:** Implantation of radioactive seeds.

**Breast Conserving Surgery:** Lumpectomy, or a partial mastectomy, where only a portion of the breast tissue is removed, leaving the breast intact. This is usually followed by radiation treatment (and sometimes chemotherapy).

**BSE:** Breast self-exam by palpation (touch) or observation.

**Calcifications:** Calcium deposits in the breast, which can be benign or malignant.

**Cancer:** Uncontrolled growth of normal cells, also called malignant neoplasm or malignancy.

**Cancer Cell:** A cell that divided and reproduced abnormally.

**Carcinogen:** Any substance that initiates or promotes the development of cancer.

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

**Carcinoma:** Cancer arising in the epithelial tissue (skin, glands, and lining of internal organs). Most cancers are carcinomas.

**Catheter:** A tube used to allow fluid to pass into or out of the body.

**CBC:** Complete blood count.

**Cell:** The basic structural unit of life—all living matter is composed of cells.

**Chemotherapy:** Treatment by chemicals or drugs that has the ability to destroy cancer cells.

**Clean Margins:** A margin of cancer-free tissue without invasive cells.

**Clinical Breast Exam:** A breast exam performed by a medical professional.

**Clinical Trial:** The scientific evaluation of the means to prevent, detect, diagnose or treat disease in human beings. These are conducted after experiments on animals display evidence of potential effectiveness and preliminary studies in humans suggest usefulness.

**Combination Chemotherapy:** Treatment consisting of the use of two or more chemicals to achieve the most effective results.

**Computerized Axial Tomography Scans (CAT Scan):** Commonly called CT scans; they are specialized x-ray studies that show internal organs and can find cancer or metastases. Except for injection of a dye (used in some but not all cases), this is a painless procedure.

**Core Biopsy:** Removal of a piece of tissue using a needle with the use of a local anesthetic.

**CSF (Colony Stimulating Factor):** A growth factor that can be used to stimulate the bone marrow into making more blood cells.

**Cyst:** Sac-like structure filled with fluid.

**Cytology:** Study of cells under a microscope.

**DNA:** One of two nucleic acids (the other is RNA) found in the nucleus of all cells. DNA contains genetic information on cell growth, division and function.

**Doubling Time:** The time required to double the number of cells in a group of cells or in a tumor. A short doubling time (under 100 days) indicates a fast-growing tumor.

**Ductal Carcinoma:** The name given to any type of cancer that arises in the ducts of the breast.

**Ductal Carcinoma In Situ (DCIS):** Ductal cancer cells that have not grown outside of their site of origin, sometimes referred to as pre-cancer.

**Ducts:** The channels in the breast that convey milk to the nipple.

**Estrogen:** A female hormone produced mainly by the ovaries that affects the generative organs and breasts.

**Estrogen Receptor:** Protein found on some cells to which estrogen molecules will attach. If a tumor is positive for estrogen receptors, it is sensitive to hormones.

**Estrogen Receptor Test (ER ASSAY):** A test done at the time of surgery on the cancer tissue to determine whether changing the hormone environment would be helpful.

**Etiology:** Study of the causes of disease.

**Excisional Biopsy:** Biopsy of an entire lump, including a margin surrounding normal tissue.

**Fibroadenoma:** Benign fibrous tumor of the breast most common in young women.

**Fibrocystic Disease:** A commonly misused term used for any benign condition of the breast.

**Fine Needle Aspiration:** A type of biopsy in which cells are removed from a lump using a needle and syringe.

**Flow Cytometry:** Method of analyzing the DNA content of a cell as to the phase of division of the cell.

**Frozen Section:** Tissue removed by biopsy is frozen, cut into thin slices, stained, and examined microscopically by a pathologist for immediate report to the surgeon.

**Genes:** Located in the nucleus of the cell, genes contain hereditary information that is transferred from cell to cell. A process called genetic engineering may be used eventually to modify heredity and correct impaired immunity.

**Genetic Risk Counseling and Testing:** A method to determine an individual's risk of disease that passes genetically, i.e. is inherited, (such as some breast cancers) by examining the history and genetic material (blood cells) of the family.

**Genome:** All of the chromosomes that form the genetic map together.

**Her-2 Neu:** An oncogene which, when overexpressed, leads to more cell growth. It may help determine resistance to hormone therapy or chemotherapy.

**High Risk:** When the chance of developing cancer is greater than normally seen in the general population. Patients may be at high risk from many factors including heredity, personal habits or the environment.

**Hormone:** Chemical substance produced by glands in the body that enters the bloodstream and causes effects in other tissues. Hormones help regulate growth, metabolism and reproduction. Some hormones are used as treatment following surgery for breast, ovarian and prostate cancers.

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

**Hot Flashes:** Sudden sensations of heat and swelling associated with menopause.

**Hyperplasia:** Overproduction of cells.

**Implant:** An artificial substance used to enlarge the breast to improve appearance, or to reconstruct the breast after removal due to cancer.

**Incisional Biopsy:** Biopsy of a selected portion of a tumor.

**Infiltrating Cancer/Invasive Cancer:** Cancer which can grow beyond its site of origin into neighboring tissue.

Infiltrating/Invasive does not imply that the cancer is aggressive or has already spread outside the breast; tumors can be infiltrating/invasive or non-infiltrating/noninvasive.

**In Situ:** “In the site of.” Refers to tumors that haven’t grown beyond their site of origin and invaded neighboring tissue.

**Internal Mammary Nodes:** Three or four lymph nodes beneath the breast bone on each side.

**Latissimus Flap:** Flap of skin and muscle taken from the back used for re- construction after mastectomy or partial mastectomy.

**Leukocytes:** White blood cells (actually colorless), which are important for the body’s defense against infection. About 250,000 to 500,000 leukocytes are present in a drop of blood from a healthy person.

**Leukopenia:** A decrease below the normal number of leukocytes in the circulating blood.

**Lobular Carcinoma:** Name given to any type of cancer that arises in the lobules of the breast.

**Lobular Carcinoma In Situ:** Abnormal cells within the lobule. These don't form lumps, and can serve as a marker of future cancer risk.

**Lobules:** Milk-producing glands within the breast.

**Localized Cancer:** A cancer confined to the site of origin without evidence of spread or metastasis.

**Lumpectomy:** An excision of the tumor and a small amount of surrounding tissue.

**Lymph:** A clear fluid circulating throughout the body (in the lymphatic system) that contains white blood cells and antibodies.

**Lymph Gland:** Also called a lymph node, these glands produce lymph. They normally act to filter impurities from the body.

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

**Lymphedema:** Swelling of the arm or other body part caused by a blockage in the lymph channels when lymph nodes are removed. It does not indicate cancer, and can also happen after radiation treatments.

**Magnetic Resonance Imaging (MRI):** A painless 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.

**Malignant:** A tumor made up of cancer cells that continue to grow and invade surrounding tissue; cells may break away and grow elsewhere.

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

**Mammography:** The use of x-rays to make pictures of the breast; often detects breast cancer before the lump can be felt.

**Mass:** A tumor.

**Mastitis:** Infection of the breast that's sometimes used loosely to refer to any benign process in the breast.

**Medical Oncologist:** A doctor who uses chemotherapy and hormones to treat cancer.

**Metastasis:** The spread of cancer to another organ, usually through the blood stream.

**Micro-calcifications:** Tiny calcium deposits that are too small to be felt in breast tissue, but can be seen in a mammogram picture.

**Micrometastasis:** Microscopic and as yet undetectable, but presumed spread of tumor cells to other organs.

**Modified Radical Mastectomy:** A mastectomy which removes the breast, some of the underarm lymph nodes, and the lining over the chest muscles. The chest muscles are saved.

**Needle Biopsy:** A biopsy in which tissue is obtained through a specially designed needle; used as a means of confirming a clinically obvious breast cancer.

**Nodal Status:** Normal nodes are called negative; cancerous nodes are called positive. The number and location of positive nodes in the axilla is an indication of the risk of recurrence or metastasis.

**Oncogene:** Genes that, when inappropriately activated, contribute to the malignant transformation of a cell.

**Oncologist:** A physician who specializes in the treatment of cancer.

**Oncology:** The study of cancer.

**Oncotype DX Assay:** A 21-gene assay that provides an individualized prediction of chemotherapy benefit and 10 year distant recurrence to inform adjuvant treatment decisions in certain women with early-stage breast cancer.

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

**Pathologist:** A doctor who specializes in examining tissue and diagnosing disease.

**PET Scan (Positron Emission Tomography):** Injection of a small amount of radioisotope sugar into a vein. Breast cancer cells use a high amount of energy and will therefore absorb great amounts of the radioactive sugar. Is used to determine whether breast cancer has spread to the lymph nodes or to other parts of the body.

**PICC:** A vascular access device inserted through the skin of the forearm, so that chemotherapy can be injected without danger of leakage under the skin, or damage to the vein.

**Platelet:** Small particles found in the blood necessary for blood clotting. Platelet transfusions are used in cancer patients to prevent or control bleeding when the number of platelets has been depleted by disease or as a result of chemotherapy.

**Port:** A vascular access device surgically inserted under the skin of the chest and connected to a very large vein, so that chemotherapy can be injected without damage to the veins.

**Primary Tumor:** A tumor that has been identified as the original source of the cancer.

**Prognosis:** A prediction of the course of disease; the future prospects for the patient.

**Prosthesis:** Artificial replacement for a missing body part such as a breast form.

**Radiation:** The treatment of disease with high-energy rays to destroy cancer cells. This type of treatment may be used to reduce the size of the cancer before surgery, or to destroy any remaining cancer cells after surgery.

**Radiation Oncologist:** A doctor who uses radiation to treat cancer or its symptoms.

**Radioactive Implant:** A source of high-dose radiation that is placed directly into and around a cancer to kill the cancer cells.

**Radiotherapy:** Treatment of cancer with high-energy radiation. Radiation therapy may be used to reduce the size of a cancer before surgery, or to destroy any remaining cancer cells after surgery. Radiotherapy can be useful in shrinking recurrent cancers to relieve symptoms.

**Reconstruction:** The creation of an artificial and natural-appearing breast.

**Recurrence:** (Local) reappearance of cancer in its original area as opposed to metastases to a different area.

**Regional Involvement:** The spread of cancer from its original site to nearby surrounding areas. Regional cancers are confined to one location in the body.

**Remission:** Complete or partial disappearance of the signs and symptoms of disease in response to treatment. The period during which a disease is under control. A remission, however, is not necessarily a cure.

**Risk Factor:** Anything that increases an individual's chance of getting a disease, such as cancer.

**Scintimammography:** An imaging procedure using radio-pharmaceuticals.

**Screening:** The search for disease, such as cancer, in individuals without known symptoms. Screening may refer to coordinated mass programs in large populations.

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

**Secondary Tumor:** A tumor that develops as a result of metastases or spread beyond the original cancer.

**Sentinel Node:** The single axillary lymph node that can be examined to determine if cancer has spread beyond the breast to other lymph nodes.

**Staging:** An evaluation of the extent of disease, determined by the size of the primary tumor and the presence or absence of cancer cells in lymph nodes and at other body parts. A classification based on stage at diagnosis helps determine appropriate treatment and prognosis.

**Stereotactic Core Biopsy:** A minimally invasive, image-guided procedure that helps physicians locate breast tissue abnormalities and obtain tissue samples for diagnosis.

**Surgical Oncologist:** A surgeon who specializes in treating cancer.

**Tamoxifen:** An estrogen blocker used in treating breast cancer.

**Tissue:** A collection of similar cells. There are four basic tissue types in the body, epithelial, connective, muscle and nerve.

**Tomosynthesis** – Type of mammography that takes x-rays in three Dimensions to make pictures of the breast; often detects breast cancer before the lump can be felt.

**Tru-cut Biopsy:** A type of core needle biopsy where a small core of tissue is removed from a lump without surgery.

**Tumor:** An abnormal tissue swelling or mass that may be either benign or malignant.

**Ultrasound:** A procedure that uses high-frequency sound waves to locate a tumor deep inside the body.

**Unilateral:** One Side.

**X-Ray:** A type of radiation that uses low doses of x-rays are used to diagnose disease; high doses of x-rays are used to treat cancer. The term is frequently used to refer to the picture created with x-ray.



*How can I support the activities of Bosom Buddies of Arizona?*

*Bosom Buddies, Inc* is a 501(c)3 tax-exempt organization and your donation is tax-deductable within the guidelines of U.S. law.

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