

The  
Resource  
Guide  
To  
**BREAST  
CANCER  
SERVICES**  
2000

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Mayor  
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Status of Women  
[www.ci.nyc.ny.us/women](http://www.ci.nyc.ny.us/women)

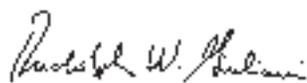
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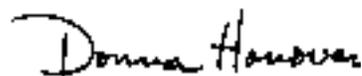
**B**REAST CANCER affects New Yorkers from all walks of life — even men. Among women, an astonishing one in eight will develop breast cancer in her lifetime. Since early detection greatly enhances the chances for recovery, it is critical that women perform breast self-examinations and schedule regular mammograms in order to catch early signs of the disease.

To help New Yorkers learn more about breast cancer prevention, detection and services, the Department of Consumer Affairs, aided by the Mayor's Commission on the Status of Women and local community-based organizations, has produced the updated *2000 Resource Guide to Breast Cancer Services*. During the last seven years, this guide has provided New Yorkers with up-to-date information on important breast cancer-related services, including medical research and treatment, guidance, and support to breast cancer sufferers and their loved ones. We hope you take advantage of the resources and services referred to in this vitally important guide.

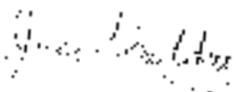
Sincerely,



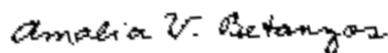
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FIRST LADY



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COMMISSIONER, Department of  
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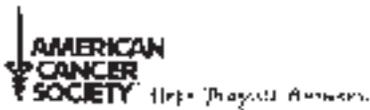


Amalia V. Betanzos  
CHAIR, Commission on  
the Status of Women

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American Cancer Society/  
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Additional copies are available from  
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**NYC Commission on the Status of Women** at  
(212) 788-2738; FAX (212) 788-3298.

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## WHAT IS CANCER?

**C**ancer is a group of diseases distinguished by uncontrolled growth and spread of abnormal cells. If the spread of the abnormal cells is not controlled, it can result in death. Cancer can be caused by external environmental factors, internal bodily factors, or a combination of both.

Some types of cancer can be prevented by taking protective steps to avoid them. In fact, about 90% of the incidences of skin cancer diagnosed in 1996 could have been prevented with proper skin protection. And, presumably, all cancers caused by cigarette and alcohol use could have been prevented if those affected chose not to drink or smoke.

Although we don't know how to prevent breast cancer, detection at an early stage can increase a person's chance of successful treatment.

Women should realize that most lumps detected are not cancerous. However, women should take all abnormalities seriously. The importance of early detection cannot be emphasized enough.

### Some Facts about Breast Cancer

■ Most breast irregularities are found by women themselves, yet many women do not perform breast self-examinations regularly. They should be done monthly.

■ According to the American Cancer Society (ACS), when breast cancer is diagnosed early a woman has a 97% chance of surviving five years; when diagnosed late—after it has spread or metastasized—she has approximately a 20% chance of surviving five years. Regular mammography combined with clinical breast exams and breast self-exams offer the best opportunity to detect breast cancer early and increase survival.

■ Breast cancer is the leading cause of cancer death for women aged 40 to 54. Three-fourths of all breast cancers occur in women over 50.

■ According to ACS, each year approximately 5,000 women in New York City will be diagnosed with breast cancer. About 1,500 (30%) of these women will die from it.

■ One in eight women in the United States will develop breast cancer in her lifetime (based on a life span of over 85 years). This year, a new case of breast cancer will be diagnosed every three minutes, and a woman will die from breast cancer every 12 minutes.

■ Nationwide about 1,300 men will be diagnosed with breast cancer in 1999 and approximately 400 of them will die.

### Early Detection

**Risk Factors** The two most significant risk factors for getting breast cancer are first, being female, and second, age.

A woman's risk increases as she ages, if she has a family history of breast cancer, if she has never had children or had her first child after 30, and if she is overweight. Women who have had cancer in one breast also run an increased risk of developing cancer in the other breast.

A woman whose mother, sister or daughter (her "first-degree relatives") has had premenopausal breast cancer, or who has had two or more first-degree relatives with postmenopausal breast cancer, is considered to be at high risk and should be monitored regularly. So, too, is a woman with a history of breast cysts which required aspiration. Over 70% of breast cancer, however, occurs in women who have no identifiable risk factors.

Many aspects of the American lifestyle are suspected of influencing the development of breast cancer. Scientists are conducting research into the roles of various external factors, such as diet; postmenopausal hormone replacement therapy; taking oral contraceptives at an early age and for many years; alcohol use; and environmental factors.

### Warning Signals

You should look for the following warning signals: breast changes that persist; a lump; thickening; swelling; dimpling; skin irritation; distortion; retraction; scaliness; pain; and tenderness

of or discharge from the nipple.

### Your Best Defense is Early Detection

Understanding the need for, and practicing, breast self-exams will help you increase your chances of detecting breast cancer in its earliest stages. It is important to know how your breasts feel normally so you can easily detect changes, most of which are natural and harmless.

If cancer is found early, there are choices for treatment. With prompt treatment, the outlook is good. In fact, most women treated for early breast cancer will be free from breast cancer for the rest of their lives.

## Mammography

**Shopping for a Mammogram** Since the passage of the Federal Mammography Quality Standards Act in 1992, the basic requirement for a mammography facility to operate legally is certification by the **U.S. FOOD AND DRUG ADMINISTRATION (FDA)**. The American College of Radiology works with the FDA to

### TAKING CARE OF YOUR BREASTS\*

*ACS Guidelines to the Early Detection of Breast Cancer*

#### Age 20-39

- Have a clinical breast exam by a doctor or nurse every three years.
- Do a breast self-exam every month.

#### AGE 40 and over

- Have a mammogram every year.
- Have a clinical breast exam by a doctor or nurse every year.
- Do a breast self-exam every month.

*If you have a history of breast cancer in your family, discuss mammography screening guidelines and scheduling with your health-care provider.*

•Source: American Cancer Society

## EIGHT TIPS FOR GOOD MAMMOGRAMS

from the AMERICAN CANCER SOCIETY

- ❖ Ask to see the U.S. Food and Drug Administration's (FDA) certificate issued to all facilities that meet high professional standards of safety and quality.
- ❖ Use a facility which either specializes in mammography or performs many mammograms a day.
- ❖ Unless you feel the facility is not of high quality, continue to go there regularly so that your mammograms can be compared from year to year.
- ❖ If you change facilities, take copies of your old mammograms with you to the new facility so they can be compared with the new ones.
- ❖ If you have sensitive breasts, arrange your mammogram for a time during the month when they will be least tender. Avoid the week before your period.
- ❖ Don't wear deodorant, powder or cream under your arms since they could alter the mammogram's results.
- ❖ Bring a history of your past breast treatments to your appointment, including a list of the places, dates of earlier mammograms, biopsies, and other breast treatments you've had.
- ❖ Do **not** assume the mammogram was normal until you've talked to your physician or the facility. If you've not heard from your physician within 10 days, call to confirm your results.

approve the facility's equipment, personnel, and procedures. It is critical that you visit a high-quality provider. Ask your doctor to recommend a facility, but make sure it is FDA-certified. For a list of certified facilities in New York City, you can visit the FDA Web site or call the National Cancer Institute at the numbers below. These organizations also have names of accredited providers near you:

- AMERICAN COLLEGE OF RADIOLOGY (800) 227-6440
- AMERICAN CANCER SOCIETY (ACS) (800) ACS-2345
- NATIONAL ALLIANCE OF BREAST-CANCER ORGANIZATIONS (NABCO) (888) 80-NABCO

- NATIONAL CANCER INSTITUTE CANCER INFORMATION SERVICE (NCI) (800) 4-CANCER (800) 422-6237 <http://cis.nci.nih.gov/>
- NEW YORK STATE DEPT. OF HEALTH <http://www.health.state.ny.us/nyusdoh/consumer/cancer/mammo/county.htm>
- U.S. FOOD AND DRUG ADMINISTRATION (FDA) <http://www.fda.gov/cdrh/faclist/html>

Cost is an important consideration in choosing a mammography facility. Some health insurance

plans cover the cost, which ranges from \$50 to \$150. Medicare pays for an annual mammogram for women over 39 covered by Medicare. Also, community health services and some employers provide mammograms free or at low cost.

For a list of New York City Health and Hospitals Corporation sites that offer mammography services, call the **WOMEN'S HEALTHLINE** at (212) 230-1111 from 8AM to 6 PM. Counselors speak English, French, Creole, Spanish and other languages.

**No Cost or Low-Cost Mammograms** Many of the top medical facilities in New York City offer comprehensive

breast and cervical screening and support services to women who either have no insurance, are not fully insured and qualify as low income. Sponsored by the New York State Health Department and the U.S. Centers for Disease Control, these providers are called the **BREAST HEALTH PARTNERSHIPS**. Its Web site is [http://www.health.state.ny.us/nyusdoh/consumer/cancer/main\\_1.html](http://www.health.state.ny.us/nyusdoh/consumer/cancer/main_1.html)

If you are **not eligible**, however, these centers may still provide you services but charge you full price. Check your status first.

#### BRONX

- BRONX BREAST HEALTH PARTNERSHIP (718) 920-1724

#### BROOKLYN

- BROOKLYN BREAST-HEALTH PARTNERSHIP (718) 875-1019
- KINGS COUNTY HOSPITAL CENTER (718) 245-3267

#### MANHATTAN

- BREAST EXAMINATION CENTER OF HARLEM (212) 864-0600
- COLUMBIA UNIVERSITY BREAST-CANCER SCREENING PARTNERSHIP (212) 305-0163
- MANHATTAN BREAST-HEALTH PARTNERSHIP (212) 586-8700

#### QUEENS

- QUEENS HEALTHY WOMEN PARTNERSHIP (718) 263-2224

#### STATEN ISLAND

- STATEN ISLAND BREAST-HEALTH PARTNERSHIP (718) 987-8871

**Your Test Results** Most breast lumps are benign (noncancerous). Regardless of the results of your mammogram, continue to perform monthly

breast self-examinations. If you feel a lump, or if a mammogram indicates a possible problem, however, seek a professional diagnosis. You may also wish to seek a second opinion to confirm any diagnoses. Most insurance policies cover and/or require second opinions.

Take care of any problems right away. If there's concern that a lump may be cancerous, your doctor will suggest several procedures to determine what treatment you may require. Most likely you'll need some form of **biopsy**. (See the **Glossary** on pg. 22 of this guide for an explanation of medical terms you may need to know.)

Ask your doctor questions. Make educated decisions about your body. Be thorough. For a list of questions to ask your doctor about breast cancer, call the NCI's **CANCER INFORMATION SERVICE** at (800) 4-CANCER and ask for its pamphlet, *What You Need to Know about Breast Cancer*.

## If You're Diagnosed with Breast Cancer . . .

**A**n immediate concern if you are diagnosed with breast cancer will be where to find affordable, quality health care. New York City offers some of the best cancer care in the world. Also, it has resources to help you figure out how to pay your hospital bills and what to do if you don't have health insurance.

Go to a **NATIONAL CANCER INSTITUTE (NCI)** "comprehensive cancer center" or a medical center that treats a large number of patients

with breast cancer. NCI's list is available from (800) 4-CANCER.

### *Comprehensive Cancer Centers*

NCI, an arm of the Federal government's National Institutes of Health, has recognized these New York City centers as "comprehensive." To attain this designation, which is reevaluated every 3-5 years, these centers must perform research in basic, clinical, and cancer prevention and control areas, in addition to conducting outreach, education and providing information to the lay and professional public. These centers provide breast imaging services; specialized health-care professionals; a variety of programs and support services; educational programs and resources.

- ALBERT EINSTEIN COLLEGE OF MEDICINE COMPREHENSIVE CANCER CTR  
300 Morris Park Avenue  
Bronx, NY 10461 (718) 430-2302  
<http://www.ca.aecom.yu.edu/>
- THE CANCER INSTITUTE OF NEW JERSEY at ROBERT WOOD JOHNSON MED. SCHOOL  
195 Albany Street  
New Brunswick, NJ 08901  
(732) 235-2465  
<http://130.219.231.104/>
- HERBERT IRVING COMPREHENSIVE CANCER CTR at COLUMBIA-PRESBYTERIAN MEDICAL CENTER  
161 Ft. Washington Avenue 10th Fl  
New York, NY 10032  
(212) 305-8610  
<http://www.ccc.columbia.edu/>
- KAPLAN COMPREHENSIVE CANCER CTR at NEW YORK UNIVERSITY MEDICAL CTR  
550 First Avenue  
New York, NY 10016  
(212) 263-6485  
<http://kccc-www.med.nyu.edu>

- MEMORIAL SLOAN-KETTERING CANCER CENTER  
1275 York Avenue  
New York, NY 10021  
(800) 525-2225  
<http://www.mskcc.org>

**Hospitals with a High-Volume of Breast-Cancer Patients** These local medical centers treat a large number of breast cancer patients annually:

- Beth Israel Medical Center (212) 844-8288
- Beth Israel Singer Division (212) 870-9502
- Columbia-Presbyterian Medical Center (212) 305-8610
- Long Island Jewish (800) 371-7111 or (718) 470-7033
- Memorial Sloan-Kettering Cancer Center (212) 639-7175
- Mount Sinai Medical Center (212) 987-3063
- New York Hospital/Cornell-Strang Cancer Prevention Center (212) 794-4900
- New York University Medical Center/Kaplan Cancer Center (212) 263-6485.

Or you may want to choose a medical center with a cancer program approved by the **COMMISSION ON CANCER OF THE AMERICAN COLLEGE OF SURGEONS**; its number is (312) 202-5085.

### *Choosing Treatment Options*

Taking into account your medical situation and your preference, treatment may require a **lumpectomy** (local surgical removal of the tumor), or a **mastectomy** (surgical removal of the breast). Surgery may be supplemented by additional therapy, known as **adjuvant therapy**. The most common forms are **radiation, chemotherapy**, and hormone therapy.

You may also want to explore with your doctor the appropriateness of participating in a clinical trial.

Discuss your options fully with your doctor and medical provider before making a decision.

- **PHYSICIAN'S DATA QUERY (PDQ)**  
(800) 4-CANCER  
<http://cancernet.nci.nih.gov/pdq.html>

A computer database that contains cancer information, including clinical trials; accounts of state-of-the-art treatments; descriptions of research studies; and listings of doctors and organizations involved in cancer care. The NATIONAL CANCER INSTITUTE (NCI) developed PDQ with the help of cancer experts across the nation.

Many doctors can access PDQ for you. Information is also available in Spanish.

**Health Insurance** If a mammogram shows cancer but you have no health insurance, there are several places you can go to determine what benefits you are eligible for. Talk to the entitlement officer at the clinic where you had the mammography exam or at your local hospital. Get answers to other insurance questions by calling:

- **NEW YORK STATE INSURANCE DEPARTMENT** (212) 480-6400  
*Mon-Fri 9-5* (800) 342-3736  
Multilingual Help (212) 480-4701  
Denial Review (800) 400-8882  
[www.ins.state.ny.us](http://www.ins.state.ny.us)

Provides general information and help with insurance problems, including help filing complaints. A brochure, *Consumer Guide to Health Insurance*, can be ordered directly by calling its Publications Department at (518) 474-4557.

- **HEALTH INSURANCE ASSOCIATION OF AMERICA** (202) 824-1600  
The insurance industry's trade asso-

ciation, it offers free, general consumer information on its hotline.

- **MEDICAL ASSISTANCE RESEARCH PROGRAM OF NYC**  
(212) 273-0047/49

Run by the NYC Human Resources Administration, provides eligibility information about Medicaid.

- **MEDICAID** (718) 291-1900

NYC Human Resources Administration information line handles benefit application, social security, complaints to multiple city agencies, and much more.

- **MEDICARE** (800) 772-1213, press 4  
Social Security office number that handles enrollment.

- **MEDICARE RIGHTS CENTER (MRC)**  
(212) 869-3850

Designated New York State's Medicare hotline by NY State Office for the Aging. MRC's counselors and volunteers help people secure benefits they can't afford to be without; publishes booklets on Medicare issues.

- **RESOURCE ENTITLEMENT AND ADVOCACY PROGRAM (REAP)**  
Mt. Sinai Medical Center  
(at 97th Street)  
1403-05 Madison Avenue  
New York, NY 10029  
(212) 423-2800

Offers advocacy services, information, and assistance with entitlement such as Medicaid, public assistance, food stamps, Social Security, Supplemental Security Income, etc., to members of the Harlem, East Harlem and Yorkville communities and to patients and families of the Center. Wheelchair accessible. Spanish-speaking entitlement counselors available.

## Recovery

### *Breast Cancer Support Groups*

Having access to support services, including support groups at the beginning, during and after treatment, is crucial to healing. They can be a safe place to draw emotional support and psychological strength from others with breast cancer as you cope with this crisis. Call a major local hospital's Breast Center, its Social Work, Oncology or Psychiatry department for groups near you. Or call:

- **ADELPHI NEW YORK STATE BREAST CANCER HOTLINE** (800) 877-8077 or (516) 877-4444
- **AMERICAN CANCER SOCIETY** at (800) ACS-2345
- **NABCO** at (212) 719-0154
- **NCI** at (800) 4-CANCER
- **SHARE** at (212) 719-0364
- **Y-Me NATIONAL ORGANIZATION FOR BREAST CANCER INFORMATION AND SUPPORT** (800) 221-2141

Here is a partial list of New York City support groups:

#### **BROOKLYN**

- **BREAST CANCER SURVIVORSHIP GROUP** at Long Island College Hospital (718) 780-1052
- **CANCER INSTITUTE OF BROOKLYN** at Maimonides Medical Center (718) 283-6955

#### **BRONX**

- **MONTEFIORE MEDICAL CENTER** (718) 920-6550

#### **MANHATTAN**

- **BREAST EXAMINATION CENTER OF HARLEM** (212) 864-0600
- **CANCER CARE, INC.** (212) 302-2400

- **CREATIVE CENTER FOR WOMEN WITH CANCER** (212) 868-4766
- **MEMORIAL SLOAN-KETTERING CANCER CENTER**  
Newly diagnosed or  
In treatment (212) 639-5271  
Posttreatment Resource Ctr  
Program (212) 717-3527
- **MT. SINAI MEDICAL CENTER**  
(212) 987-3063
- **NEW BEGINNINGS** (212) 870-9502  
Beth Israel Med. Ctr North Div
- **WOMEN AT RISK** (212) 586-4446  
English- and Spanish-speaking  
groups available.

#### **QUEENS**

- **CAREing & SHAREing**  
(718) 777-5766  
Based in Astoria.
- **LONG ISLAND JEWISH MEDICAL CENTER** (718) 470-7033
- **THE MAHOGANY SISTERS NETWORK** (718) 723-5879  
(718) 525-2950  
Based in St. Albans, also offers in-home sister-to-sister support.
- **NY HOSPITAL CENTER, QUEENS**  
(718) 670-1422
- **PENINSULA HOSPITAL CENTER**  
(718) 734-2000, x3144 /x2588
- **ST. JOHN'S QUEENS HOSPITAL**  
(718) 558-1000

#### **STATEN ISLAND**

- **AMERICAN CANCER SOCIETY**  
(for referrals) (718) 987-8871

**Breast Reconstruction** New techniques in recent years have made breast reconstruction possible after mastectomy, and the cosmetic results are often good. More than half the women treated with mastectomy choose reconstruction.

Women can choose from two types of breast reconstruction: an artificial implant can be inserted under the skin, or tissue can be taken from a woman's own body—usually the abdomen—to make a new breast. Since nerve endings are severed during a mastectomy, neither type of reconstruction can restore feeling to the breast. Under NY State and Federal law, insurance plans are required to cover these procedures. For more information call:

- AMERICAN CANCER SOCIETY  
(800) ACS-2345
- THE AMERICAN SOCIETY OF PLASTIC AND RECONSTRUCTIVE SURGEONS  
(800) 635-0635
- THE NATIONAL CANCER INSTITUTE  
(800) 4-CANCER
- SUSAN G. KOMEN FOUNDATION  
(800) 462-9273

**Breast Implants** The U.S. FOOD AND DRUG ADMINISTRATION (FDA) has temporarily banned use of silicone breast implants, except in women who are willing to become part of a clinical study. To find out more about silicone and other types of breast implants call:

- FDA INFORMATION LINE  
*Breast Implants* (888) 463-6332  
(888) FDA-INFO  
FAX: (301) 443-9535  
<http://www.fda.gov/opacom/morechoices/breastim.html>

The FDA publishes a *Breast Implant Package*, available upon request.

**Prostheses and Wigs** Many retailers in New York City offer breast prostheses (artificial replacement devices) and mastectomy bras, wigs, bathing suits and other services, and some offer financial assistance. Your insurance may cover prostheses and other appearance services. For an extensive list of prosthetics and wig retailers in New York City, including those which accept Medicare and Medicaid, please call SHARE at (212) 382-2111

Retailers who sell, service or repair prostheses must be licensed by the **New York City Department of Consumer Affairs** (DCA). To check whether a retailer has its DCA license, call DCA at (212) 487-4444 (718) 286-2994  
[www.ci.nyc.ny.us/consumers](http://www.ci.nyc.ny.us/consumers)

To donate wigs or prostheses or to receive them free, call:

- CANCER CARE (212) 302-2400  
275 Seventh Avenue  
New York, NY 10001  
*Counseling* (800) 813-HOPE
- Y-ME NATIONAL BREAST CANCER ORGANIZATION (800) 221-2141  
*en español* (800) 986-9505  
212 W. Van Buren, 5th Fl  
Chicago, IL 60607-3908

# BREAST CANCER RESOURCES:

## *New York City and Beyond*

### Breast Cancer Organizations

- ADELPHI NEW YORK STATE BREAST CANCER HOTLINE AND SUPPORT PROGRAM (800) 877-8077 (516) 877-4444

A free support hotline staffed by professionals and trained volunteers, often breast cancer survivors or partners of women with breast cancer. Provides information including a list of questions to ask your doctor if you're diagnosed with breast cancer; support groups; individual and family counseling. Also, community education programs; hotline, information and counseling available *en español*.

- AMERICAN CANCER SOCIETY (800) ACS-2345

Offers practical information on all forms of cancer; peer support; direct financial assistance for qualified NYC residents with cancer-related costs; referrals; ACS-sponsored "Reach to Recovery" and "Look Good . . . Feel Better" programs. In the first, survivor volunteers visit and counsel patients; the second helps women cope with appearance changes and treatment side effects (ex. hair loss). Hotline, literature and "Reach to Recovery" programs available *en español*.

- CANCER CARE (212) 302-2400  
*Counseling* (800) 813-HOPE

Offers free support groups and educational programs about cancer; social workers provide information about direct financial assistance with cancer-related costs and

Medicare and Medicaid disabilities if you meet eligibility requirements; provides legal referrals; its *Cancer Resource Directory* is an extensive computerized directory of cancer-related organizations from genetic counseling to pain-management resources to financial assistance; literature, counseling and social worker assistance available in Spanish.

- CANCER INSTITUTE OF BROOKLYN at Maimonides Medical Ctr (718) 283-6955

Offers support groups, breast examinations and community outreach, referrals for prostheses and wigs, physicians; assists with insurance problems and securing entitlements; educational brochures in Spanish, Russian and Chinese available.

- CANDIAL (800) 462-1884

A program of the Roswell Cancer Institute, Buffalo, NY. Plays one of three tapes on breast cancer when you call: self-examination, breast-cancer facts, or mammography.

- FIRST SATURDAY IN OCTOBER, INC. *Mon-Fri, 9-5* (718) 590-3527  
*evenings after 6 PM & weekends* (212) 310-3517

198 E. 161st Street, 2nd Fl  
Bronx, NY 10451

Dedicated to educating Latina and underserved communities about breast health. Makes referrals for free or low-cost mammograms and follow-up services.

- **GILDA'S CLUB** (212) 647-9700  
 FAX: (212) 647-1151  
 195 W. Houston Street  
 New York, NY 10014  
 People with cancer, their families and friends can come together at Gilda's Club for support. It provides stress reduction and relaxation sessions; lectures and workshops; social events, potluck suppers and parties. All activities are free.
- **HEALTH CARE CHOICES**  
 (212) 724-9395  
**www.healthcarechoices.org**  
 Provides information on hospitals, doctors, and insurance through its Web site. Advocates for high-quality health-care choices for consumers through research and education.
- **MAHOGANY SISTERS NETWORK**  
 (718) 723-5879  
 (718) 525-2950  
 Based in St. Albans, Queens offers community education, support groups and in-home sister-to-sister support.
- **MEMORIAL SLOAN-KETTERING CANCER CENTER**  
 1275 York Avenue  
 New York, NY 10021  
 (800) 525-2225  
 Designated a comprehensive cancer center by the NATIONAL CANCER INSTITUTE. Its *Evelyn H. Lauder Breast Center* at 205 E. 64th Street offers diagnostic, treatment and support services for women with breast cancer or women at high risk. Its *Guttman Diagnostic Center* at 55 Fifth Avenue offers mammography screening. Free and low-cost mammograms are available through the *Breast Examination Center of Harlem* (BECH) at 163 W. 125th Street.
- **NATIONAL ALLIANCE OF BREAST CANCER ORGANIZATIONS (NABCO)**  
 (888) 80-NABCO  
 (212) 889-0606

9 E. 37th Street, 10th Fl  
 New York, NY 10016  
 NABCO provides up-to-date education and information on all aspects of breast cancer and will provide you with materials and resources to meet your needs. Ask for the latest issue of *NABCO News* and the *NABCO Breast-Cancer Resource List*, available for \$3.

- **NATIONAL BREAST CANCER COALITION (NBCC)** (202) 296-7477  
 National advocacy group created to focus attention on breast cancer issues, including pertinent legislation, grassroots mobilization, empowerment and media attention.
- **NATIONAL BLACK LEADERSHIP INITIATIVE ON CANCER**  
 Cancer Control Center of  
 The Harlem Hospital Center  
 (212) 939-1480/8035  
 Program run on East Coast and Washington D.C. to educate Blacks about breast, prostate, and colorectal cancer.
- **NATIONAL COALITION FOR CANCER SURVIVORSHIP (NCCS)**  
 (877) 622-7937  
 Advocacy group to increase public awareness of cancer survivorship; plays public policy role; also national information clearinghouse for cancer programs; publishes quarterly newsletter.
- **NATIONAL LYMPHEDEMA NETWORK**  
 (800) 541-3259  
 (415) 921-1306  
 Provides patients and professionals with counseling, support and education about prevention, treatment and complications of lymphedema; quarterly newsletter; referrals to treatment centers; matches people with peers in similar situations; services available in French, Dutch and German.

■ **NATIONAL WOMEN'S HEALTH NETWORK** (202) 347-1140  
 Provides information on breast cancer over the phone or through brochures and offers referral services to local breast-cancer organizations and services. For a breast cancer packet, send \$8 (network members \$6) to 514 Tenth Street NW, Suite 400, Washington, DC 20004.

■ **SHARE**  
 English Hotline (212) 382-2111  
 Spanish Hotline (212) 719-4454  
 Ovarian Hotline (212) 719-1204  
 1501 Broadway at 43rd  
 Suite 1720  
 New York, NY 10036

(212) 719-0364

Offers self-help for women with breast or ovarian cancer, their families and friends, including telephone support, support groups and wellness programs in Mid-Manhattan, Harlem, Brooklyn, Queens and the Bronx. There are also Spanish-language support groups at several locations. The wellness programs include yoga, meditation, nutrition and body fitness classes and educational programs about breast and ovarian cancer. SHARE serves as an educational resource through community forums and its in-house library.

■ **SUSAN G. KOMEN BREAST CANCER FOUNDATION**  
 (800) 462-9273  
 Provides hotline information and resources about breast health and breast cancer; offers educational materials; assists callers with a listing of accredited mammography facilities and comprehensive cancer centers; provides instructions on how to speak with doctors and ask the right questions.

■ **YWCA/NYC Encore—**  
 (212) 735-9769  
 Post-Mastectomy Support Group & Exercise Program  
 610 Lexington Avenue  
 New York, NY 10022  
 Created to help postmastectomy women rebuild physical and emotional strength.

■ **Y-Me NATIONAL ORGANIZATION FOR BREAST CANCER INFORMATION AND SUPPORT** (800) 221-2141  
 Runs a national hotline with breast-cancer survivors answering the phone. Provides general information about breast cancer including treatments; maintains databank of support groups all over the country; matches women with peers in similar situations; runs a prostheses and wig bank for low-income women.

## High-Risk Programs

**T**hese organizations offer clinical surveillance and extensive educational and support programs for women at increased risk of developing breast cancer. Women whose family history includes cases of breast and/or ovarian cancer, especially in their mothers, sisters or daughters, as well as those with a personal history of breast disease/problems may benefit from participation in these programs.

■ **BETH ISRAEL'S FAMILY RISK PROGRAM** (212) 844-8953  
*Located in Manhattan at:*  
 Phillips Ambulatory Cancer Care Center, 4th Fl  
 10 Union Square E.  
 Comprehensive Breast Center  
 425 W. 59th Street, 7th Fl

■ COLUMBIA- (212) 305-9525  
PRESBYTERIAN MED. CTR/WOMEN AT RISK (WAR)  
161 Ft. Washington Avenue  
New York, NY 10032-3784  
Center for Women's Health  
16 E. 60th Street  
New York, NY 10021

■ MEMORIAL SLOAN- (212) 639-5250  
KETTERING CANCER CTR/SPECIAL SURVEILLANCE BREAST PROGRAM  
205 E. 64th Street  
New York, NY 10021

■ NY HOSPITAL (212) 794-4900, x120  
CORNELL MEDICAL CTR/STRANG PREVENTION CENTER  
Cancer Surveillance Program  
(428 E. 72nd Street  
New York, NY 10021-4601

### **Genetic Counseling and Testing**

Genetic Counselors provide education and counseling to women with a personal or family history of breast and/or ovarian cancer including comprehensive cancer-risk assessment; individual screening and management recommendations; an exploration of genetic testing issues and options; and pre- and post-test education and counseling when appropriate.

■ ALBERT EINSTEIN (718) 405-8150  
COLLEGE OF MEDICINE  
Montefiore Medical Ctr  
Dept. of Obstetrics & Gynecology  
1695 Eastchester Road  
Bronx, NY 10461  
Myrna Ben-Yishay, MS

■ BETH ISRAEL (212) 844-8953  
MED. CTR Family Risk Team

■ COLUMBIA- (212) 305-0190  
PRESBYTERIAN MED. CTR  
Cancer Genetics Program  
DAP Room 1002  
161 Ft. Washington Avenue

New York, NY 10032  
Donna Russo, MS

■ MEMORIAL SLOAN- (212) 639-6760  
KETTERING CANCER CTR  
Clinical Genetics Services  
1275 York Avenue  
New York, NY 10021

■ MT. SINAI (212) 241-6947  
SCHOOL OF MEDICINE  
Human Genetics  
100th Street and Madison Avenue,  
New York, NY 10029

■ NY HOSPITAL/ (212) 794-4900  
CORNELL MED. CTR  
STRANG PREVENTION CENTER  
428 E. 72nd Street, Suite 700  
New York, NY 10021

■ NEW YORK (212) 263-5746  
UNIVERSITY HOSPITAL  
550 First Avenue  
New York, NY 10016  
Elsa Reish, MS

■ NORTH SHORE (516) 622-5174  
UNIVERSITY HOSPITAL  
865 Northern Boulevard, 2nd Fl  
Great Neck, NY 11021  
Lois Greenberg, MS

■ ST. LUKE'S- (212) 523-7092  
ROOSEVELT HOSPITAL CTR  
425 W. 59th Street, Ste 7A  
New York, NY 10019  
Mary Kay Dabney, MS

## **Programs Directed to Specific Groups**

### **AFRICAN-AMERICANS**

■ ARTHUR ASHE (718) 270-3101  
INSTITUTE FOR URBAN HEALTH/BLACK PEARLS PROGRAM  
450 Clarkson Avenue, Box 1232  
Brooklyn, NY 11203  
Provides breast-health literature and workshops for local beauty salons

and community organizations for African-American women.

■ MAHOGANY (718) 723-5879  
SISTERS NETWORK (718) 525-2950  
This program, based in St. Albans, Queens, offers community education, psychological and emotional support groups and in-home sister-to-sister support.

■ NATIONAL BLACK (212) 939-1480  
LEADERSHIP (212) 939-8035  
INITIATIVE ON CANCER  
Cancer Control Center of The Harlem Hospital Center  
Program designed to reach and educate Blacks on the East Coast and Washington D.C. about breast, prostate, and colorectal cancer.

■ SISTERS HEALTH- (212) 694-7500  
CARE COALITION OF HARLEM  
464 W. 145th Street  
New York, NY 20042  
Provides cancer patient services, breast-health resources and support groups for African-American women.

■ SISTER-TO-SISTER (718) 237-7850  
FULL CIRCLE (212) 663-8800  
OF CARE BREAST  
CANCER PROGRAM  
Sponsored by the American Cancer Society, this group provides free education, mammograms, follow-up and support services for the Bedford-Stuyvesant and Harlem community.

### **ASIAN/PACIFIC ISLANDERS**

■ SOUTH ASIAN OUTREACH PROJECT  
American Cancer Society  
97-77 Queens Boulevard, Ste 1110  
Rego Park, NY 11374  
(718) 263-2224, x28  
Working with the **QUEENS BREAST-HEALTH PARTNERSHIP**, this project offers breast and cervical cancer screening as part of its mission to inform Asians about cancer, including information, services and resources.

■ NATIONAL ASIAN WOMEN'S HEALTH ORGANIZATION (NAWHO) (888) NAWHO-18  
[www.nawho.org](http://www.nawho.org)

A nonprofit community-based advocacy organization dedicated to improving the health status of Asian women and their families. Its Breast and Cervical Cancer Program addresses sensitive issues of cancer education and early detection in the Asian community. Its tollfree hotline has speakers of Korean, Laotian, Vietnamese, Cantonese and English.

### **LATINAS**

■ FIRST SATURDAY IN OCTOBER, INC.  
*Mon-Fri, 9-5* (718) 590-3527  
*evenings after 6PM*  
& *weekends* (212) 310-3517  
198 E. 161st Street, 2nd Fl  
Bronx, NY 10451

Dedicated to educating Latina and other underserved communities about breast health. Makes referrals for free or low-cost mammograms and follow-up services.

■ LATINA SHARE (212) 719-4454  
1501 Broadway, Ste. 1720  
New York, NY 10030  
Educational workshops and support services for breast and ovarian cancer survivors in Spanish.

### **LESBIANS**

■ CALLEN-LORDE COMMUNITY HEALTH CENTER (212) 271-7200  
356 W. 18th Street  
New York, NY 10011  
NYC's only medical facility dedicated to health needs of lesbians, gays, bisexuals and transgenders is staffed by sympathetic paid specialists and volunteers. Its Lesbian Health Program offers comprehensive primary, gynecological, breast health—including mammography referral, and HIV care.

## MEN

### ■ ONLINE SERVICES/SUPPORT GROUPS

<http://interact.withus.com/interact/mbc/index.html>

For men who have breast cancer, this Web site offers information and list of support resources and medical references.

## ORTHODOX JEWISH

### ■ CHAI LINE

(212) 699-6626  
(888) 2-CHAI-LIFE

Led by highly skilled Orthodox oncology social workers, CHAI LINE is a confidential telephone support group for Orthodox women living with breast cancer.

### ■ THE NATIONAL CENTER FOR JEWISH HEALING (NCJH)

(212) 399-2320

An educational organization and resource center dedicated to helping the Jews fulfill their spiritual needs during times of illness and loss.

## YOUNG WOMEN

### ■ YOUNG SURVIVALS COALITION

(212) 903-9114  
[www.youngsurvival.org](http://www.youngsurvival.org)

Dedicated to issues which affect young breast-cancer survivors, with focus on funding research and technology enhancement, education and outreach.

## Legal Assistance

### ■ ASSOCIATION OF THE BAR OF THE CITY OF NEW YORK

Robert B. McKay Community Outreach Law Program  
(212) 382-6708

The **Cancer Advocacy Program** provides assistance by matching volunteer attorneys with cancer patients to assist with employment

discrimination and insurance disputes. Employment Discrimination clinics are held monthly by appointment.

### ■ CANCER CARE

(212) 302-2400  
Provides assistance in securing entitlement.

### ■ JALBCA

(212) 759-6630  
JUDGES AND LAWYERS BREAST CANCER ALERT

To encourage early breast-cancer diagnosis and treatment, JALBCA runs educational programs, arranges for low- to no-cost mammograms near courthouses, and supports legal projects addressing clients' concerns about breast-cancer employment discrimination and health insurance reimbursement.

### ■ MEDICARE RIGHTS CENTER (MRC)

(212) 869-3850  
MRC offers legal assistance in securing Medicare benefits.

## Government Services

### ■ BREAST HEALTH PARTNERSHIPS

[http://www.health.state.ny.us/nyusdoh/consumer/cancer/main\\_1.html](http://www.health.state.ny.us/nyusdoh/consumer/cancer/main_1.html)

Sponsored by the **New York State Dept. of Health** in conjunction with U.S. Centers for Disease Control, the **Partnerships** include many major NYC hospitals offering breast and cervical cancer screenings to women not fully insured, without insurance, or of low income. For phone numbers in each borough, see page 8.

### ■ FDA CONSUMER INFORMATION

(888) 463-6332  
[www.fda.gov/cdrh/consumer](http://www.fda.gov/cdrh/consumer)  
A program of the U.S. Food & Drug Administration, this line

answers consumer and professional inquiries about breast implants, assists in registering complaints and accessing implant registries, and publishes a *Breast Implant Package*.

### ■ CANCER INFORMATION SERVICE (CIS) National Cancer Institute

*Mon-Fri, 9 AM-4:30 PM*  
(800) 4-CANCER  
or (800) 422-6237  
[www.nci.nih.gov](http://www.nci.nih.gov)

MEMORIAL SLOAN-KETTERING CANCER CENTER  
1275 York Avenue, Box 166  
New York, NY 10021

A program of the **National Cancer Institute (NCA)**, CANCER

INFORMATION SERVICE supports a nationwide network of 19 regional offices. Through its tollfree telephone service, CIS provides accurate, up-to-date information on cancer to patients, their families, health-care professionals, and the general public.

The CIS outreach program serves as a resource for state and regional organizations by providing printed materials and technical assistance for cancer education, media campaigns, and community programs. CIS can answer questions on cancer (treatment, prevention, screening) and sends free printed materials on

request, in English or Spanish. Callers can also receive referrals to FDA-accredited mammography facilities.

The CIS at Memorial Sloan-Kettering serves New York City's five boroughs, Long Island and Westchester County. The NCI is a program of the National Institutes of Health, U.S. Department of Health and Human Services.

### ■ NEW YORK STATE INSURANCE DEPARTMENT

(212) 480-6400  
*Mon-Fri 9-5* (800) 342-3736  
Multilingual Help (212) 480-4701  
Denial Review (800) 400-8882  
[www.ins.state.ny.us](http://www.ins.state.ny.us)

Provides general information and help with insurance problems, including help filing complaints. A brochure, *Consumer Guide to Health Insurance*, can be ordered directly by calling its Publications Department at (518) 474-4557.

### ■ WOMEN'S HEALTHLINE

(212) 230-1111

Sponsored by **New York City Department of Health**. Offers health-care information; refers callers, male or female, to clinics. Foreign language speaking counselors available.

## Nutritional Information

### ■ AMERICAN INSTITUTE FOR CANCER RESEARCH

(800) 843-8114  
Provides information and brochures on diet, nutrition and cancer. If you call the Hotline service, a dietician will call back within 48 hours.

## Educational Resources/Libraries

- **CENTER FOR MEDICAL CONSUMERS**  
237 Thompson Street  
New York, NY 10012  
(212) 674-7105

Reference library that maintains free consumer-oriented resource material on breast cancer, nutrition and other health topics. Photocopier machine available.

- **KARPAS CANCER LIBRARY**  
Beth Israel Cancer Ctr  
10 Union Square E., 4th Fl, Ste 4A  
New York, NY 10003  
(212) 844-8468

Has comprehensive collection of books, videotapes, brochures, and articles about breast—and other—cancers. Staff of professional health educators will assist in Internet searches.

- **NATIONAL COUNCIL FOR RELIABLE RESOURCES**  
(816) 228-4595

Information on alternative treatments for breast cancer; extensive health education library; will fax booklet.

- **NEW YORK ACADEMY OF MEDICINE**  
1216 Fifth Avenue  
New York, NY 10029  
(212) 822-7200

Maintains free research library with highly technical information. A science background helps; medical journals available in a variety of languages.

- **WOMEN AT RISK (WAR)**  
Atchley Pavilion, 10th Fl  
161 Ft Washington Avenue  
New York, NY 10032-3784  
(212) 305-9525

Part of Columbia-Presbyterian Medical Center, this library provides the most up-to-date educational materials on breast cancer including books, articles, online computer information, video and audio tapes for review on site; and

## WEBSITES

These sites have excellent links to many other helpful sites.

- **American Cancer Society**—[www.cancer.org](http://www.cancer.org)
- **National Cancer Institute**—[www.nci.nih.gov](http://www.nci.nih.gov)
- **NABCO (National Association of Breast Cancer Organizations)**—[www.nabco.org](http://www.nabco.org)
- **Health Care Choices**—[www.healthcarechoices.org](http://www.healthcarechoices.org)

In addition, according to an article in the *NY Times' Science* section August 31, 1999, these sites offer reliable health information:

- **HEALTHFINDER**—A Government-sponsored site with links to more than 1,400 health sites. [www.healthfinder.gov](http://www.healthfinder.gov)
- **NATIONAL INSTITUTES OF HEALTH**—A gateway to the extensive resources of Federal agencies, including a list of diseases being studied by the various institutes. [www.nih.gov/health](http://www.nih.gov/health)
- **CENTERWATCH**—Lists clinical trials on various diseases, including a summary of research and contacts. [www.centerwatch.com](http://www.centerwatch.com)
- **NATIONAL LIBRARY OF MEDICINE**—Access to the world's largest biomedical library, including notice of important findings before publication. For general health info: [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)
- **MAYO CLINIC**—Offers public access to its health information. Users can E-mail questions to clinic physicians. [www.mayohealth.org](http://www.mayohealth.org)

take-home pamphlets. Call for hours. Spanish-speaking librarian available one afternoon/week.

- **WOMEN'S RESOURCE CENTER COMPREHENSIVE BREAST CENTER**  
425 W. 59th Street, Ste 7D  
New York, NY 10019  
(212) 523-7275/59

Part of St. Luke's Roosevelt Hospital, the Center houses a library with Internet access for research.

## Books and Pamphlets

- Dr. Susan Love's Breast Book*, by Susan Love, MD, with Karen Lindsey, Addison-Wesley, Reading, MA, Revised 1995.

A comprehensive description of breast health and breast cancer issues.

- Breast Cancer Treatment Guidelines for Patients*. National Comprehensive Cancer Network (NCCN) and the American Cancer Society, 1999.

Information on state-of-the-art cancer treatment written in understandable language. Based on the nccn's Clinical Practice Guidelines developed by a panel of experts from 17 of the nation's leading cancer centers. Written to assist patients in dialogue with their physicians. Call (888) 909-NCCN or (800) ACS-2345 to obtain a free copy.

- Breast Cancer Dictionary*, Published by the American Cancer Society Breast Cancer Network, 1998. Publication #4675-CC. Call (800) ACS-2345 to obtain a free copy.

- Breast Cancer: The Complete Guide*, by Yashar Hirshaut, MD and Peter Pressman, MD, Bantam, NY, 1992. Easy-to-follow resource guide providing up-to-date medical information and practical advice about breast cancer.

- Breast Cancer: What Every Woman Should Know*, by Rita Baron-Faust in conjunction with New York University Medical Center Women's Health Service and the Kaplan Comprehensive Cancer Center. Published by Hearst Books, 1995. A resource guide for women with breast cancer or interested in it.

- The Cancer Dictionary*, by Roberta Altman and Michael J. Sarg, MD. Order from Facts on File at (800) 322-8755.

- Breast Cancer and Ovarian Cancer: Beating the Odds* by M. Margaret Kemeny, MD, and Paula Dranov, Addison-Wesley, Reading, MA, 1992.

A thorough description of the risk factors for breast and ovarian cancer and the steps you can take to reduce the risks.

- Genetic testing*. For the most up-to-date articles, contact NABCO at (800) 719-9154

- How to Do Breast Self-Examination* Published by American Cancer Society Inc., 1998. Available in English and Spanish. Call ACS at (800) ACS-2345 for a free copy.

- The Informed Woman's Guide to Breast Health*, by Kerry A. McGinn, Bull Publishing, Palo Alto, CA, 1992.

- A Woman's Decision: Breast Care, Treatment and Reconstruction*, by Karen Berger and Dr. John Bostwick, III, MD, Quality Medical Publishing, Inc., 1994. Second edition.

- Understanding Breast Changes: A Guide for All Women*. Published by National Cancer Institute, 1997. Publication #97-3536. Call (800) 4-CANCER to obtain free copy.

- Understanding Gene Testing*, Published by National Cancer Institute, 1996. NIH publication #96-3905. Call (800) 4-CANCER to obtain free copy.

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# GLOSSARY

**Adenocarcinoma** Most common breast cancer, develops in gland-forming tissue.

**Adjuvant** Treatment given in the earlier stage of breast cancer in conjunction with primary treatment.

**Areola** Colored tissue that encircles the nipple.

**Aspiration** Removal of fluid from a cyst with a hypodermic needle.

**Benign** Not cancerous.

**Biopsy** The removal and microscopic examination of cells or tissue for diagnosis.

\* **Breast Self-Examination (BSE)** A Recommended for all women over 20, a technique for checking your own breasts and armpits for lumps or suspicious changes. Breast self-exam should be done once a month at times other than the days immediately before, during or after your menstrual period.

**Cancer** General name for over 100 diseases in which abnormal cells grow out of control.

**Chemotherapy** Treatment with anticancer drugs.

**Clinical Breast Examination (CBE)** A check-up and physical examination of the breasts by a skilled health professional to check for lumps or other worrisome signs in breasts and armpits.

**Cyst** Fluid-filled sac or cavity.

**Discharge** Any fluid coming from the nipple.

\* **Detection** Finding disease. Many forms of cancer can develop to an advanced stage without causing symptoms, particularly ovarian and pancreatic cancers. With mammography, it's possible to detect breast cancer at an early stage before it has grown large or spread to other sites.

\* **DNA** Holds the genetic information all cell growth, division and function. The abbreviation for deoxyribonucleic acid.

**Duct** Tube in the breast through which milk passes to the nipples.

**Estrogen** Female hormone involved in breast development and a possible cause of breast cancer.

**Fibrocystic condition** benign breast irregularities or lumpiness. Also known as "benign breast condition," or "fibrocystic disease."

**Hormones** Chemicals produced by the body that control the actions of certain organs or cells.

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

\* **Genes** A segment of DNA containing information on hereditary characteristics, such as hair and eye color, height, and susceptibility to certain diseases. Women who have

BRCA1 or BRCA2 gene mutations (defects) have an inherited (genetic) tendency to develop breast cancer.

**Lobes** group of glands in the breast that produce milk.

**Lumpectomy** surgical removal of only the cancerous breast lump.

**Lymphedema** A swelling of the arm generally resulting from a mastectomy or lymph-node surgery.

**Malignant** Cancerous.

\* **Mammogram/mammography** An X-ray of the breast, and the principal method of detecting breast cancer in women over 40. A mammogram can show a developing breast tumor before it is large enough to be felt by hand—even a highly skilled one. **Screening mammography** Used to detect breast cancer in women without any symptoms; **Diagnostic mammography** Used to characterize breast masses or determine the cause of other breast symptoms.

**Mastectomy** Surgical removal of the breast.

**Mastitis** Inflammation of the breast causing pain and tenderness.

**Menopause** Time in a woman's life when her menstrual periods stop.

**Metastasis** The spread of cancer from one part of the body to another.

**Microcalcification** Small deposits of calcium in the breast that can appear on a mammogram and may indicate cancer.

**Oncologist** Doctor who specializes in treating cancer.

**Palpation** Feeling the breast for any abnormalities.

**Pathologist** Doctor who diagnoses diseases by studying cells and tissues.

**Prophylactic mastectomy** Removal of breasts when no disease is present as a means of preventing cancer from developing.

**Prosthesis** Artificial replacement of a body part.

\* **Radiotherapy** Treatment with radiation to destroy cancer cells. Sources of radiation used include linear accelerators, cobalt, and beta-trons. This type of treatment may be used to reduce the size of cancer before surgery, or to destroy any remaining cancer cells after surgery. Also called irradiation and radiation therapy.

**Remission** Temporary or permanent disappearance of the signs and symptoms of cancer.

\*\* **Sentinel lymph node(s) biopsy** The Sentinel is the first lymph node(s) to which cancer is likely to spread from the primary tumor. In the biopsy a dye or radioactive substance is injected near the breast tumor which then flows into the Sentinel lymph node(s) under the arm. With the aid of the dye or a scanner, the surgeon is able to find the Sentinel lymph node(s) and remove them. The presence of cancer cells in the node(s) alerts the doctor that the tumor has spread to the lymphatic system.

**Tamoxifen** (brand name: Nolvadex) A drug that blocks estrogen. In some cases of breast cancer,

blocking estrogen is desirable because it promotes cancer growth.

**Tumor** Abnormal growth of tissue that may be benign or malignant.

**Ultrasonography** Test in which sound waves are bounced off tissues and the echoes are converted into a picture (sonogram).

**Xeroradiography** Type of mammography in which a picture of the breast is recorded on paper rather than on film.

\* These definitions courtesy of American Cancer Society/Breast Health Network's *Breast Cancer Dictionary*, published by the American Cancer Society, Inc., 1998. Publication # 4675-CC; single copies are free.

\*\* **Source:** *What You Need to Know About Breast Cancer*, published by National Institutes of Health, National Cancer Institute, revised 1998.

# Annual Breast Cancer Public Awareness and Fundraising Events

## ☛ FIRST SATURDAY IN OCTOBER®

*Location:* At participating hospitals and health centers throughout New York City, Long Island and Westchester County

*Date:* Sat. Oct. 2, 1999. Call for time.

*Sponsor:* FIRST SATURDAY IN OCTOBER, INC.

*Info:* (718) 590-3527 or  
(212) 310-3517

## ☛ SHARE-A-WALK

*Location:* Central Park

*Date & time:* Sun. Oct. 3, 1999 at 9 AM

*Sponsor:* SHARE—SELF-HELP FOR WOMEN  
WITH BREAST OR OVARIAN CANCER

*Info:* (212) 719-0364, ext. 333

## ☛ MAKING STRIDES AGAINST BREAST CANCER

*Locations:* Central Park, Queens  
and Staten Island

*Date:* Sun. Oct. 17, 1999. Call for time.

*Sponsor:* AMERICAN CANCER SOCIETY

*Info:* (888) ACS-8899

## ☛ REVLON RUN/WALK FOR WOMEN

*Location:* Times Square to Central Park

*Date:* Sat. May 6, 2000 at 9 AM

*Sponsor:* REVLON

*Info:* (212) 218-3330

## ☛ RACE FOR THE CURE

*Location:* Central Park

*Date & time:* Sun. Sept. 17, 2000, 9 AM

*Sponsor:* SUSAN G. KOMEN BREAST CANCER  
FOUNDATION

*Info:* (212) 293-CURE

## ☛ AVON'S BREAST CANCER 3-DAY WALK

*Location:* Bear Mountain to Central Park

*Date:* October 13-15th, 2000

*Sponsor:* AVON

*Info:* (888) 3-DAY AVON  
(888) 332-9286