




AWESOMIE

AFRICAN WOMEN ENDING STIGMA ON MAMMOGRAPHY EXAMS



Special Message from your Community Leader



Healthy Families begin with Healthy Women

- Guiding Rule: Anything that is said in this workshop should remain here
- *What is the best advice you have ever been given? And who gave you that advice?*



Meet Our Team



Dr. Jamilia Sly



Leah Savage



Mariama Diop



Francesca
Minardi



Shereen Abdel-Raheim



Fatimata Tandia

Breast Cancer Screening Experiences as told by Henrietta Gyimah Mount Sinai Mobile Mammography Van Technician

<https://www.youtube.com/watch?v=SfO0vA4wlfg>



Why should we take care of our breast health?

Love and eroticism

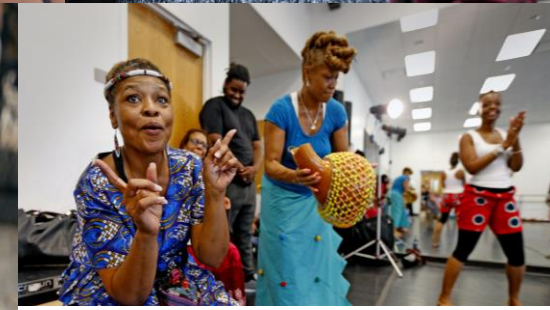


Prioritizing women's health

Breastfeeding – which can help prevent breast cancer!



Care for the caretaker

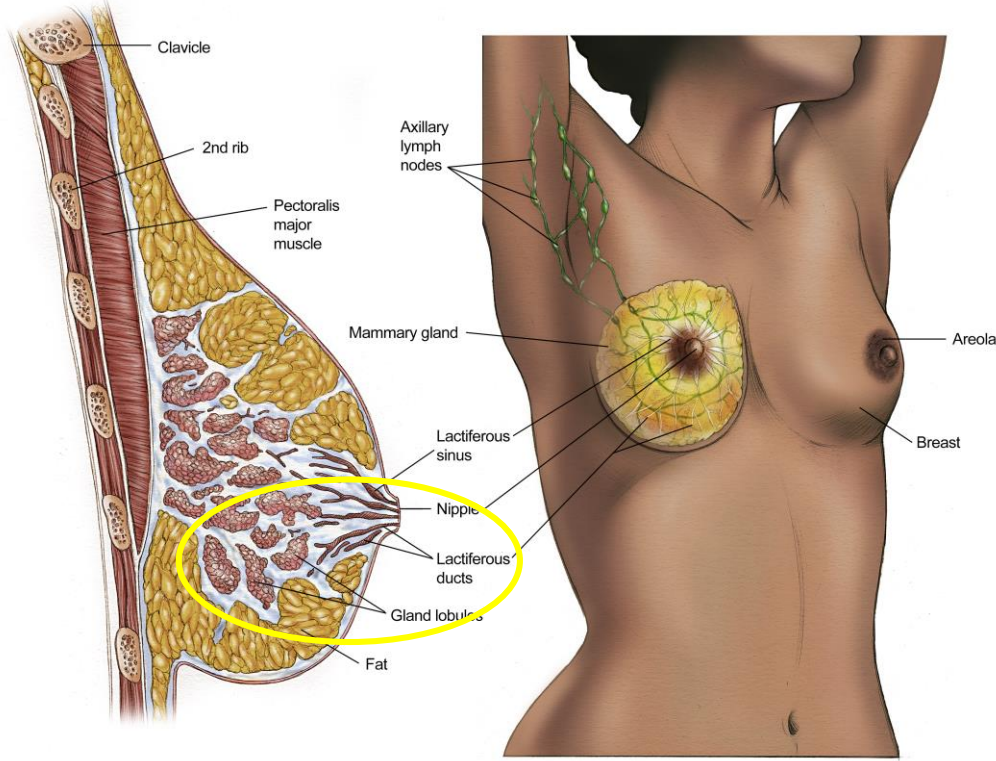


Prioritizing preventive care to stay well

Respecting our bodies as having value and needing care

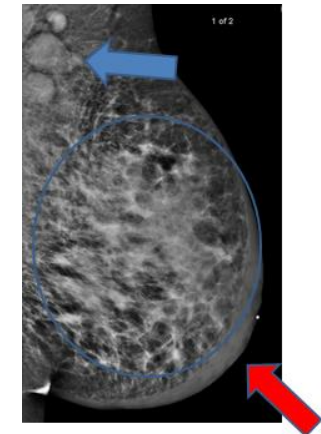
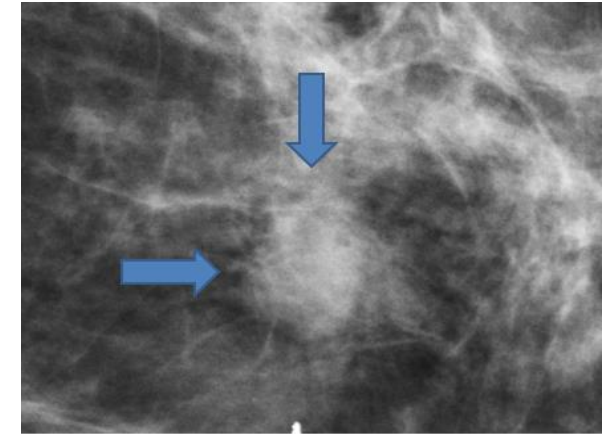
What is Breast Cancer?

- Uncontrolled growth and spread of abnormal (mutated) cells
- Breast cancer develops in breast tissue and often begins in **ducts or lobules**.



Breasts are made up of three main parts:

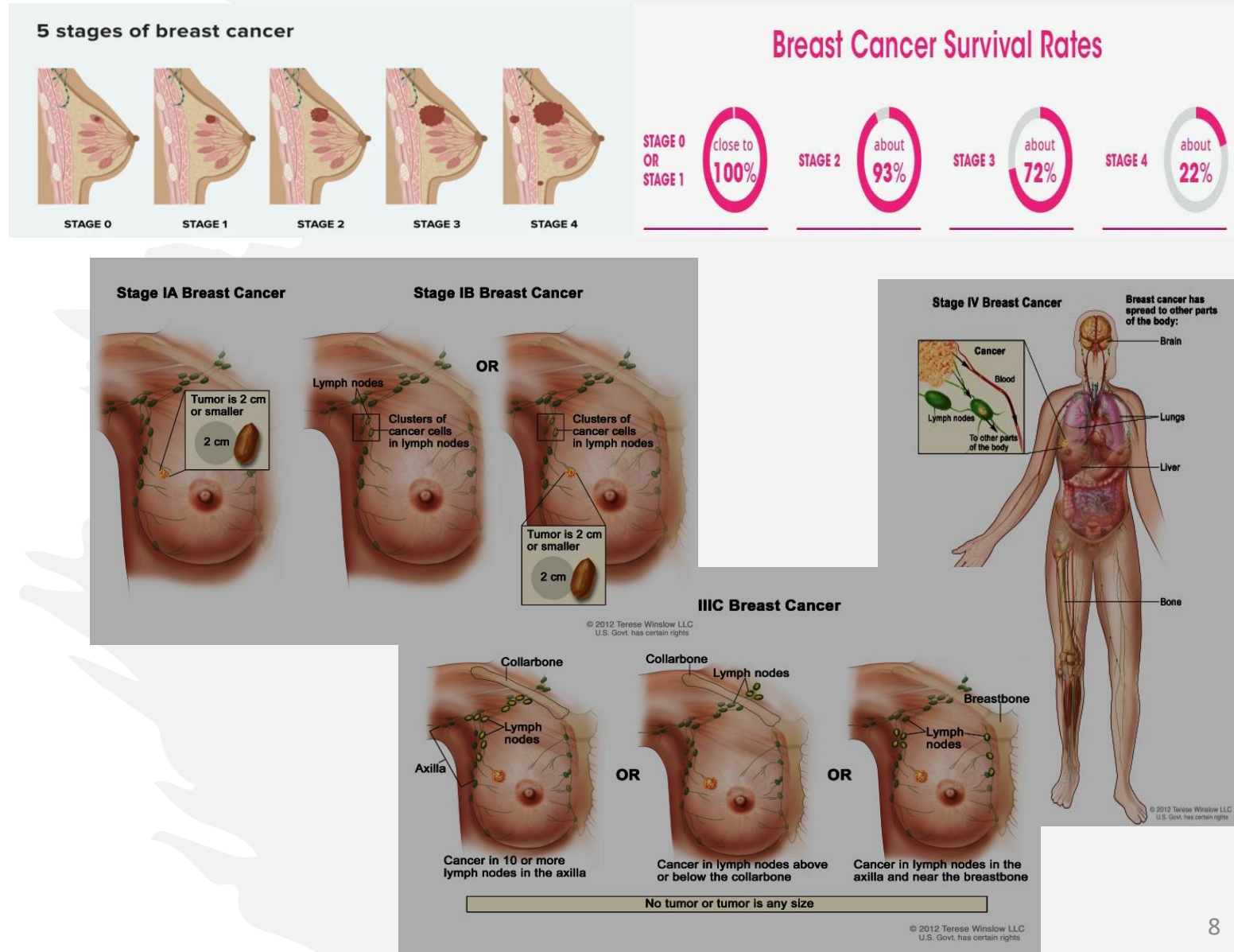
- ❖ **Lobes** – Sections of glandular tissues. They are made up of smaller lobules that produce milk.
- ❖ **Ducts** – Tubes that carry milk to the nipple.
- ❖ **Connective tissue** - Surrounds and holds everything together.



Women with dense breasts may need additional screening.

What Causes Breast Cancer?

- The exact cause of breast cancer is **unknown**.
- Cells grow uncontrollably in the body.
- While the reasons are not fully understood, **screening and treatment options are available**.
- Breast cancer has different stages ranging from Stage 0 to Stage 4.
- Finding cancer early, in stage 0 or 1, is very important because the cancer is small and **localized**, and **more treatment options are available**.
- This is why **annual screenings** are vital for timely treatment
- *Note: A "suspicious mass" indicates an abnormal finding, a "lump" refers to a small, hard area, and an "inconclusive mammogram" suggests unclear results.*



Signs and Symptoms of Breast Cancer



lumps



nipple discharge



dimpling



breast or nipple pain



nipple retraction or inversion



redness



changes to skin texture



lymph node changes



swelling

- **Important:** symptoms can also be caused by other conditions besides breast cancer.
- Self-examinations can be useful in helping you understand what is normal for your body and when something has changed.
- If you experience any of these symptoms, **it's important to see your healthcare provider for a proper diagnosis.**
- Keep in mind, screening is an important factor for early detection!
- Screening can find lumps **before they are big enough** for you to feel.

MEDICALNEWS TODAY

Facts and Figures about Breast Cancer



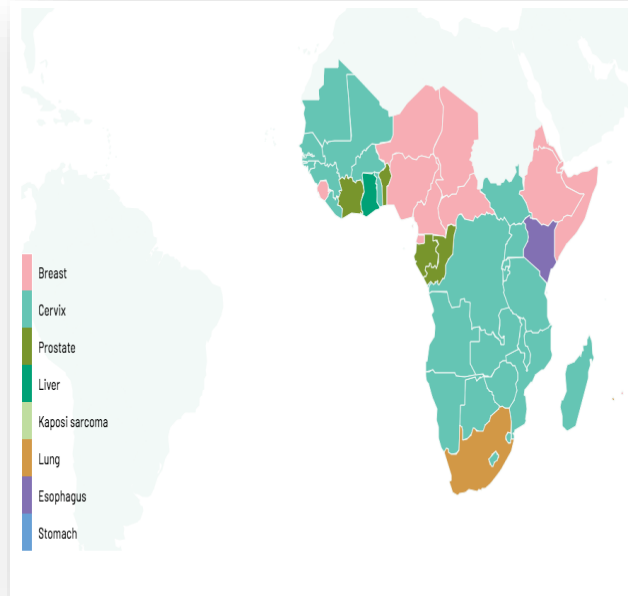
Figure 3. Female Breast Cancer Incidence (2015-2019) and Death (2016-2020) Rates by Race/Ethnicity, US



- **Second most common cancer** diagnosed and the **second leading cause of death** among women in the U.S.
- **Black women have higher breast cancer mortality rate** than women of any other racial or ethnic group
 - **Access to screening and healthcare** and other structural and biological factors
 - **Triple-negative breast cancer** is a subtype that is more aggressive and deadly and can be diagnosed more commonly in Black women

- Compared to the U.S., health efforts in some African countries are focused on differing leading causes of death: **infectious diseases** such as **malaria, HIV/AIDS, tuberculosis**, as well as **lower respiratory infections**, etc.
- Despite not being a leading cause of death in many African nations; **breast and cervical cancer are the leading causes of cancer deaths** among women in sub-Saharan Africa

The most common cancer deaths in sub-Saharan Africa, both sexes, 2018



Female: Incidence and mortality rates of the most common cancers in sub-Saharan Africa, 2018



Breast Cancer Risk Factors

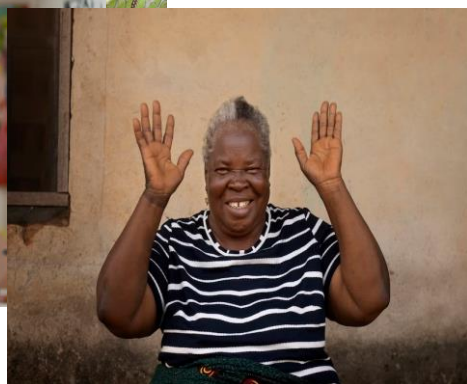
Factors that can increase your risk are:

- being female
- being older
- personal or family history of breast cancer and other conditions
- certain inherited genetic mutations
- reproductive history
- having dense breasts
- radiation exposure
- use of hormones
- limited physical activity and diet
- alcohol use



Even if you don't have any risk factors, there's still a chance you can be diagnosed with breast cancer.

**Get Your
Mammogram!**
Early detection is
the key!



Breast Cancer Screening Introduction from Drs. Theresa and Seshat Mack

<https://youtu.be/LPdIFZ745Xs>



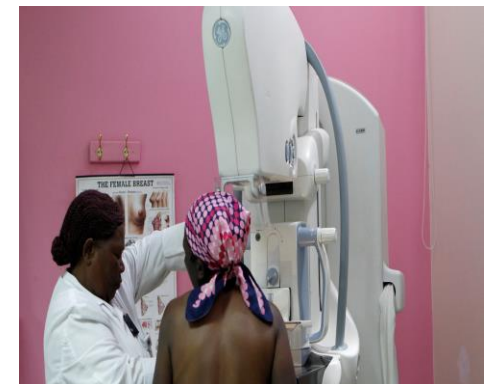
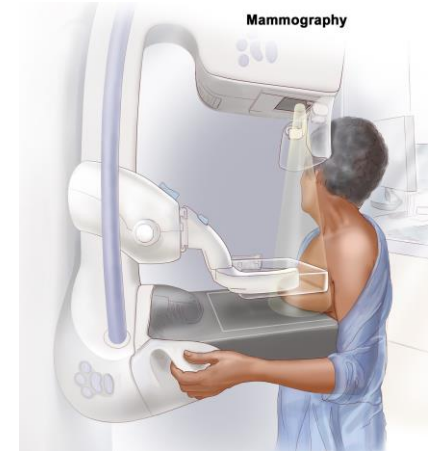
Clearing up Myths and Misconceptions about Breast Cancer Screening

- Breast cancer screening should start at **age 40** for average-risk women and should be **repeated annually**
- Mammography is **safe** and does not pose a significant risk of physical harm due to low radiation levels
- To decrease **discomfort**:
 - schedule your mammogram when your breasts are not swollen or tender
 - take painkillers before
 - wear comfortable clothing
 - relax
 - communicate with your technician
- Mammography is considered the **gold standard** for breast cancer screening because it can **detect breast cancer early**



Clearing up Myths and Misconceptions about Breast Cancer Screening

- Breast pain, lumps, or other changes may not necessarily indicate breast cancer
- **You can request a female healthcare provider to perform your mammogram**
- Screening and care can be as **private** as you want, and you can choose who to share information with
 - Mammogram **results may be obtained through letter, phone, email, or the electronic health record**
- Programs for treatment and support are available in NYC for individuals with abnormal mammogram findings or a breast cancer diagnosis



Breast Cancer Treatment



Targeted Therapy: drugs target specific genes that grow and spread cancer

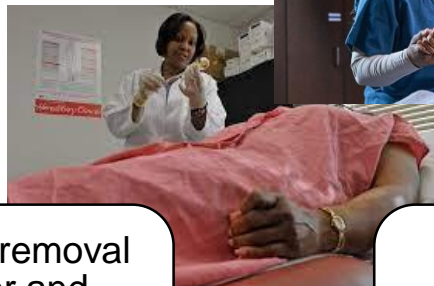
Hormonal Therapy: used for hormone receptor-positive breast cancers



Radiation: high-energy X-rays to kill or shrink tumors

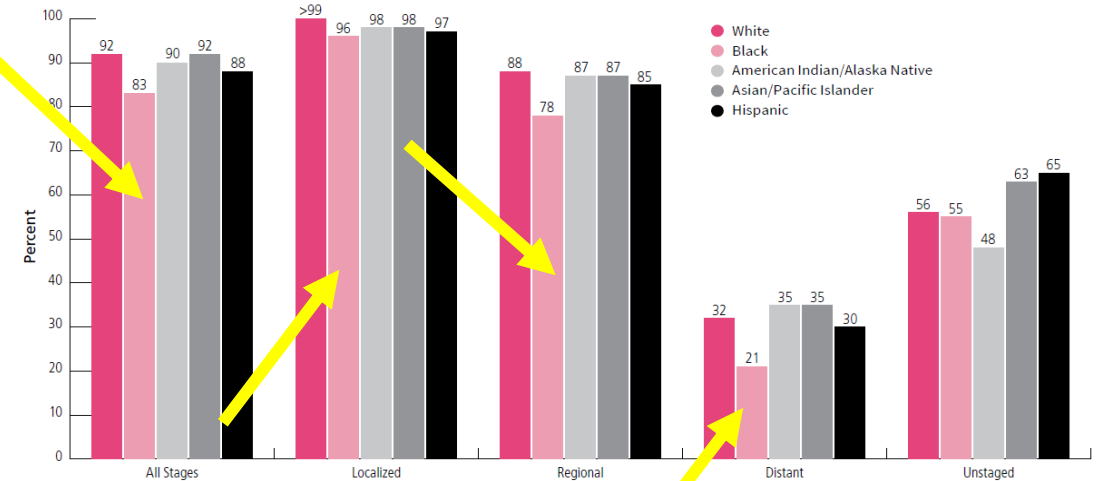


Surgery: removal of tumor and surrounding tissue; potential mastectomy



Chemotherapy: drugs that kill cancer cells in the body

Figure 11. Five-year Relative Survival Rates (%) by Stage at Diagnosis and Race/Ethnicity, US, 2012-2018



Note: Race is exclusive of Hispanic origin. Survival rates are based on patients diagnosed during 2012-2018 and followed through 2019. Survival for AIAN individuals is based on patients diagnosed in PRCA counties.
Source: SEER Program, 17 SEER registries, National Cancer Institute, 2022.

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Rights of Undocumented Women in NYC

- Undocumented women in NYC have the **right to access healthcare services**, including breast cancer screening and treatment.
- There are **several insurance options** available for undocumented individuals in NYC.
- NYC is a **sanctuary city**, which means that local law enforcement and government agencies are limited in their cooperation with federal immigration authorities.
- There are many community health clinics and hospitals throughout NYC that offer breast cancer screening services and treatment **regardless of immigration status**.
- Patients who are undocumented may fear deportation and discrimination, but in NYC, there are **legal protections** in place to prevent discrimination against patients based on their immigration status.

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AFRICAN SERVICES
COMMITTEE

NYC
Commission on
Human Rights



NYS Cancer Services Program



- The Cancer Services Program provides **free breast cancer screenings** to eligible individuals, including those who are uninsured or underinsured, regardless of documentation status.
- CSP provides screenings for women ages **40 and older** (some programs serve women ages 50 and older only) and women under age 40 at high risk for breast cancer.
- CSP sites should have **language interpreter services** for screening and care.
- If breast, cervical or colorectal cancer is found, those eligible may be able to enroll in the **NYS Medicaid Cancer Treatment Program**.
- Patients **do not need a doctor's referral** to get a mammogram from a cancer services provider or mobile mammography van in NYC.
- CSP providers may ask if you have insurance just to assess your coverage.

Contact:

1-866-442-CANCER (2262)

https://www.health.ny.gov/diseases/cancer/services/community_resources/





[Resource Guide](#)

RESOURCES

Challenge: Share the QR code with 4 women right now!

You are now an ambassador of this information
Remember that person you mentioned gave you great
advice in the icebreaker – **share with them!**



[Research Program Website](#)



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- <https://www.understand.com/products/what-is-breast-cancer>

Interactive Discussion



What questions do you have about what we shared with you today in our workshop?

Now, we will go over any other questions that you wrote on your sheets during the program.

