

SISTERS, SURVIVORS, WARRIORS

The 19th Annual

AUDRE LORDE

Cancer Awareness Brunch



Resource Guide

Saturday, October 21, 10 AM-1 PM

Fenway Health, 1340 Boylston St., 9th Floor, Boston

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Forward

Dear Reader,

The Women's Health Team is delighted to bring you the *Sisters, Survivors, Warriors Resource Guide* in celebration of the 19th Annual Audre Lorde Cancer Awareness Brunch. This brunch honors Audre Lorde, a self-described "black, lesbian, mother, warrior, poet," who dedicated her life and creative talent to confronting and addressing the injustices of racism, sexism and homophobia. She bravely documented her 14-year journey with breast cancer in "The Cancer Journals" and a book of essays, "A Burst of Light."

The brunch celebrates women of color and their supporters whose lives have been affected by cancer. The theme for this year's event is "Sisters, Survivors, Warriors" to encourage our communities to unite in sisterhood, become empowered through health education, and rise as warriors to access local resources. Audre Lorde, a warrior herself, championed women and LGBTQ individuals, two communities that always find a way to survive and to thrive.

In this resource book, you will find information on cancer disparities for women of color and LGBTQ women, health education on cancer screenings and preventive health measures, and local resources for cancer survivors of color. We hope this resource book will foster sisterhood, strength, and holistic health in your life.

Sincerely,

Tanekwah Hinds
Women's Health Program Coordinator
Fenway Health

Sisters in the Fight Against Cancer: Health Risks and Disparities for People of Color and LGBTQ Women

When accessing healthcare, women, people of color, and the lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ) community face social and economic barriers as a result of racism, sexism, and homophobia. These factors, or social determinants of health, include limited access to resources, such as education, employment, housing, health care services, and food. Historical barriers to these resources negatively affect the health outcomes of women of color and LGBTQ women in the fight against cancer. Striving to overcome these health disparities also brings our communities together. This section will explore the health risks and disparities faced by people of color and LGBTQ women.

People of Color

For people of color, we will look at how cancer affects Latino/a, Asian, and black individuals in Boston.

Breast Cancer

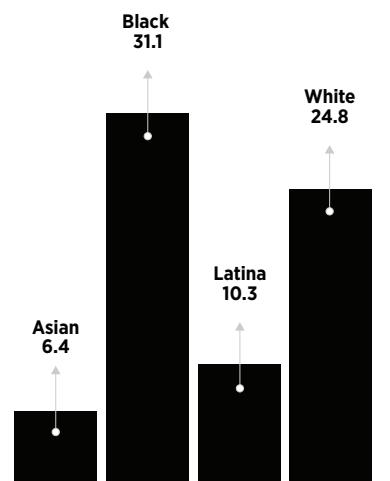
Despite high breast cancer screening rates among women in Boston, breast cancer deaths are disproportionately high among women of color. Black and white women have similar rates of breast cancer diagnosis, but black women are more likely to die from the disease. Women of color also die at an earlier age from breast cancer. These outcomes highlight the barriers that prevent women of color from accessing care after a cancer diagnosis.

Cervical Cancer

Asian women are almost 20% less likely than black and Latina women to receive cervical cancer screenings. Cultural, social and economic

Rate of Death from Breast Cancer by Race/Ethnicity

Black women are more likely to die from breast cancer despite having high screening rates.



factors, such as the amount of time lived in the U.S., citizenship status, use of other cancer screening tests, English language skills and income can affect Asian women's access to preventive care. Delay in the diagnosis of cervical cancer may mean that treatment is more extensive and more likely to cause complications like difficulty carrying a pregnancy to term.

Cervical Cancer Screenings by Race/Ethnicity

Race/Ethnicity	
Asian	62%
Black	86%
Latino	84%
White	92%

Colon Cancer

In the city of Boston, black people experience the highest rates of colon cancer compared to white, Asian, and Latino individuals. Colon cancer deaths are the highest in neighborhoods of color, specifically, North Dorchester, Roxbury, South Dorchester and the South End. This can be attributed to lack of access to quality food, physical activity in a safe environment, and preventive healthcare in communities of color.

Lung Cancer

Although white individuals have the highest rates of lung cancer in Boston, the highest mortality rates occur in Mattapan, a predominantly African American community, at almost twice the city's average lung cancer death rate. This is a prime example of social determinants of health serving as barriers to care.



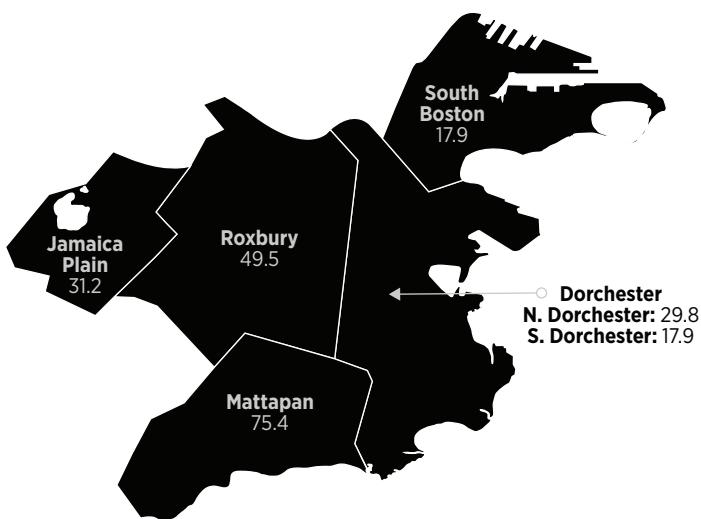
Social determinants of health include limited access to resources, such as education, employment, housing, health care services, and food.

Prostate Cancer

African American men are more than twice as likely to be diagnosed with prostate cancer compared to white men. Since they are less likely to have access to insurance or high quality health care, African American men face higher death rates as well. In Boston, the historically black communities of Roxbury and Mattapan experience the highest rates of deaths caused by prostate cancer, at 2x and 3x Boston's average.

Latino men in Boston are 1.5x times more likely to face prostate cancer compared to white men. While more research needs to be done to help us understand this increased risk better, available studies suggest that Latino men are less likely to get screened,

Top Five Boston Neighborhoods with the Highest Prostate Cancer Mortality Rates per 100,000 Population



increasing the likelihood of being diagnosed at a later stage and dying from the disease.

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Sources

“2016 Community Health Needs Assessment.” Dana-Farber Cancer Institute. <http://www.dana-farber.org/uploadedFiles/Library/about-us/community-outreach/chna-report-2016.pdf>

Gomez, Scarlett G. et al. “Disparities in Mammographic Screening for Asian Women in California: A Cross-Sectional Analysis to Identify Meaningful Groups for Targeted Intervention.” *BMC Cancer* 7 (2007): 201. PMC.

Hicks, Elizabeth M., Litwin, Mark S., Maliski Sally L. “Latino Men and Familial Risk Communication about Prostate Cancer.” *Oncology Nursing Forum*. 2014;41(5):509-516.

Wang, Judy H. et al. “Disparities in Cervical Cancer Screening between Asian American and Non-Hispanic White Women.” *Cancer Epidemiology Biomarkers and Prevention* 17.8 (2008). 1968-1973.

“Why Do Black Men Have Higher Rates of Prostate Cancer?” Prostate.net. <http://prostate.net/articles/why-do-black-men-have-higher-rates-of-prostate-cancer>.

Wu, Ina and Modlin, Charles S. “Disparities in Prostate Cancer in African American Men: What Primary Care Physicians Can Do.” *Cleveland Clinic Journal of Medicine* 79.5 (2012). 313-320.

LGBTQ Women

Like people of color, LGBTQ women face their own unique challenges and health disparities with regard to cancer. Unfortunately, cancer research has not included uniform data collection regarding sexual orientation and gender identity. This lack of research creates a gap in understanding the effects of cancer on LGBTQ communities. However, researchers and activists in the community are starting to make strides in analyzing the communities' cancer health risks and barriers to care.

1 in 5 transgender patients has been turned away by a health care provider.

Barriers to Healthcare

The LGBTQ community faces barriers to healthcare that contribute to lower cancer screening rates and therefore higher risks of late stage cancer diagnosis than the general population.

Health Risk Factors

Gender identity and sexual orientation discrimination as well as limited social and economic resources, such as health insurance, create barriers for LGBTQ individuals seeking cancer screenings and treatment. In response to these stressors, lesbian and bisexual women may engage in coping strategies (for example, smoking, binge eating, or alcohol/drug use) that have health risks, including cervical, colon, lung, and uterine cancer. In addition, lesbian and bisexual women are more likely than heterosexual women to delay childbirth until after age 30, or to not have biological children at all, which increases the risk of breast, ovarian, and uterine cancer.

Transgender Women

Within the LGBTQ community, transgender women face the most profound barriers to both social and economic resources, which may lead to higher rates of cancer and cancer deaths. These barriers include:

- Lack of access to transgender competent care
- 1 in 5 transgender patients has been turned away by a health care provider
- Lowest insurance rates among LGBTQ communities
- Procedures or cancer screenings that are inconsistent with the gender marked on the insurance card are rarely covered by insurance, such as a prostate exam for a transgender woman
- High rates of smoking and alcohol use

Resources

- National LGBT Cancer Network: <http://cancer-network.org>
- The National LGBT Cancer Project: <http://lgbtcancer.org>
- Cancer Care LGBT Resources: <https://cancercare.org/tagged/lgbt>

Tips to Finding Culturally Competent Care

1. Does the organization use **inclusive language and imagery** in its promotional materials?

2. Does the organization **specifically name the LGBTQ community** as one of its priorities?

3. Reach out to the LGBTQ community for **referrals**.

4. Ask your provider to **advocate for affirming services**, by referring you to other culturally competent providers or by making sure you are able to properly navigate the healthcare system.

5. Understand how a **previous negative experience** within the healthcare system, such as being denied care because of your sexual orientation or gender identity, may affect how you experience care in the future.

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Sources

“LGBT Cancer Information.” Cancer Network. <https://cancer-network.org/cancer-information>

“New Report Reveals Rampant Discrimination against Transgender People by Health Providers, High HIV Rates and Widespread Lack of Access to Necessary Care.” National LGBTQ Task Force. <http://www.thetaskforce.org/new-report-reveals-rampant-discrimination-against-transgender-people-by-health-providers-high-hiv-rates-and-widespread-lack-of-access-to-necessary-care-2>

Cancer Screenings: What Screenings Do You Need?

Cancer screenings are medical tests used to look for cancer before the development of symptoms. These procedures can save lives by detecting cancer early, allowing for treatment to begin when the disease is easier to treat. These screenings are especially important for women of color and LGBTQ women who face health disparities concerning cancer. The table below specifies the age to begin and frequency at which to get cancer screenings.

Please note that these screening recommendations are for individuals at average risk for each of these cancers. Be sure to talk to your provider about your risks and the right screening approach for you.

Insurance coverage: Contact your insurance company to discuss coverage. If you are not insured, contact your local community health center to enroll.

Rule of thumb: If you have the organ and fall into the age categories, get screened!

Cancer	Screening	Age	Frequency of Screening
Breast Cancer	Mammography	50-75 years old*	Every other year
Cervical Cancer	Pap Test	21-65 years old	Every 3 years
Colon Cancer	Colonoscopy	50-75 years old	Every 10 years
Lung Cancer	Lung Cat Scan	For smokers and ex-smokers	Discuss with provider
Prostate Cancer	PSA Blood Test	Discuss with provider	Discuss with provider

* Individuals between the ages 40-49 can start to ask their doctors about mammograms.

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Sources

U.S. Preventative Services Task Force. <https://www.uspreventiveservicestaskforce.org>

“2016 Community Health Needs Assessment.” Dana-Farber Cancer Institute. <http://www.dana-farber.org/uploadedFiles/Library/about-us/community-outreach/chna-report-2016.pdf>

How to Stay Healthy

In addition to following cancer screening guidelines, you can reduce your risk of cancer by making healthy choices. Here are some tips and resources to help you get started.



Eat a healthy diet

Focus on increasing fruits, vegetables, and whole grains. Limit intake of salt, sugar, and processed and red meat. Check out the nutrition and fitness resources on page 18 for accessible, affordable services.



Get active

Engage in 150 minutes of moderate intensity activity each week, such as yoga, walking, softball, and water aerobics. You can also engage in 75 minutes of vigorous intensity activity each week, such as jogging or running, basketball, hiking, and biking. Make exercise fun by involving friends or family, playing music, understanding your body's limits, and scheduling time for exercise. Check out the nutrition and fitness resources on page 18 for accessible, affordable services.



Stay away from tobacco

Smoking can cause cancer and other health risks. Quitting smoking and tobacco use can be hard. Check out the tobacco cessation resources on page 20 to access local, judgment-free tobacco cessation programs to help you quit smoking.



Limit alcohol

Drink no more than 1-2 drinks per day. If you are struggling with alcohol use, contact your local community health center or talk to your provider for referrals to addiction recovery services.



Use sunscreen with SPF 15 or more

Sunscreen provides a level of protection against the sun by absorbing or blocking its damaging ultraviolet rays. People of color are still at risk for skin cancer and are not as rapidly diagnosed, which leads to more deaths. Check out the article “The Best Sunscreen for Women of Color” by *Teen Vogue* for affordable sunscreen options.

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Sources

“Stay Healthy.” American Cancer Society. <https://www.cancer.org/healthy.html>.

“The Best Sunscreen for Women of Color.” *Teen Vogue*. <http://www.teenvogue.com/story/best-sunscreen-for-women-of-color-spf-misconceptions>.

Resources for Cancer Survivors and Patients of Color

Patient Navigation and Cancer Care Services

Patient navigators provide advocacy and case management to cancer patients who face barriers to care. They meet with patients to empower and link them to a broad range of services, including insurance, interpreter services, transportation, financial assistance, and other community resources.

AstraZeneca Hope Lodge Center

📍 **Jamaica Plain**

This state-of-the-art facility serves as a “home away from home” for patients traveling 40+ miles to their outpatient treatments. There is no charge to stay at Hope Lodge, for either the patient or caregivers.

PHONE

617.396.5514

WEBSITE

cancer.org/treatment/support-programs-and-services/patient-lodging/hope-lodge/boston/about-our-facility.html

Breast Health Outreach Program, Codman Square Health Center

📍 **Dorchester**

The Breast Health Outreach Program at Codman Square Health Center features screenings, education, and outreach around breast health.

CONTACT

Athene Wilson-Glover

PHONE

617.822.8147

EMAIL

athene.wilson-glover@codman.org

Breast Health Program, Mattapan Community Health Center

📍 **Mattapan**

The Breast Health Program provides mammograms, referrals for patients, and case management.

CONTACT

Jennifer Morisset

PHONE

617.322.8037

**Cancer Care Center,
Boston Medical Center
📍 South Boston**

The Cancer Care Center at Boston Medical Center offers support groups, fitness and nutrition classes, community events, acupuncture, interpreter services, and patient navigation.

 **PHONE**
617.638.6428

 **WEBSITE**
bmc.org/cancer

**Cancer Center,
Beth Israel Deaconess Medical Center
📍 Longwood Medical Center**

The Cancer Center at BIDMC provides a free online community, interpreter services in +30 languages, support groups, Chinese and Spanish speaking patient navigators, nutrition therapy, and more.

 **PHONE**
617.667.1900

 **WEBSITE**
bidmc.org/Centers-and-Departments/Departments/Cancer-Center.aspx

**Community Cancer Center, Whittier
Health Center
📍 Roxbury**

The center is a partnership between Whittier Health Center and Dana-Farber Cancer Institute. The partnership features coordination of care, tobacco cessation, social work support, interpreter services, and cancer education and screenings.

 **PHONE**
617.632.5335

 **WEBSITE**
wshc.org/services/dana-farber-community-cancer-center

**Dana-Farber Cancer Institute
📍 Longwood Medical Center**

Dana-Farber Cancer Institute offers nutrition services, support groups, a sexual health program, fitness classes, financial counselors and patient navigators, LGBTQ patient support, language interpreters, disability services, and more.

 **PHONE**
617.632.3000

 **WEBSITE**
dana-farber.org

Facing Cancer Together
📍 **Multiple Locations**

Supportive of the LGBT community, Facing Cancer Together provides support groups for bereavement, caregivers, multicultural groups, Chinese brush painting, Qi Gong, writing, and more.

📞 **PHONE**
617.332.5777

💻 **WEBSITE**
facing-cancer.org

Massachusetts General Hospital
Cancer Center
📍 **Beacon Hill**

The Cancer Center at MGH offers fitness classes, support groups, nutrition counseling, educational workshops, and social workers to connect patients to resources.

📞 **PHONE**
617.726.5130

💻 **WEBSITE**
massgeneral.org/cancer

Support Groups

All of the support groups are free. To register, please contact the names listed.

Cancer Education & Wellness Group
for Black Men & Women,
Massachusetts General Hospital

The purpose of this educational group is to provide information and resources about cancer prevention, screening, treatments, & survivorship.

👤 **CONTACT**
Emily Poles

📞 **PHONE**
617.643.5970

✉️ **EMAIL**
epoles@partners.org

Support Group for Latinas with Cancer,
Beth Israel Deaconess Medical Center

The support group is held the first Monday from 10:00 a.m. to 11:30 a.m. of each month at the Shapiro Clinical Center of BIDMC. The group is facilitated by fluent Spanish speaker Ana Marin.

👤 **CONTACT**
Ana Marin

📞 **PHONE**
617.667.3429

✉️ **EMAIL**
amarin@bidmc.harvard.edu

Tea Time for Chinese Women with Cancer, Beth Israel Deaconess Medical Center

This is a support group meeting for Chinese women with cancer. It is held from 3-4:30 p.m. on the first and third Mondays of each month at the AstraZeneca Hope Lodge Center.

CONTACT

Christina Ho

PHONE

617.667.3436

Look Good Feel Better, Beth Israel Deaconess Medical Center & American Cancer Society

The bilingual support group meets the last Monday of every other month from 10:15 a.m. to 12 p.m. at BIDMC. This free program conducted in Spanish, English and Mandarin/Cantonese is designed for women who are in cancer treatment. In order to attend, you must register at 1.800.227.2345.

CONTACT

Ana Marin

PHONE

1.800.227.2345

EMAIL

amarin@bidmc.harvard.edu

Spanish-Speaking Support Group, Boston Medical Center

Open to Latina/o individuals who have experienced cancer and their supporters. Dinner, parking validation, and assistance with transportation home are provided. The meeting is held 6-8 p.m. on the last Tuesday of the month at Boston Medical Center.

PHONE

617.638.7540

EMAIL

cancersupport@bmc.org

Cape Verdean Creole/Portuguese-Speaking Support Group, Boston Medical Center

Open to Cape Verdean and Portuguese individuals who have experienced cancer and their supporters. Dinner, parking validation, and assistance with transportation home are provided. The meeting is held 5:30-7:30 p.m. on the 2nd Monday of the month at Boston Medical Center.

 **PHONE**
617.638.7540

 **EMAIL**
cancersupport@bmc.org

Haitian Creole-Speaking Support Group, Boston Medical Center

Open to Haitian individuals who have experienced any type of cancer and their supporters. Dinner, parking validation, and assistance with transportation home provided. The group is held 6-8 p.m. on the last Monday of the month at Boston Medical Center.

 **PHONE**
617.638.7540

 **EMAIL**
cancersupport@bmc.org

Círculo de Vida: Support Group in Spanish for Women with Cancer, Dana-Farber Cancer Institute

Support for women Spanish-speaking patients with all cancer diagnoses. Círculo de Vida es un grupo de apoyo para mujeres latinas con cáncer.

 **PHONE**
617.632.3301

Prostate Cancer Support Group, Prostate Health Education Network

The Prostate Health Education Network focuses on needs of black men diagnosed with prostate cancer.

 **WEBSITE**
prostatehealthed.org

Multicultural Cancer Support Group, Facing Cancer Together & Roxbury Multi-Service Center

In collaboration with Roxbury Multi-Service Center, Facing Cancer Together offers this weekly support group for people of different cultural backgrounds living with cancer.

 **CONTACT**
Jacqueline Harris

 **PHONE**
617.332.5777

Financial Assistance

Treatment Transport Program, Boston Cancer Support

Boston Cancer Support provides information on local resources and free transportation with Lyft, a rideshare mobile application, to provide discounted transportation to and from cancer treatment.

 **WEBSITE**
bostoncancersupport.org/lyft

Cancer Care Financial Assistance Program

CancerCare is the leading national organization that provides financial assistance and co-payment assistance to help with treatment and related costs, such as transportation, home care, and child care.

 **PHONE**
1.800.813.4673

 **WEBSITE**
cancercare.org/financial_assistance

CHAT Program, Center for Community Health and Health Equity, Brigham and Women's Hospital

The CHAT Program assists women with breast cancer who have insufficient income and insurance coverage to pay for necessary services and treatment related to breast cancer diagnosis.

 **PHONE**
617.264.8747

 **EMAIL**
cchhe@partners.org

Ellie Fund

The Ellie Fund provides essential support services for breast cancer patients, including transportation to medical appointments, childcare, housekeeping, groceries and nutritious prepared/delivered meals.

PHONE

781.449.0100

WEBSITE

elliefund.org

EMAIL

info@elliefund.org

Understanding Financial and Legal Matters, American Cancer Society

Find out about things you can do to protect yourself and your family legally and financially if you have cancer. Learn about laws that protect your rights and professionals who can assist you.

WEBSITE

cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters.html

Nutrition and Fitness

Community Servings

📍 **Jamaica Plain**

Community Servings provides home-delivered meals and nutrition services to individuals and families living with critical and chronic illnesses.

PHONE

617.522.7777

WEBSITE

servings.org/meal-delivery

Daily Table

📍 **Dorchester**

Daily Table is a non-profit retail store that offers the community a variety of tasty, convenient and affordable foods; the selection of fresh produce is designed to fit within every budget.

PHONE

617.506.0219

WEBSITE

dailytable.org

Ethos
📍 **Jamaica Plain**

Ethos is a nonprofit organization that assists the elderly and disabled in various Boston neighborhoods to live at home and provides nutrition, fitness classes, case management, and other services.

 **PHONE**
617.522.6700

Fair Foods
📍 **Dorchester**

Fair Foods is a non-profit food rescue organization dedicated to providing surplus goods at low or no cost to those in need in neighborhoods across Boston.

 **PHONE**
617.288.6185

 **WEBSITE**
fairfoods.org/index.php

Healthworks Community Fitness
📍 **Dorchester**

Healthworks Community Fitness is a nonprofit organization dedicated to providing fitness opportunities and health education for women and children in low-income neighborhoods.

 **PHONE**
617.825.2800

 **WEBSITE**
healthworkscommunityfitness.org

YMCAs of Greater Boston
📍 **Multiple Locations**

YMCAs across Boston offer fitness classes, child care, nutrition education, and LiveStrong, a free 12-week group exercise program that helps adult cancer survivors reclaim their health. YMCAs also provide financial assistance and exist in various Boston neighborhoods.

 **PHONE**
617.536.7800

 **WEBSITE**
ymcaboston.org

Tobacco Cessation Programs

Smoking and other forms of tobacco use can cause cancer and other health risks. Quitting smoking and tobacco use can be hard. See below for local, judgment-free tobacco cessation programs to help you quit smoking. An asterisk (*) indicates that the program only services new or existing patients.

Massachusetts Smokers Hotline

 **PHONE**

1.800.784.8669

Smoking Cessation Program, Boston Medical Center

 **South Boston**

 **PHONE**

617.414.5951

 **WEBSITE**

bmc.org/programs/smoking-cessation

***Smoking Cessation Program, Brookside Community Health Center**

 **Jamaica Plain**

 **CONTACT**

Julio Miralda

 **PHONE**

617.983.6028

***Smoking Cessation Program, Dorchester House Health**

 **Dorchester**

 **PHONE**

617.740.2320

 **WEBSITE**

dorchesterhouse.org/index.html

Smoking Cessation Program, South Boston Community Health Center

 **South Boston**

 **CONTACT**

Kathleen Tolland

 **PHONE**

617.464.7477

***Smoking Cessation Program, Tufts Medical Center**
📍 Chinatown

📞 **PHONE**
617.636.5400

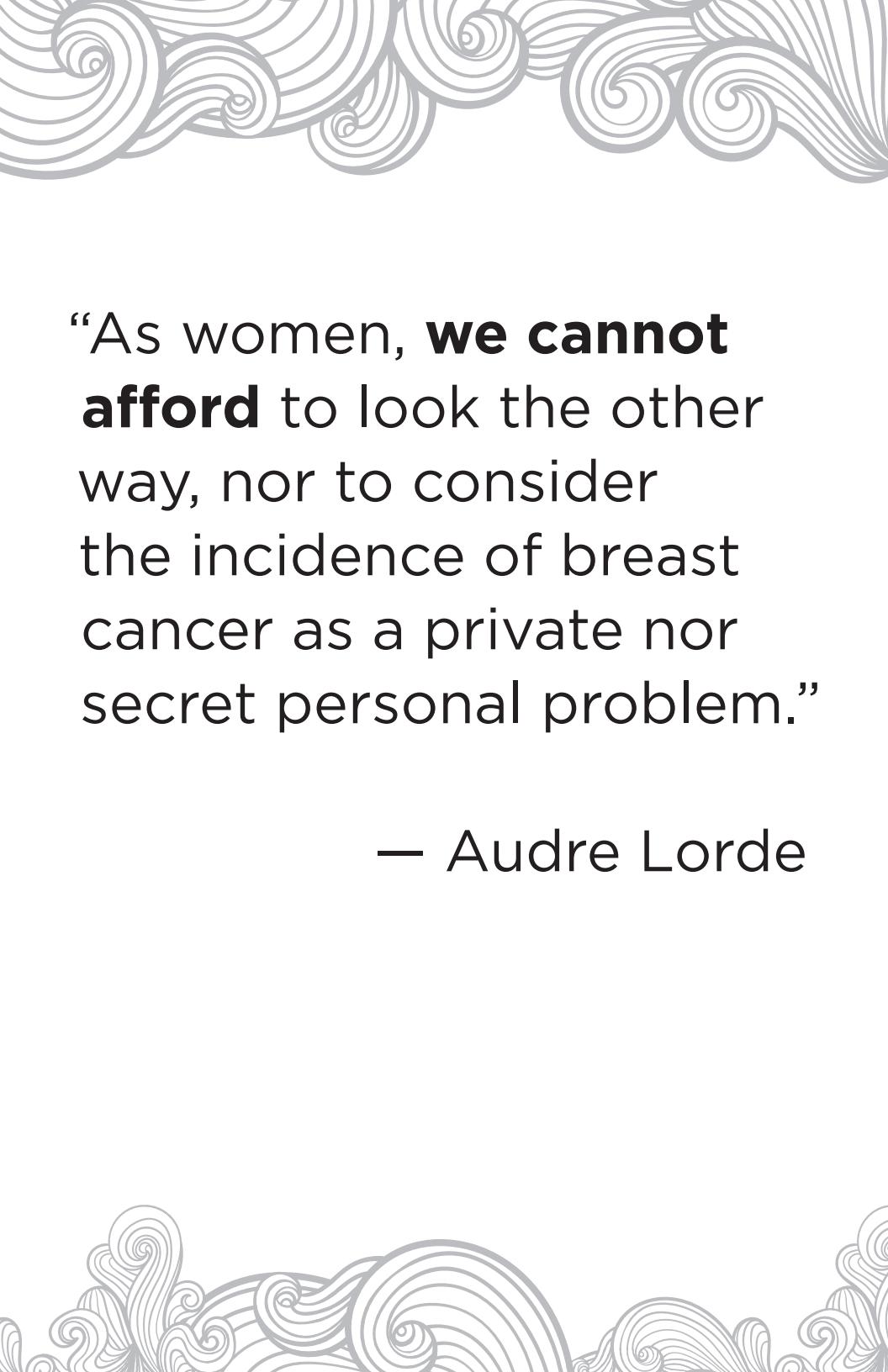
****Tobacco Cessation Program, Fenway Health**
📍 Fenway

✉️ **EMAIL**
tobacco@fenwayhealth.org

Tobacco Treatment Service, Massachusetts General Hospital
📍 Beacon Hill

📞 **PHONE**
617.726.7443

✉️ **EMAIL**
tobaccotreatment@partners.org



“As women, **we cannot afford** to look the other way, nor to consider the incidence of breast cancer as a private nor secret personal problem.”

— Audre Lorde



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