



Pin-A-Sister[®]
Examinátese Comadre[®]

An initiative of Access Community Health Network

Pin-A-Sister[®]/Examinátese Comadre[®] Presents: Breast Cancer & Self-Care

April 2023

ACCESS COMMUNITY HEALTH NETWORK:

WHO WE SERVE

Nearly 175,000 patients served each year.

76,365 served in suburban Cook and DuPage counties alone.

35
health centers
across Cook
and DuPage
counties

28%
AFRICAN-
AMERICAN

53%
HISPANIC



6 OUT OF 10
are on Medicaid

OUR
PATIENTS

We serve
16 OF THE 20
underserved communities
in Chicago

89% LIVE AT OR BELOW
the **200 percent**
of the Federal Poverty Level

4,500+ prenatal patients
cared for each year



More than 65,000
pediatric patients under
the age of 18





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Early Detection Saves Lives

Did You Know?

More African-American and Hispanic women die from breast cancer than white women, even though more white women are diagnosed?

Breast Cancer Disparities



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- Breast cancer is the second leading cause of cancer death in women.
- Although white women are diagnosed with breast cancer at a higher rate than women of color, more African-American and Hispanic women die from breast cancer.
- According to the [American Cancer Society](#), black women are around 40% more likely to die of breast cancer than white women.



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- For Black and Hispanic women, breast cancer is the number one leading cause of cancer death.
- A contributing factor to these disparities is that African-American and Hispanic women are more likely to be diagnosed at a later stage, when breast cancer has possibly spread and is harder to treat.
- Delayed cancer screenings mean delayed diagnoses and treatment.

Early Detection Saves Lives



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Methods of Detection

- **Self-Examination**
 - You conduct yourself
- **Screening Mammogram**
 - When you have no symptoms, for most women over 40 this is an annual mammogram
- **Diagnostic Mammogram**
 - When you have symptoms, such as a lump being discovered. This can lead to more testing like a biopsy or lumpectomy



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DIY Breast Exam

Breast cancer can be detected early on by performing a breast self-exam. It's easy and takes just a few minutes. **Here's how.**

SIMPLE 3 STEP PROCESS

1 In front of mirror: Without clothes on and your arms at your sides, look at your breasts for changes in shape, swelling, dimpling of the skin, or changes in the nipples. Do the same examination with your hands on your hips and flexing your chest muscles.

2 In the shower: Using the pads of your fingers, make circular motions around each breast. Work from the outside in, toward the nipple.

3 Lying down: Perform the same examination on each breast while laying down.

WHY BREAST SELF-EXAM?

A breast self-exam is a way to routinely inspect your breasts for changes or lumps that could be early signs of breast cancer.



40% OF CANCERS DETECTED

Forty percent of diagnosed breast cancers are detected through breast self-exams.



1 DAY A MONTH

Do a breast self-exam once a month on a day that's easy to remember, like the 1st or 15th. To avoid discomfort, choose a day when you don't have your period.



WHEN TO SEE A DOCTOR

If you notice any changes in your breasts, make an appointment with us. Keep in mind, a lump doesn't always mean cancer, but it's important to make sure.

To find a doctor near you, visit www.achn.net.

Sources: The Mayo Clinic • Johns Hopkins

What to Look and Feel for

- A lump in your breast
- Swelling in or around your breast, collarbone, or armpit
- Skin thickening, redness, or “dimpling”
- Breast warmth and itching
- Nipple changes & discharge
- Pain (less common)



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Critical Reminders



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- Many women with breast cancer have no symptoms.
- Mammograms can detect cancer when you have no symptoms.
- Regular breast cancer screening is essential for early detection.
- Clinical and self breast exams **cannot** replace mammograms.

Screening Guidelines



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American Cancer Society Recommendations for the Early Detection of Breast Cancer

Guideline for women at *average risk* for breast cancer



Ages 40 – 44

Woman should have the choice to start annual breast cancer screening with mammograms if they wish to do so.



Ages 45 – 54

Woman should get mammograms every year.



Age 55 and older

Women can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

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Talk to your doctor about what regular screening looks like for you depending on your risk factors.

What Are My Risk Factors?

Risk Factors You Can't Change

- Age (Over 50)
- Genetic mutations: BRCA 1 and BRCA 2
- Early menstrual periods before age 12 and starting menopause after 55
- Having dense breasts: more connective tissue cannot detect by feel
- Personal history of breast cancer
- Family history of breast cancer
- Previous radiation therapy

Risk Factors You **CAN** Change

- Sedentary lifestyle
- Obesity
- High levels of insulin
- Poor, unbalanced diet lacking in nutrient-dense foods
- Taking certain hormones
- Excessive alcohol consumption



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SUPPORT YOUR SISTERS



Spread the Word



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- Use our [social toolkit](#) to get the word out. Here you will find social graphics and sample language to assist you in spreading the word that early detection saves lives.
- Tag ACCESS and we will be happy to share your good work.
- Follow the Pin-A-Sister®/Examinare Comadre® [Facebook page](#) for educational resources and program updates.

Illinois Breast and Cervical Cancer Program



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- IBCCP offers uninsured Illinois women (18-64 years old) with free or low-cost breast and cervical cancer screenings.
 - [The program](#) is available at all ACCESS locations and our dedicated care teams are here to help you enroll.
- ❖ *If the results show a breast or cervical cancer diagnosis, ACCESS' care team can help eligible patients enroll for benefits such as:*
- *Referrals for mammograms*
 - *Breast exams*
 - *Pap smears*
 - *Ultrasounds*
 - *Needle biopsy*
 - *Colposcopy*

Get a Screening Referral Today

- ACCESS offers referrals for mammograms, ultrasound, needle biopsy, colposcopy, Pap smears and other vital health screenings.

- Contact ACCESS' Cancer Education Program Specialist:

Rachel Nagengast, M.T.S.

Cancer Education Program Specialist

Rachel.Nagengast@achn.net

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Taking Care of your Mental Health



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- Whether you are dealing with a new diagnosis or other stress, feeling anxious, confused, vulnerable, overwhelmed or powerless is completely normal – especially when you don't know what lies ahead.
- It's important to acknowledge these feelings and reach out for help if you find it too much to bear on your own.



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- Developing a structure or routine to do things that help maintain our physical, mental, spiritual and social health is a great way to help you feel grounded, connected, and alive while practicing social distancing.



Physical Health

Take a walk, do an online exercise class, cook a nourishing meal, or have a dance party.



Mental Health

Meditate, journal, listen to your favorite music or tune into a podcast.



Spiritual Health

Pray, read scripture, practice affirmations or do a gratitude exercise.



Social Health

Connect virtually with loved ones and play online games together.



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Spiritual Care

Spiritual Care Concerns



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- Meaning-making
- Deepest sense of self
- Sense of belonging
- Hope
- Peace
- Ritual
- Community



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- Stress, trauma, loss, grief, and isolation are all examples of factors that may deeply affect one's spirituality and deepest sense of self.
- Spiritual care creates space for us to stop and reflect. It can help us get back in touch with God, with our higher power, with our source of life.
- It can help us remember our strengths and put things in a different perspective.



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- Spiritual care can also help us reconnect with rituals, people, thoughts and ideas that can help us handle what is happening in our lives.
- If you are interested in spiritual care, consider connecting with a chaplain, seeking a spiritual advisor, or joining a group at your place of worship or in your community.



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Survivor Testimony

Pin-A-Sister®/Examínate Comadre® Pledge



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“Sister, we commit ourselves to get regular
mammogram screenings,

And to schedule follow-up visits when
necessary,

As we stand together in the fight against
breast cancer.

I promise to take action and
control of my own health.”

Contact Us

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Resources



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- [Pin-A-Sister®/Examínate Comadre®](#)
- [Pin-A-Sister®/Examínate Comadre® Social Media Toolkit](#)
- <https://www.achn.net/>
- <https://www.cancer.org/>
- [Keeping Up with Your Mammograms During COVID-19](#)
- [CDC Breast Cancer Basics](#)
- [Beating Stress with Mindfulness](#)