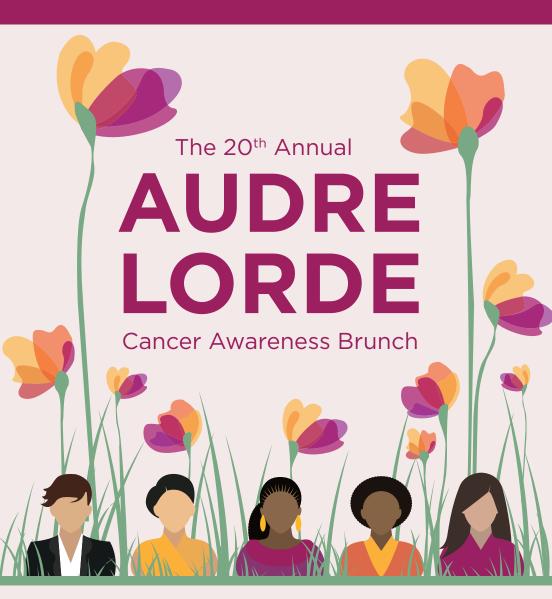
20 YEARS OF COMMUNITY, CELEBRATION AND GROWTH



Resource Guide

Saturday, October 20th, 10am - 1pm The NonProfit Center, 2nd Floor, 89 South Street, Boston

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Foreword

The Women's Health Team is excited to bring you the 20 Years of Community, Celebration, and Growth Resource Guide in celebration of the 20th Annual Audre Lorde Cancer Awareness Brunch. This event 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*.

For the past 20 years, the brunch has celebrated women of color and their supporters whose lives have been affected by cancer. The theme for this year's event is "20 Years of Community, Celebration, and Growth" to mark the momentous occasion for women of color to gather in community, celebrate their lives, and reflect on the history of the event. The brunch continues to foster, grow, and celebrate community in the name of Audre Lorde, a warrior herself who bravely advocated for women, people of color and the lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ+) community.

In this resource guide, you will find information on cancer disparities for people 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 guide will foster community, strength, and holistic health in your life.

Sincerely, Tanekwah Hinds Women's Health Program Coordinator Fenway Health

Reflection: 20 Years of Community, Celebration, and Growth

In 1994, Lorraine "Faye" Fayette Johnson, my wife of 15 years, was diagnosed with stage 4 breast cancer. During her four year battle with cancer, we were blessed to have a close community of friends that provided us with space, privacy, and support. In 1998, when Faye passed, our friends were still there for us. It was a warm day and bright sunshine, especially for March, and I was home with her. She fought till the end.

I created the Audre Lorde Cancer Awareness Brunch to honor the love of my life and pay respect to another warrior, Audre Lorde. This brunch gave me a venue that soothed my soul and allowed me the opportunity to give back to the community what they had provided for me. I gathered as many partners and supporters as I could to make sure it would be a celebration of life and always free.

Research shows that women of color are most often diagnosed at a later stage of cancer than our Caucasian sisters. I wanted a program in place that not only provided health education and resources; but also supported women to learn how to build community that meets their individual needs. Since the first Brunch, I have lost my sister, mother, and friends to this disease. I have attended as both the founder and as a sister in need of solace. I say to each of you to keep loving, caring, and supporting one another. Enlarge your support system. Most of all give flowers while they can still be appreciated.

With Love,
Denise Bentley
Founder, Audre Lorde Cancer Awareness Brunch

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 people 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

Cancer is the overall leading cause of death among Boston residents, regardless of race and ethnicity. In honor of the 20th Anniversary of the Audre Lorde Cancer Awareness Brunch, we will explore how cancer has affected people of color in Boston, specifically Latinx, Asian, and Black individuals, over the past 20 years. These outcomes highlight the progress as well as pervasive social, economic, and systemic barriers for people of color.

"These outcomes highlight the progress as well as pervasive social, economic, and systemic barriers for people of color."

Breast Cancer

Despite similar screening rates, breast cancer deaths are disproportionately high among women of color. Between 1999 and 2013, the death rates for Latinas and White women Boston residents have decreased. However. the incidence of breast cancer for Asian women has increased by 89%. Deaths among Black women under 65 is higher than those of White women, Today, women of color are still more likely to die at an earlier age from breast cancer. Also, Black and White women have similar rates of breast cancer diagnosis, but Black women are more likely to die from the disease.

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	1		White
	·		24.8
		Latina 10.3	
Asian 6.4		†	

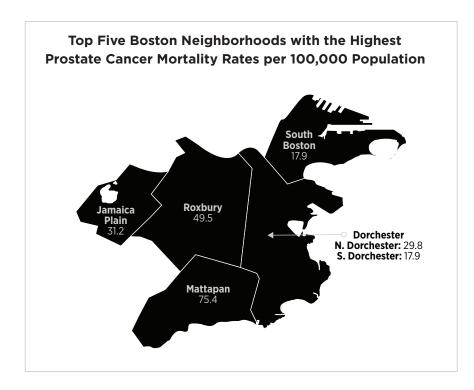
Cervical Cancer Screenings by Race/Ethnicity Race/Ethnicity Asian 62% Black 86% Latino 84% White 92%

Cervical Cancer

Cervical cancer screening rates are generally high across Boston, but they are much lower among Asian women. In 2013, 92% of White women reported having a pap smear, compared to 62% of Asian women in Boston. Today, Asian women are almost 20% less likely than Black and Latina women to receive cervical cancer screenings. These disparities for Asian women can, in part, be attributed to cultural, social and economic factors, such as the amount of time lived in the U.S., citizenship status. English language skills, and income. These factors affect the community's access to preventive care.

Colon Cancer

In the city of Boston, colon cancer is the third leading cancerrelated cause of death for men and women. Between 1999 and 2013, the number of diagnoses



remained the same for Latinx residents and decreased for White, Asian, and Black residents. Today, colon cancer deaths are the highest in neighborhoods of color, specifically, North Dorchester, Roxbury, South Dorchester and the South End. This can be attributed, in part, to lack of access to quality food, physical activity in a safe environment, and access to comprehensive preventive health care in these neighborhoods.

Prostate Cancer

Prostate cancer is the second leading cause of cancer-related deaths among male residents in Boston. Between 1999 and 2013, prostate cancer incidence and mortality rates decreased across all races and ethnicities. But Black men are still more likely to be diagnosed and die from prostate cancer than any other racial and ethnic group. Today, people of color neighborhoods, such as Roxbury and Mattapan, experience the highest rates of deaths caused by prostate cancer, at almost two and three times the rate of Boston. Latino men in Boston are one and a half times more likely to face prostate cancer compared to White men, while Asian men have a lower rate.

Lung Cancer

In Boston, lung cancer is the leading cause of cancer-related deaths for all residents, regardless of race, ethnicity, and sex. From 1999 to 2013, the lung cancer incidence rate decreased among Black and White residents. Latinx residents had the lowest lung cancer mortality rates, yet they were the only group to experience an increase in deaths. Today, 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.

Lung Cancer Mortality by Race/Ethnicity, 1999-2013			
Race/Ethnicity			
Latino	23%		
Asian	-8%		
White	-22%		
Black	-28%		

Only Latinx individuals experienced an increase in deaths from lung cancer over time.

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

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.

"Health of Boston Special Report: Cancer Among City of Boston Residents 1999-2013." Boston Public Health Commission. http://www.bphc.org/healthdata/health-of-boston-report/Documents/BPHC_HOB_CancerReport2018_V3[1].pdf.

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.

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.

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 20 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 20 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 21 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.

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-sunscreenfor-women-of-color-spf-misconceptions.

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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 link them to a broad range of services, including insurance, interpreter services, transportation, financial assistance, and other community resources.

Asian Women for Health

A peer-led, community-based network that provides breast and cervical health education and peer support leaders who speak various Asian languages.

PHONE

617.767.1071

WEBSITE

asianwomenforhealth.org

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 patients or caregivers.

PHONE

617.396.5514

WEBSITE

cancer.org/treatment/supportprograms-and-services/patientlodging/hope-lodge/boston/aboutour-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.

PHONE

617.822.8147

WEBSITE

codman.org/services/radiology.html

PHONE 617.322.8037

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

WEBSITE

mattapanchc.org/services/mammography

Cancer Care Center, Boston Medical Center The South End

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 Value Longwood Medical Center

The Cancer Center at BIDMC provides an online community, interpreter services in +30 languages, support groups, Chinesespeaking patient navigator, 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

617.989.3183

WEBSITE

wshc.org/programs/cancersurvivorship-primary-care-clinic/

Dana-Farber Cancer Institute Variable Longwood Medical Center

PHONE 617.632.3000

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.

WEBSITE dana-farber.org

Facing Cancer Together Multiple Locations

PHONE 617.332.5777

Facing Cancer Together provides free support groups for individuals with cancer, bereavement, caregivers, multicultural groups, writing, and other wellness programming.

WEBSITE facing-cancer.org

Massachusetts General Hospital Cancer Center Beacon Hill

PHONE 617.726.5130

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

WEBSITEmassgeneral.org/cancer

Support Groups

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

Facing Cancer Together, Multiple Locations

⊗ CONTACTNancy Gaulin

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

PHONE 617.332.5777

WEBSITE facing-cancer.org/

Chinese Cancer Survivor and Family Support Group, Boston Chinese Evangelical Church

S CONTACT

Joan Kwok

This group provides resources and support for the community on the third Saturday 2-4pm.

@ EMAIL kwok410@gmail.com

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

© CONTACT
Christina Ho

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. **PHONE** 617.667.3436

Portuguese-Speaking Support Group, Facing Cancer Together and Brazilian American Center (BRACE)

S CONTACT
Paulo Torrens

Open to Portuguese speaking individuals who have experienced cancer and their caregivers. The meeting is held at the Brazilian American Center in Framingham every Tuesday from 6:30-8:30 p.m.

PHONE 857.389.3738

@ **EMAIL** ptorrens@facing-cancer.org

Spanish-Speaking Support Group, Boston Medical Center

PHONE 617.638.7540

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 5-7pm on the last Tuesday of the month at Boston Medical Center in the Moakley 3rd Floor Conference Room.

@ 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 5-7pm on the last Monday of the month at Boston Medical Center in the Moakley 3rd Floor Conference Room.

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.

№ CONTACT

Rachel Allende

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.

₽ PHONE

617.481.4020

WEBSITE

prostatehealthed.org

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

CancerCare 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.

№ CONTACT

Natacha Johnson

PHONE

617.582.0191

@ EMAIL

njohnson4@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-andpaying-for-treatment/understandingfinancial-and-legal-matters.html

Nutrition and Fitness

Community Servings

§ Jamaica Plain

PHONE 617.522.7777

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

WEBSITE servings.org/meal-delivery

PHONE 617.506.0219

Daily Table is a non-profit retail store that offers the community a variety of tasty, convenient and affordable foods.

WEBSITE dailytable.org

PHONE 617.522.6700

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.

WEBSITE ethocare.org

Fair Foods Opening Dorchester

PHONE 617.288.6185

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.

WEBSITE fairfoods.org/index.php

Healthworks Community Fitness O Dorchester

P PHONE 617.825.2800

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

WEBSITE
healthworkscommunityfitness.org

PHONE 617.536.7800

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

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 $^{\scriptsize \odot}$ The South End

PHONE WEBSITE

617.638.7480 bmc.org/programs/smoking-cessation

*Smoking Cessation Program, Dorchester House Health

Operation Dorchester

PHONE ■ WEBSITE

617.740.2320 dorchesterhouse.org/index.html

Smoking Cessation Program, South Boston Community Health Center $\ensuremath{\mathfrak{D}}$ South Boston

SCONTACT PHONE

Kathleen Tolland 617.464.7477

*Smoking Cessation Program, Tufts Medical Center © Chinatown

₽ PHONE

617.636.5400

Smoking Cessation Program, Arbour Counseling

♦ Allston

№ CONTACT PHONE

Michelle LaPierre 617.782.6460 ext. 220

*Tobacco Cessation Program, Fenway Health

♦ Fenway

@ EMAIL

tobacco@fenwayhealth.org

Tobacco Treatment Service, Massachusetts General Hospital

♥ Beacon Hill

PHONE @ EMAIL

617.726.7443 tobaccotreatment@partners.org



"I am not free while **any woman is unfree**, even when her shackles are very different from my own.

Audre Lorde





FENWAY **= II** HEALTH

1340 Boylston Street, Boston, MA 02111 **TEL** 617.267.0900 | **WEB** fenwayhealth.org