



Knowledge is power

THE BLACK BREAST
CANCER EXPERIENCE



LIVING BEYOND
BREAST CANCER®

ORGANIZATIONAL PARTNERS



What does Black breast cancer look like?

Knowledge is power: The Black breast cancer experience explores the disparities in breast cancer care. In addition to discussions about disparities in care, the program covers topics including understanding your treatment path, the cost of cancer and navigating relationships.

In this resource guide, we've pulled together highlights from each session and additional resources to help you live well, beyond your diagnosis.

Statistics sourced from: Susan G. Komen and American Cancer Society

Black women are 41% more likely to die from breast cancer than white women, despite lower incidence of disease. (ACS, 2022)

Black women are just as likely to have hereditary breast cancer as white women, yet their participation in genetic counseling and testing is substantially lower. (TOUCH, 2022)

Black women tend to be diagnosed at a younger age than white women.

Black women have a higher rate of receiving a triple-negative diagnosis which is a more aggressive breast cancer subtype.

We have to do better.

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Penn Medicine's Abramson Cancer Center
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SESSION I

Understanding your treatment path

THROUGHOUT THE JOURNEY

During your journey, a large team of specialists will support your care and treatment. Our nurse coordinators will manage the process for you, helping to communicate, organize, and provide information each step of the way, so you can focus on healing.



WATCH NOW

You've been diagnosed with breast cancer, now what? This session will help you navigate the early days of a breast cancer diagnosis. You will hear from a medical expert on the standard of care, treatment plans for various subtypes of breast cancer, ways to manage side effects, and the basics of clinical trials. You will also hear from a panel of black women, sharing their experiences with breast cancer.

KEY TAKEAWAYS

- There is treatment for all stages of breast cancer
- Discuss genetic testing and enrollment in clinical trials with your healthcare team
- Do not be afraid to ask questions



Evelyn Taiwo, MD

Assistant professor of medicine at Weill Cornell Medicine; Attending physician at New York Presbyterian-Brooklyn Methodist Hospital



Novella Brown

Diagnosed with early-stage breast cancer in 2021



Atiba Page

Diagnosed with metastatic breast cancer in 2019

ADDITIONAL RESOURCES

[What you need to know about breast cancer, with "3 Black Docs"](#)

[Who knew it was nothing new: Racial disparities in healthcare](#)

[Addressing disparities in breast cancer care, with Tisha M. Felder, PhD, MSW](#)



SESSION II

The cost of cancer: Work, financial, and insurance matters



Joanna L. Fawzy Morales, Esq
CEO of Triage Cancer
Juris Doctor from Loyola Law School Los Angeles



Kiana Wooten
Diagnosed with invasive ductal carcinoma in 2019

Treatment for breast cancer affects all aspects of life. Research has shown that the total cost of treatment can range from \$100,000 to \$300,000. This session will help you navigate the financial burden of cancer treatment, including out of pocket healthcare costs, insurance, disability, and your rights in the workplace.

KEY TAKEAWAYS

- Understand all of your health insurance options so that you can pick the best plan for you, with the lowest out-of-pocket costs
- Understand how to use your insurance effectively, including appealing any denials of coverage
- Understand your employment rights and your options for taking time off work, including disability insurance options

ADDITIONAL RESOURCES

[Triage Cancer Resources by Topic](#)
[Cancer Finances Toolkit](#)
[Practical Guide to Cancer Rights](#)
[Financial matters | LBBC](#)



SESSION III

We are family: Navigating relationships

When someone has cancer,
the whole family & everyone
who loves them does too.
~Terri Clark

WATCH NOW

We Are Family
Navigating Relationships

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Getting diagnosed with breast cancer can put a strain on all types of relationships. In this session, you will hear from a panel of black women, sharing the good, the bad, and the ugly of thriving with and from breast cancer and their relationships with their loved ones. You will also hear from a psychosocial expert to share tips and tools for having the relationship you want with yourself and with those you love.



Stephanie Broadnax Broussard, LCSW, ACHP-SW

Licensed clinical social worker (LCSW); Advanced certified hospice and palliative care social worker (ACHP-SW)
Certified advanced care planning facilitator and trainer



Latoya Bolds-Johnson

Diagnosed with early-stage breast cancer in 2021



Thomasina Butler

Diagnosed with metastatic breast cancer in 2004



Marilyn Drew Thomas, MA

Diagnosed with DCIS in 2021

KEY TAKEAWAYS

- **Communication is Key!**
- **Vulnerability is power. Lean in to those who love you. Not out!**
- **If the support you need doesn't exist in the relationships you have, cultivate a new one. Join a support community!**

ADDITIONAL RESOURCES

[How to talk to family and friends](#)

[Together at the table: sharing a breast cancer diagnosis with my children](#)

[Finding beauty during a difficult time](#)

[For one caregiver, supporting her diagnosed friend also means supporting herself](#)



MARK YOUR CALENDAR

Ask the Expert: Metastatic breast cancer

Wednesday, December 14, 2022

Thriving together: 2023 Conference on Metastatic Breast Cancer

Friday, April 28-30, 2023 | Virtual and in-person

GET SUPPORT

Breast Cancer Helpline

Get matched with a trained volunteer who has a similar experience to you for peer-to-peer support. [LBBC.ORG/HELPLINE](https://lbbc.org/helpline)

Reading for Reassurance

Make the cancer conversation easier by requesting free books for kids and teens who have a parent recently diagnosed with breast cancer.

[LBBC.ORG/READING](https://lbbc.org/reading)

Living Beyond Breast Cancer Fund

LBBC offers one-time financial assistance grants to cover expenses such as rent, mortgage, utilities, and car payments. [LBBC.ORG/FUND](https://lbbc.org/fund)

PRIVATE FACEBOOK GROUPS

[Breast Cancer Support for All Ages, All Stages](#)
[Breast Cancer Support for Young Women](#)
[Support community for high risk](#)

CONNECT WITH LBBC

mail@lbbc.org
855-807-6386



Share how you live well beyond your diagnosis on social media and be sure to tag @LivingBeyondBC and #LiveBeyondBC.

























ABOUT LBBC

Living Beyond Breast Cancer is a national nonprofit organization that seeks to create a world that understands there is more than one way to have breast cancer. To fulfill our mission of providing trusted information and a community of support, we offer on-demand emotional, practical, and evidence-based content that is meaningful to those newly diagnosed, in treatment, post-treatment, and living with metastatic disease.

For over 30 years, Living Beyond Breast Cancer has imparted wisdom and connection via conferences, events, a peer-to-peer helpline, and more. Today, we remain committed to creating a culture of acceptance—where sharing the diversity of the lived experience of breast cancer fosters self-advocacy and hope.

Partner Resources

For more resources on Black breast cancer and places to find support, check out these inspiring organizations.

| ORGANIZATIONAL PARTNERS | FOLLOW | CONTACT |
|--|--|---|
|  <p>Launched in 2019, The Chrysalis Initiative provides patients with mentoring, resource navigation and equips women of disparate groups with the opportunity to assess their breast cancer care intelligently. TCI pushes patients and providers to examine how racism and bias shows up in the way care is administered and guides participants into a responsive and inquiry-based space, empowering both the provider and patient through the cancer treatment process.</p> | <ul style="list-style-type: none">  @chrysalisinitiative  Chrysalis Initiative  @chrysalisinit  Chrysalis Initiative  Chrysalis Initiative | <p>Jamil Rivers Chief Executive Officer 1.800.929.4979 info@thechrysalisinitiative.org</p> <p>RaeAna Saenz Executive Administrative Assistant 1.800.929.4979 ext. 102 rsaenz@thechrysalisinitiative.org</p> |
|  <p>For the Breast of Us is the first inclusive online community for Women of Color diagnosed with breast cancer empowering women to make the rest of their lives their best lives through education, connection, and community.</p> | <ul style="list-style-type: none">  @forthebreastofus  For the Breast of Us  @thebreastofus | <p>Marissa Thomas 253.229.6629 marissa@breastofus.com</p> |
|  <p>My Style Matters is a 501c3 grassroots non-profit organization, dedicated to improving the lives of underserved and disadvantaged individuals affected by cancer by offering supportive services and providing healthy lifestyle coaching and educational programs with a focus on cancer and cancer prevention.</p> | <ul style="list-style-type: none">  @mystylematters  @mystylematters  @mystylematters2  @mystylematters  @mystylematters | <p>Tiah Tomlin-Harris Co-Founder & CEO 804.400.6082 info@mystylematters.org</p> <p>Join our sisterhood on Facebook: My Breast Years Ahead</p> |
|  <p>Tigerlily Foundation supports young women before, during, and after breast cancer. We envision a future where breast cancer diagnosis doesn't inspire fear, but ignites hope for a future.</p> | <ul style="list-style-type: none">  @tigerlily_foundation  @tigerlilycares | <p>Shanda Cooper shanda@tigerlilyfoundation.org</p> |
|  <p>Touch, The Black Breast Cancer Alliance drives the collaborative efforts of patients, survivors, advocates, advocacy organizations, health care professionals, researchers, and pharmaceutical companies to work collectively and with accountability towards the common goal of eradicating Black Breast Cancer. Our vision is to eradicate Black Breast Cancer!</p> | <ul style="list-style-type: none">  @touchbbca  @touchbbca  @touchbbca  @touchbbca | <p>Ricki Fairley 443.758.1924 Ricki@touchbbca.org</p> |