



**Knowledge  
is power**

THE BLACK BREAST  
CANCER EXPERIENCE

## The power of community

September 14 | September 21 | September 28

An informed community is an empowered community



PRESENTED IN PARTNERSHIP



# What does Black breast cancer look like?

**Knowledge is power: The Black breast cancer experience** features discussions about disparities in breast cancer care, how to get the care you deserve, and tips for living well beyond your diagnosis. The series' speakers includes medical and wellness experts, as well as Black women diagnosed with breast cancer.

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.

### THANK YOU TO OUR PARTNERS & SPONSORS

#### ORGANIZATIONAL PARTNERS



#### TITLE SPONSOR



#### SIGNATURE SPONSORS



#### BENEFACTOR SPONSORS



#### FRIEND

Penn Medicine's Abramson Cancer Center  
Penn Medicine's Bassett Center for BRCA  
Relay Therapeutics  
Univest Financial

A woman with red dreadlocks is shown from the chest up, wearing a black bra. She is adjusting her hair with her right hand. The background is a bathroom with a sink and various bottles on the counter. An orange circle with a white border is overlaid on the left side of the image, containing the text 'Part I'.

# Part I

# Part I

PRESENTED BY



LIVING BEYOND  
BREAST CANCER®

## SESSION I

### All the feels: Supporting the mental health of Black women with breast cancer

Sometimes it's the scars we don't see that impact people the most. This session discusses the prevalent needs in mental health for Black women impacted by breast cancer. This session unpacks how to best support mental and emotional well-being, address existing barriers, and offer practical advice and resources.



**Lisa Nelson, LMSW, OSW-C**

Licensed master social worker  
Certified oncology social worker (OSW-C)  
Trained end-of-life doula

#### KEY TAKEAWAYS

- Reach out to family members, peers and friends for support.
- The Superwoman Syndrome is a myth!
- Self-Preservation? Mental health and self-care is a MUST!

# Part I

PRESENTED BY



## SESSION II

### Purifying Black beauty: Reducing exposures to toxins in personal care products

Learn about the harmful effects of toxins commonly found in our products like parabens, phthalates, and synthetic fragrances. Explore the impact of these toxins on our health and how we can demand legislative change. Get practical tips and guidance on making informed choices for safer products because we deserve products that nourish and celebrate our natural Black beauty.



**Jazma Tapia, PhD**

Postdoctoral Fellow, Division of Health Equities,  
City of Hope Comprehensive Cancer Center



**Dede K. Teteh, DrPH, MPH, CHES**

Assistant professor of public health within the  
Department of Health Sciences, Chapman University



## KEY TAKEAWAYS

- Breast cancer is a multifactorial disease, and [chemicals in consumer products](#) are one risk factor. [Learn more](#) about this topic and [support](#) the Bench to Community Initiative's research, advocacy, and education efforts.
- Black women are overexposed, under-protected, and have fewer options for hair and beauty products that do not contain hazardous chemicals, including parabens. Use the [Non-Toxic Black Beauty database](#) for safer product options and support black-owned businesses.
- To lower your chemical exposure from personal care products, use fewer products, incorporate apps (i.e., Clearya, [Detox Me](#), [EWG-Healthy Living](#)), and advocate for better policies (i.e., [CROWN Act](#) & [Safer Beauty Bill package](#)).



# Part II

## SESSION I

# Empowering patient advocates to remove barriers to care in their community

This panel of patient advocates and physicians share tangible tools for creating change in our communities. Learn to be a force multiplier in your community by adding your voice to the health equity movement.



**Ogori N. Kalu, MD, MS**  
Breast surgical oncologist and breast health specialist



**Lashelle Scott, MPM**  
Patient Advocate



**Camille A. Lewis**  
Patient Advocate

## KEY TAKEAWAYS

- Become health literate—[Educate yourself](#) about your diagnosis and treatments available to you and questions to ask your provider.
- Be your own advocate—[Use your voice](#) to ask for what you want; don't take no for an answer and trust your gut.
- Use your resources—[Barriers to healthcare](#) exists for women of color; arm yourself with resources to overcome these barriers

# Part II

PRESENTED BY



## SESSION II

### When we tri(al) we save lives!

Black women are largely excluded from trials that study breast cancer drugs and treatments. With low participation rates in clinical trials, Black women miss access to newly emerging and often life-extending treatments not otherwise available. Learn from a panel of doctors, researchers and patients as they share their experiences and how clinical trial participation is saving the lives of Black Breasties.



**LaToya Bolds-Johnson, PA-C**  
Board-Certified  
Physician Assistant



**Monique Gary, DO, MSc, FACS**  
Medical Director, Grand View  
Health/Penn Cancer Network  
Cancer Program



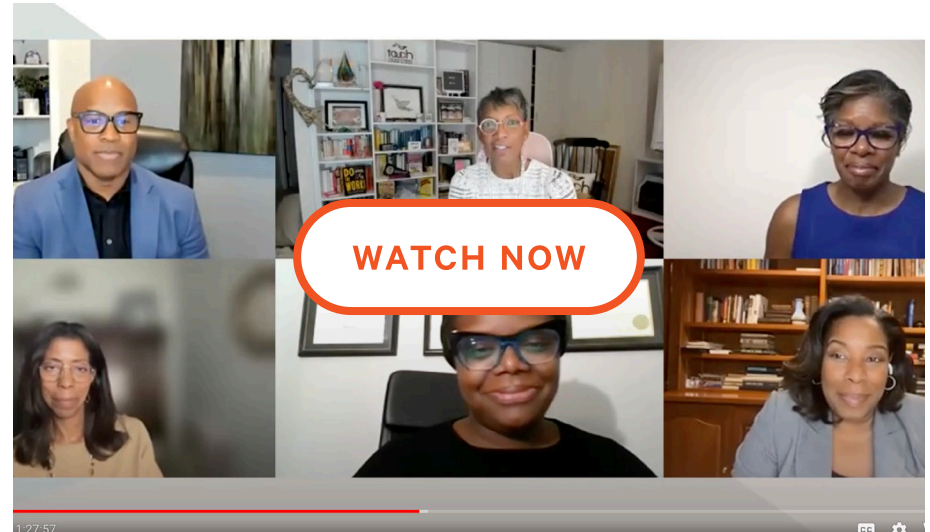
**Sara Horton, MD**  
Executive Director of  
Access and Diversity,  
Quantum Leap Healthcare



**Melanie A. Nix**  
Patient Advocate



**Gregory Vidal, MD, PhD**  
Director of Clinical Research  
West Cancer Center & Research Institute



### KEY TAKEAWAYS

- Clinical trials are an important step in discovering new treatments for breast cancer and other diseases as well as new ways to detect, diagnose, and reduce the risk of disease.
- On average, a new medicine to treat breast cancer has been studied for at least 6 years (and sometimes many more) before a clinical trial on it is started. Clinical trials show researchers what does and doesn't work in people. Clinical trials also help researchers and doctors decide if the side effects of a new treatment are acceptable when weighed against the benefits offered by the new treatment. Because clinical trials are required for FDA approval, every medication—even Tylenol, Benadryl, Aspirin, Tums, etc.—has gone through a clinical trial.
- Help advance science! Go to [whenwetrial.org](https://whenwetrial.org) for more information and/or to find a clinical trial.





# Part III

# Part III

PRESENTED BY



## SESSION I

### Inequality you can't ignore

Studies show that breast cancer treatment outcomes for Black women compared to White women are not equal, resulting in a 42% higher mortality rate for Black women. But little has been done to change this reality. This session will discuss how The Chrysalis Initiative makes medical communities aware of these disparities and help open their eyes to any blind spots and procedural issues that could be unknowingly perpetuating the problem.



**Roberta "Bobbi" Albany**  
Founder & CEO,  
Cancer in the Know



**Kimmie Ducksworth**  
Patient Advocate



**Jamil Rivers**  
CEO & Founder,  
The Chrysalis Initiative

## KEY TAKEAWAYS

- Race-based disparities in care for breast cancer are endemic in our healthcare system, resulting in greater morbidity and mortality in women of color with breast cancer, less access to advanced care for this disease in this population, and poorer, more-difficult and -stressful experiences for these women.
- Patient navigation—now more widely available at cancer centers and through patient-advocacy organizations—can provide the coaching and education needed for informed self-advocacy that overcomes the bias-based shortcomings, obstacles/barriers, and deficiencies in breast cancer care for women of color.
- Peer and counseling support is widely available to help guide care decisions, to assist women in coping with the daily challenges of treatment, and to improve the breast cancer journey; and, independent equity assessments can help cancer programs identify and erase race-based gaps in breast cancer care.

# Part III

PRESENTED BY



## SESSION II

### “I got you sis”

Survivorship can be about picking up where you left off or pause...reset...restart...either way, I got you sis! Navigating survivorship from diagnosis and beyond as a Black Woman.



**Chalice C. Rhodes, PhD**  
Licensed Professional Counselor, National Certified Counselor. Board Certified TeleMentalHealth Counselor, Psychosocial Cancer/Oncology Behavioral Health Specialist



**Vatesha Bouler**  
Patient Advocate



**Latoya Cauley**  
Patient Advocate



**Tandria Edwards**  
Patient Advocate



### KEY TAKEAWAYS

- Navigating Survivorship is different for everyone. You determine what that looks like for you. It's more than surviving, it's thriving in the midst of it all.
- Tap into your community! They are a valuable resource and a wealth of information.
- Lift as We Climb! As you're navigating Survivorship don't forget about your sisters who may need a helping hand. Remind her "I Got You Sis!"

# Partner Resources






## ORGANIZATIONAL PARTNERS

## FOLLOW

## CONTACT






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.

 @chrysalisinitiative  
 Chrysalis Initiative  
 @chrysalisinit  
 Chrysalis Initiative  
 Chrysalis Initiative

**RaeAna Saenz**  
 Executive Administrative Assistant  
 1.800.929.4979 ext. 102  
[rsaenz@thechrysalisinitiative.org](mailto:rsaenz@thechrysalisinitiative.org)







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.

 @forthebreastofus  
 For the Breast of Us  
 @thebreastofus

**Marissa Thomas**  
 253.229.6629  
[marissa@breastofus.com](mailto:marissa@breastofus.com)








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.

 @LivingBeyondBC  
 @livingbeyondbreastcancer  
 @LivingBeyondBC  
 @LivingBeyondBC

Contact  
 855.807.6386  
[mail@lbbc.org](mailto:mail@lbbc.org)





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.

 @mystylematters  
 @mystylematters  
 @mystylematters2  
 @mystylematters  
 @mystylematters

**Tiah Tomlin-Harris**  
 Co-Founder & CEO  
 804.400.6082  
[info@mystylematters.org](mailto:info@mystylematters.org)  
**Join our sisterhood on Facebook:**  
 My Breast Years Ahead







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.

 @tigerlily\_foundation  
 @tigerlilycares

**Shanda Cooper**  
[shanda@tigerlilyfoundation.org](mailto:shanda@tigerlilyfoundation.org)



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!

 @touchbbca  
 @touchbbca  
 @touchbbca  
 @touchbbca

**Ricki Fairley**  
 443.758.1924  
[Ricki@touchbbca.org](mailto:Ricki@touchbbca.org)