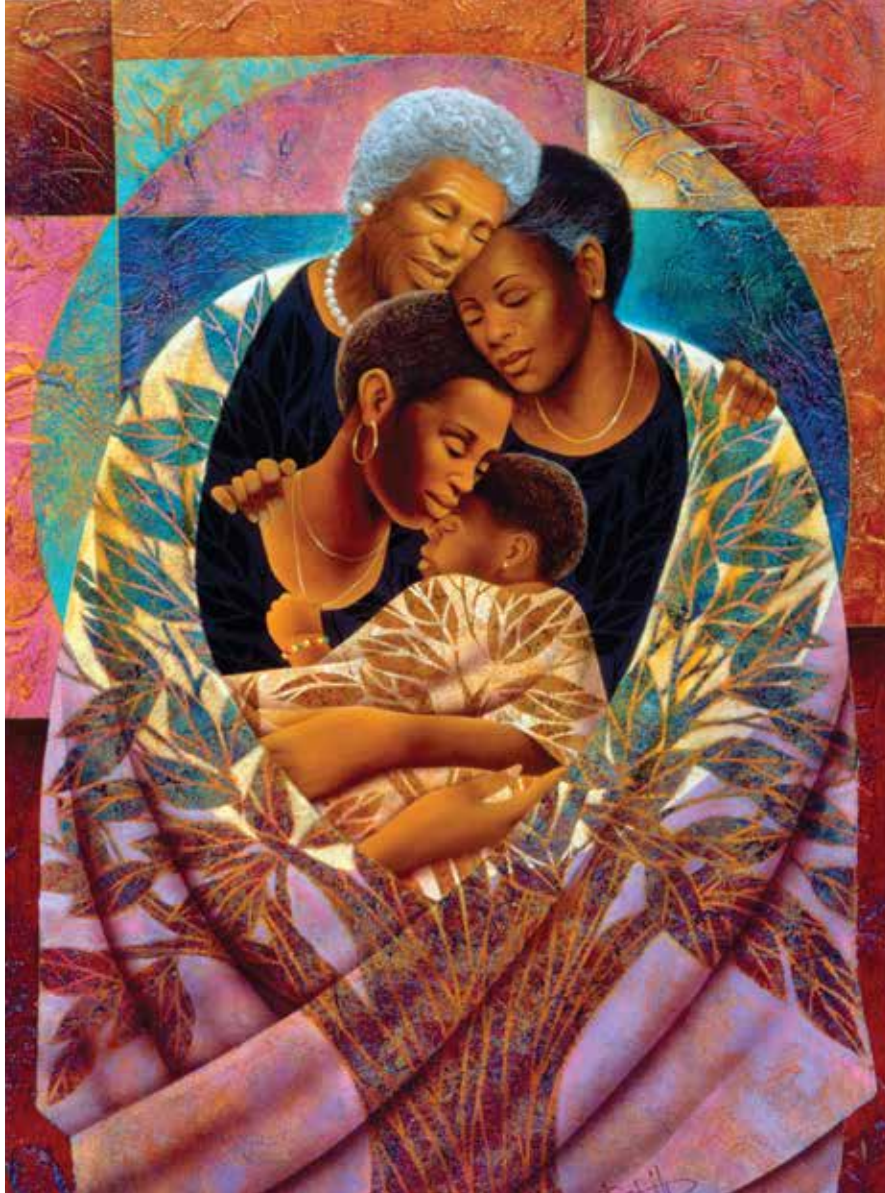


# SHARE Ambassador *Program*



Tree of Life by Keith Mallett

*a* **SHARE** *initiative*

providing outreach & information  
about breast & ovarian cancers  
for the African-American Community

# SHARE

A NON-PROFIT ORGANIZATION FOR OVER 35 YEARS THAT HELPS PEOPLE THROUGH THE BREAST AND OVARIAN CANCER JOURNEY WITH THE UNIQUE SUPPORT OF SURVIVORS WHO'VE BEEN THERE

## SHARE AMBASSADOR PROGRAM

Responding to the research on health disparities in communities of color in New York City, SHARE is expanding its mission of providing informed peer support, empowerment, and education to help more people affected by breast or ovarian cancer through an innovative Ambassador program.

This program is a grassroots strategy to reach medically under-served general populations in the African-American and Latino/Hispanic communities, especially in the boroughs of New York City.

The Ambassadors are breast and ovarian cancer survivors trained by SHARE. They build public awareness and health empowerment through educational presentations. These presentations encourage earlier detection, provide resources and information to promote access to diagnostic treatment and, if needed, cancer treatment for these diseases.

*Crucial help comes through various services...*

- Breast, Ovarian, and Caregiver Helplines
- Support Groups
- Educational Programs
- Caregiver Circle for Family and Friends
- Advocacy Initiatives
- Survivor Patient Navigator
- LatinaSHARE
- Pink & Teal Seminars In The Corporate Workplace

If you would like a SHARE Ambassador to make a presentation in your community, PLEASE CALL [212-937-5586](tel:212-937-5586).

## BREAST CANCER MYTHS

**"I've heard that cancer only afflicts people whose family members have or have had cancer."**

FACT: Breast cancer is not always hereditary. Most breast cancer cases occur in people who have no family history with breast cancer.

**"If I have cancer I'll know it because it will hurt. That's why I only have to be tested for cancer if I have pain. Right?"**

FACT: Only in very rare cases does breast cancer cause pain. That's why you need to become familiar with how your breasts look and feel. If you notice any change, you should notify your doctor right away.

**"Are there herbs that can cure cancer?"**

FACT: Some cancer patients take herbs hoping they will help cure cancer but scientific studies have not found any evidence to support this.

## DID YOU KNOW?

- Breast cancer is the most commonly diagnosed cancer among African-American women.
- Breast cancer mortality is 41% higher in African-American women than in white women.
- In African-American women under 40, breast cancer is more common than in white women.

## BREAST CANCER SYMPTOMS

- A lump in the breast or underarm (armpit)
- Thickening or swelling of any part of the breast
- Irritation or dimpling (i.e. like the skin of an orange) or puckering of breast skin
- Redness or flaky skin in the nipple area (areola) or on the breast
- Breast is warm, red and swollen – Inflammatory Breast Cancer
- Any change in the size or the shape of the breast
- Nipple turned inward (i.e. into the breast) or pain in the nipple area that wasn't there before
- Nipple discharge other than breast milk, including blood
- Pain in any part of the breast

# SHARE Ambassador Program

## WHAT IS BREAST CANCER?

Breast cancer is an abnormal growth of cells that originates in breast tissue. There are several types of breast cancer. The most common kinds of breast cancer form in the milk ducts or lobules, which are the glands that make milk. Although it's rare, men can get breast cancer, too.

## WHAT IS OVARIAN CANCER?

Ovarian cancer is a disease that forms in tissues of the ovary. It is unclear what causes it. The American Cancer Society estimates that in 2013, about 22,240 new cases of ovarian cancer will be diagnosed and 14,230 women will die of ovarian cancer in the United States. Approximately 75% of ovarian cases are diagnosed at an advanced stage when the cancer has spread beyond the ovaries. For this reason, it is necessary to know the symptoms of ovarian cancer to detect it at an early stage.

## RISK FACTORS

Anything that increases your chance of getting a disease is called a risk factor. People who think they may be at risk should discuss this with their doctor. Risk factors for breast and ovarian cancers include the following:

### AGE

Cancer risks increase with age.

### FAMILY HISTORY

Having a first degree relative (i.e., mother, father, sister, brother, or daughter) can double a woman's risk.

### GENETICS

Presence of abnormalities in certain genes called BRCA1 or BRCA2 increase the risk of breast and ovarian cancer.

### NUTRITION & DIET

Diets high in fats, especially hydrogenated fats and trans fatty acids increase one's risk.

### OBESITY

Has been found to increase breast cancer risk, especially for women after menopause.

### MENSTRUAL HISTORY

Women who begin menstruating at an early age (before 12), and women who reach menopause after age 55 are at greater risk.

### DRINKING ALCOHOL

A few drinks a week is linked to an increased risk of breast cancer.

### DELAYED CHILDBIRTH

Having a child after 30, or never having a child, increases a woman's risk.

### PERSONAL CANCER HISTORY

Having had breast cancer increases your risk of developing a new cancer. Having breast cancer before 45 increases your risk of ovarian cancer.

### REPRODUCTIVE HISTORY

Your risk is higher if you have never had children or have a history of difficulty getting pregnant.

### HORMONE & ESTROGEN THERAPY

Studies suggest women using estrogen after menopause may have an increased risk of developing ovarian cancer.

## OVARIAN CANCER SYMPTOMS

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)
- Additional symptoms may include fatigue, indigestion, back pain, constipation, pain with intercourse, or menstrual irregularities
- Vague but persistent gastrointestinal upsets such as gas or nausea, or unexplained weight loss or weight gain, particularly weight gain in the abdominal region, may also indicate ovarian cancer
- If you have these symptoms almost daily for more than two weeks, see a gynecologist



“I wanted to acknowledge the two speakers that shared their personal stories. I am touched by their passion, knowledge, and commitment in educating others. They are wonderful!”

- Audience member at a SHARE Ambassador presentation

## HELPFUL RESOURCES

### **African American**

#### **Breast Cancer Alliance**

[www.aabcainc.org](http://www.aabcainc.org)

#### **National Breast Cancer Coalition**

[www.breastcancerdeadline2020.org](http://www.breastcancerdeadline2020.org)

800.622.2838

#### **National Cancer Institute’s Cancer Information Service**

800.4.CANCER

#### **Department of Health & Human Services**

Public assistance & food stamps

[www.os.dhhs.gov](http://www.os.dhhs.gov)

#### **Patient Access Network Foundation**

[www.panfoundation.org](http://www.panfoundation.org)

866.316.PANF (7263)

#### **MealsOnWheels**

[www.mowaa.org](http://www.mowaa.org)

703.548.8024

#### **Patient Advocate Foundation**

[www.patientadvocate.org](http://www.patientadvocate.org)

757.837.6668

### **SHARE**

**Supporting those facing breast  
or ovarian cancer, including  
family caregivers**

[www.sharecancersupport.org](http://www.sharecancersupport.org)

866-891-2392

#### **Patient Advocate Foundation Co-Pay Relief**

[www.copays.org](http://www.copays.org)

757.952.0118

#### **Social Security**

[www.ssa.gov](http://www.ssa.gov)

800.772.1213

#### **Medicare and Medicaid**

[www.cms.hhs.gov](http://www.cms.hhs.gov)

877.267.2323

#### **Healthwell Foundation**

[www.healthwellfoundation.org](http://www.healthwellfoundation.org)

800.675.8416

#### **Look Good Feel Better**

[www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org)

1-800-395-LOOK

#### **U.S. Administration on Aging Benefits for Older Adults**

[www.eldercare.gov](http://www.eldercare.gov)

800.677.1116

#### **CancerCare**

[www.cancercaresupport.org](http://www.cancercaresupport.org)

800.813.HOPE

#### **American Cancer Society**

[www.cancer.org](http://www.cancer.org)

1.800.ACS.2345

#### **CancerCare Co-Payment Assistance Foundation**

[www.cancercaresupport.org](http://www.cancercaresupport.org)

866.55.COPAY

#### **Partnership for Prescription Assistance (PPA)**

[www.pparx.org](http://www.pparx.org)

888-4-PPA-NOW (888-477-2669)

#### **Ovarian Cancer National Alliance**

[www.ovariancancer.org](http://www.ovariancancer.org)

1-866-399-6262

CALL SHARE’S HELPLINE FOR MORE INFORMATION AND RESOURCES: 866-891-2392

**SHARE** Self-help for Women with  
Breast or Ovarian Cancer

### **SHARE**

1501 Broadway, Suite 704A

New York, NY 10036

212.719.0364

[info@sharecancersupport.org](mailto:info@sharecancersupport.org)

[www.sharecancersupport.org](http://www.sharecancersupport.org)

### **HELPLINES**

Breast Cancer: 866.891.2392

Ovarian Cancer: 866.537.4273

Caregiver: 855.498.5523

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[facebook.com/SHARECancerSupport](https://facebook.com/SHARECancerSupport)