

October 2017

# Church Partnerships News

## October is Breast Health Month

### U.S. Breast Cancer Statistics

- About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime.
- About 2,470 new cases of invasive breast cancer are expected to be diagnosed in men in 2017. A man's lifetime risk of breast cancer is about 1 in 1,000.
- Breast cancer incidence rates in the U.S. began decreasing in the year 2000, after increasing for the previous two decades. They dropped by 7% from 2002 to 2003 alone. One theory is that this decrease was partially due to the reduced use of hormone replacement therapy (HRT) by women after the results of a large study called the Women's Health Initiative were published in 2002. These results suggested a connection between HRT and increased breast cancer risk.
- As of March 2017, there are more than 3.1 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.
- About 5-10% of breast cancers can be linked to gene mutations (abnormal changes) inherited from one's mother or father. Mutations of the *BRCA1* and *BRCA2* genes are the most common. On average, women with a *BRCA1* mutation have a 55-65% lifetime risk of developing breast cancer. For women with a *BRCA2* mutation, the risk is 45%. Breast cancer that is positive for the *BRCA1* or *BRCA2* mutations tends to develop more often in younger women. An increased ovarian cancer risk is also associated with these genetic mutations. In men, *BRCA2* mutations are associated with a lifetime breast cancer risk of about 6.8%; *BRCA1* mutations are a less frequent cause of breast cancer in men.
- About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.
- The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).



[http://www.breastcancer.org/symptoms/understand\\_bc/statistics](http://www.breastcancer.org/symptoms/understand_bc/statistics)

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## Risk Factors for Breast Cancer Include the Following:

- A family history of breast cancer in a first-degree relative (mother, daughter, or sister).
- Inherited changes in the *BRCA1* or *BRCA2* genes or in other genes that increase the risk of breast cancer.
- Breast tissue that is dense on a mammogram.
- Exposure of breast tissue to estrogen made by the body.

This may be caused by:

- Menstruating at an early age.
- Older age at first birth or never having given birth.
- Starting menopause at a later age
- Taking hormones such as estrogen combined with progestin for symptoms of menopause.
- Treatment with radiation therapy to the breast/chest.
- Drinking alcohol.
- Obesity.
- Older age is the main risk factor for most cancers. The chance of getting cancer increases as you get older.



## Signs of Breast Cancer – What to Look For:

These and other signs may be caused by breast cancer or by other conditions. Check with your doctor if you have any of the following:

- A lump or thickening in or near the breast or in the underarm area.
- A change in the size or shape of the breast.
- A dimple or puckering in the skin of the breast.
- A nipple turned inward into the breast.
- Fluid, other than breast milk, from the nipple, especially if it's bloody.
- Scaly, red, or swollen skin on the breast, nipple, or areola (the dark area of skin around the nipple).
- Dimples in the breast that look like the skin of an orange, called peau d'orange.



<https://www.cancer.gov/types/breast/patient/breast-treatment-pdq>





Ohio has the 3rd highest breast cancer death rate of any state in the U.S. Komen Columbus is here to help. We're working to ensure that all people- especially the most vulnerable among us- have access to and utilize high-quality breast cancer care. Komen Columbus regularly conducts needs assessments to identify and innovate community solutions to ensure everyone in our service area has access to quality and timely care. Our yearly community health programs are constructed to meet the identified needs. Meanwhile, we are working to find new treatments for the most aggressive forms of breast cancer that are ending the lives of 40,000 people in the U.S. each year.

### **Komen Advocacy**

Sign up for advocacy alerts at [www.komen.org/GetInvolved/kaa.html](http://www.komen.org/GetInvolved/kaa.html) to be a part of important issues.

### **Health Equity Initiatives**

Join us in addressing health equity through our Worship in Pink program, a grassroots effort between Komen Columbus and local places of worship to educate their congregations on breast health and connect them to resources.

### **Questions To Ask The Doctor**

The Questions to Ask the Doctor About Breast Cancer series includes 17 topic cards on a variety of breast cancer issues. Each card contains pertinent questions to discuss with your doctor regarding a specific breast cancer topic.

### **Susan G. Komen Treatment Assistance Fund**

Financial assistance grants assist patients who qualify with the costs of oral pain and anti-nausea medication, oral chemotherapy and hormone therapy, child care/ elder care, hospice and palliative care, transportation, lymphedema care and supplies, wigs and prostheses. For more information and to apply, please contact a CancerCare social worker at 800-813-HOPE (4673).

### **Local Resources**

Having cancer is hard. Finding help shouldn't be. Our local resource directories include help finding lodging and transportation, financial and insurance questions, emotional support resources and tools to help with your treatment.





# SAVING WOMEN'S LIVES

## WHAT WE DO:

PROVIDE

BREAST HEALTH SOLUTIONS

INNOVATION

EDUCATION

RESEARCH

## WHY WE DO IT:

TO

IMPROVE EQUITY

STRENGTHEN HEALTHCARE

EMPOWER

END BREAST CANCER

## HOW WE DO IT:

THROUGH

COLLABORATIVE PROGRAMS

POLICY

COMMUNITY PARTNERS

KOMEN SCHOLARS: Metastatic Breakthroughs

**38%** ↓ in Breast Cancer Deaths

Protecting Patient's Rights

**15,000** women/year

**\$920** Million

**HOW CAN YOU HELP? CHAMPION. INVITE. INVEST.**

**[komencolumbus.org](http://komencolumbus.org)**

### Should You Get Regular Breast Screenings?

Mammography is the most effective breast cancer screening tool used today. However, the benefits of mammography vary by age. **Susan G. Komen® believes all women should have access to regular screening mammograms when they and their health care providers decide it is best based on their personal risk of breast cancer.** Know your risk by learning your family history and discussing with your doctor. For more information, visit [www.komen.org](http://www.komen.org) or call Komen Columbus.

### What you need to know about Insurance:

Federal law requires insurance to cover a mammogram for women 40 and over every 1-2 years, and an annual well-woman visit where you should be provided a clinical breast exam, all with no co-pay when in-network.

### If You Find a Lump or Symptom

Do not panic. It's best to have a healthcare provider evaluate you to make sure it's not breast cancer. See your primary care provider or a local free clinic.

### If you are uninsured:

If you can't get coverage through your employer and don't qualify for Medicaid/Medicare, you can shop for insurance in the Marketplace at [healthcare.gov](http://healthcare.gov)

If you think you qualify for Medicaid, visit [benefits.ohio.gov](http://benefits.ohio.gov)

Ohio's Breast and Cervical Cancer Program (provides screenings, follow-up and case management)  
1-844-430-BCCP (2227)

If you do not qualify for the resources above, check for a Susan G. Komen Columbus grant program for access to free and low cost breast health services, and support.

Komen Columbus brings together community partners to address

**financial, transportation & other barriers**



Call us at 614-297-8155 or visit [komencolumbus.org](http://komencolumbus.org) to find resources in your community.

that may prevent women from getting screening or appropriate follow-up care.

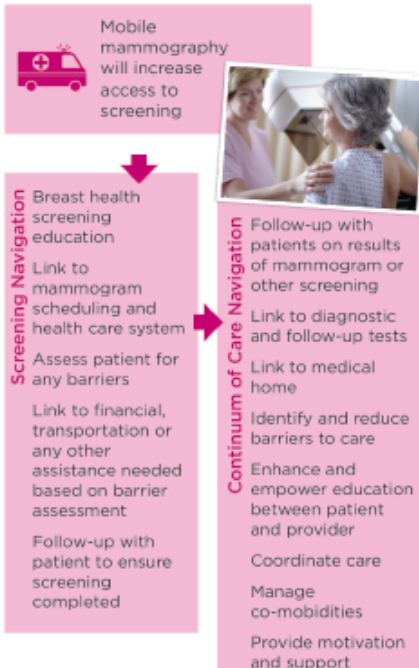
## COMMUNITY NAVIGATION PROGRAMS

Center for Appalachia Research in Cancer Education **	877-463-3686 x 702
Ohio University **	740-593-9127
The Ohio State University **	614-293-2933
Vinton County Health Department **	740-596-5233
OhioHealth Foundation †	Latina Pathway: 614-566-3957 African American Pathway: 614-566-5436
LifeCare Alliance Columbus Cancer Clinic †	614-263-5006
The Ohio State University †	614-366-1586
Mount Carmel Health System Foundation and Heart of Ohio Family Health Centers †	614-562-1508, Mount Carmel 614-416-3425 x 2251, HOFHC
Community Mercy Foundation	937-523-9330
Southern Ohio Medical Center	740-356-7465

\* These programs & contact information are current through March 31, 2018.  
\*\* Southeastern Ohio Breast Health Initiative, joint funding with Osteopathic Heritage Foundation of Nelsonville  
† African American Breast Health Equity Initiative  
For a map of these programs, visit <http://bit.ly/KomenPrograms>

## INSURED OR UNINSURED, WE'RE HERE TO HELP

This is what our programs offer:



## Congregational Happenings



**Hilltop Community Worship Center - Health Fair 8/17**



**Love Zion Missionary Baptist Church – Health Fair 7/17**



**Fruit of the Spirit Seventh Day Adventist Church – Health is Wealth Event 8/17**

BECAUSE  
OF YOU   
MOUNT CARMEL





## Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

## Congregational Partners

Faith communities that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Briggs Road Baptist Church  
Christ Memorial Missionary Baptist Church  
Church of Christ of the Apostolic Faith  
Come As You Are  
Faith Lutheran Church  
Fruit of the Spirit Seventh Day Adventist  
Harlem Road United Methodist Church  
J. Jireh Ministries  
Mifflin Presbyterian Church  
Mount Olivet Missionary Baptist Church  
New Life Apostolic Church  
New Mt. Sinai Church of God in Christ  
Refuge Missionary Baptist Church  
Resurrection Missionary Baptist Church  
Sacred Heart Catholic Church  
St. Augustine and Gabriel Catholic Church  
Second Community Church  
Tabernacle Missionary Baptist Church  
Vineyard Christian Fellowship – Grove City

Brookwood Presbyterian Church  
Christ United Methodist Church  
Clair United Methodist Church  
Ephesus Seventh Day Adventist Church  
First Church of God  
Grace Missionary Baptist Church  
In His Presence  
Love Zion Baptist Church  
Mount Herman Baptist Church  
New Fellowship Baptist Church  
New Life Church  
Redeemer Lutheran Church  
Rehoboth Temple Church  
Reynoldsburg United Methodist Church  
St. Andrew Episcopal Church  
St. Peter Catholic Church  
Stonybrook United Methodist Church  
United Methodist Church for All People  
Wesley Church of Hope

## Partnering Community Agencies

Catholic Social Services  
The Martin de Porres Center  
Westerville Area Resource Ministries (W.A.R.M.)  
Ohio Living

