



UCSF Breast Care Center

Taste for the Cure: A Taste of Science

Resource Handout-October 2022

All of Us Research Program at UCSF

The University of California at San Francisco is excited to be a part of the All of Us Research Program from the National Institutes of Health. All of Us is seeking one million people from across the U.S. to help build one of the most diverse health databases in history. We welcome participants from all backgrounds. People who join will share information about their health, habits, and what it's like where they live. By looking for patterns, researchers will learn more about what affects people's health.

Website: <https://www.joinallofus.org/> (English), <https://www.joinallofus.org/es> (Spanish)

Contact Information: AllofUs@ucsf.edu or toll free: 1-833-AOU-UCSF (1-833-268-8273)

More information on page 10

Ask Your Pathologist – Understanding your breast pathology report

Created by Genentech with Ron Balassanian, MD, UCSF Pathology, Carol Simmons UCSF Breast Care Center Patient Advocate and Anna Northrop, UCSF Breast Care Center Patient Support Core, this series of short videos is designed to help you understand all the information in your breast pathology report. The five videos cover different aspects of the pathology report including “Reading and Understanding Your Pathology Report, Tissue Sample Collection and Gross Description, Looking through the Microscope, Exploring Biomarker Testing, and Unpacking the Diagnosis and Summary.” The videos are available here:

[Understanding a Breast Pathology Report](#)

Bay Area Cancer Connections

Bay Area Cancer Connections supports anyone affected by breast or ovarian cancer with personalized services that inform and empower.

Website: <https://www.bayareacancer.org/>

Contact Information: info@bayareacancer.org or 650-326-6686

More information on page 11-13

Bay Area Young Survivors (BAYS)

Bay Area Young Survivors (BAYS) is a support and action group for young people in the SF Bay Area who are living with breast cancer. Through monthly support group meetings, an online network, and community-building events, BAYS members share information, experiences, and resources. Our goal is to break the isolation of living with breast cancer by providing a community built on compassion, understanding, hope, and inspiration.

Website: <https://www.bayareayoungsurvivors.com/>

Contact Information: bayareayoungsurvivors@yahoo.com

Breast Cancer Action

Breast Cancer Action's mission is to achieve health justice for all people at risk of and living with breast cancer by focusing on systemic interventions, which includes policies, institutions, and practices, and by centering people with the furthest relationships to power.

Website: <https://www.bcaction.org/>

Contact Information: info@bcaction.org or 415-243-9301

More information on page 14-15

Breast Cancer Straight Talk

Breast Cancer Straight Talk is a Peer-to-Peer 18K private Facebook Group for women with breast cancer. We are all ages, all Stages, all backgrounds, and hail from 98 different countries. Our members range in experience from those newly diagnosed to survivors who are 30 years out. Come join us!

Website: <https://www.facebook.com/groups/Straighttalkbreastcancersupport>

Contact Information: Judith Mayer, Patient Advocate/Administrator: jmayersf@gmail.com

More information: Harvard University case study about Breast Cancer Straight Talk:

https://ash.harvard.edu/files/ash/files/290699_hvd_ash_paper_lot_2_updated.pdf

BreastCancerTrials.org

BreastCancerTrials.org helps women and men diagnosed with breast cancer learn about all their clinical trial options. Our national nonprofit offers the unique service of summarizing each clinical trial into easy-to-understand, patient-centered language. We provide free matching services to people with DCIS, stage I-III, and metastatic breast cancer. We strive to help everyone affected by breast cancer understand the variety of clinical trials available and what to expect if they choose to enroll.

Website: www.BreastCancerTrials.org

Contact Information: Help-Desk@bctrials.org

California Health Maps

California Health Maps is an interactive, mapping website that provides cancer incidence rates and other statistics for geographies beyond the county-level to better serve cancer control, public health, and policy efforts. The project was developed by a multidisciplinary team and led by researchers from the University of California, San Francisco. California Health Maps includes 5-year and 10-year cancer incidence rates for 12 of the most common invasive cancer sites by sex and race/ethnicity. It also includes selected population sociodemographic data.

Website: <https://www.californiahealthmaps.org/>

Contact Information: gbacr@ucsf.edu

More information on page 16

Cancer Support Community San Francisco Bay Area (CSC)

CSC provides free of charge psychosocial support to people with cancer and their families. Services include professionally facilitated support groups, healthy lifestyle classes and educational workshops on a variety of topics of interest to people affected by cancer. Programs are provided both in person and virtually. For more information, or to register for programs, please go to: www.cancersupport.net. If you would like to speak with one of our staff members, please call us at 925-933-0107.

Website: <https://www.cancersupport.net/>

Contact Information: 925-933-0107

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Dignitana

A patient's hair can be a major part of their identity, and many patients rate hair loss as one of the most devastating side effects of chemotherapy. Chemotherapy-induced hair loss is an unwelcome reminder of cancer, one that can negatively affect self-image, confidence, overall sense of well-being and a patient's attitude toward treatment. Hair loss is no longer inevitable. The DigniCap Scalp Cooling System is a proven approach to reduce hair loss from chemo that has been used successfully by thousands of patients worldwide to maintain privacy, self-esteem and control during a critical period of treatment.

Website: <https://dignicap.com/>

Contact Information: support@dignicap.com

More information on page 19-23

Ends+Stems

Ends+Stems is a weekly meal planning service. We put together 3 recipes weekly that fit together like a puzzle, you edit and change if need and approve the plan. One click then generates a complete grocery list for you to shop at your favorite places. Cook along and you've have simple, delicious dinners that use up everything you buy - less food waste! Join our mailing list and get a free sample meal plan.

Website: <https://endsandstems.com/how-our-meal-plans-work/>

Contact Information: Join our great newsletter for weekly free recipes and zero food waste tips:

<https://endsandstems.com/gettips/> and Follow on Instagram:

<https://www.instagram.com/endsandstems/>

More information on page 24-33

Food For Life

Food for Life was created for cancer patients visiting the Ida Friend Infusion Center and Mission Bay UCSF in an effort to provide them with nourishing organic snacks and education during their infusion treatment. FFL educates patients and their families about the importance of healthier food choices through our learning library and nutrition handouts.

FFL supports a healthier environment that promotes healing, empowerment and the ability to make smart choices about overall wellness.

Contact Information: foodforlifeucsf@gmail.com

Friend to Friend Specialty Shop at Mission Bay

The Friend to Friend Gift Shop at the UCSF Helen Diller Family Comprehensive Cancer Center is a one-stop boutique for cancer patients. Our trained fitters can help you find the perfect wig, post-surgical or mastectomy bras, comfortable headwear or stylish hats, turbans or scarves. Call to make an appointment for a personal shopping session.

Website: www.friend2friend.org

Contact Information: Friend to Friend Gift Shop at Mission Bay; M-F, 9:30 a.m. to 4 p.m.; 1825 Fourth St., Room M1220, Lobby, Bakar Precision Cancer Medicine Building; San Francisco, CA 94158

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Greater Bay Area Cancer Registry

The Greater Bay Area Cancer Registry (GBACR), housed at the University of California San Francisco, gathers information about all cancers diagnosed or treated in a nine-county area. GBACR data helps researchers better understand cancer occurrence and survival in the Greater Bay Area. The GBACR is also used by researchers locally and nationally to study cancer causes, treatment, and prevention.

Website: <https://cancerregistry.ucsf.edu/>

Contact Information: gbacr@ucsf.edu

More information on page 35-36

HERS Breast Cancer Foundation

HERS Breast Cancer Foundation is a 501(c)3 nonprofit organization that supports the unique needs of breast cancer survivors. HERS was established in 1998 with the mission of supporting all individuals healing from breast cancer by providing post-surgical products and fitting services regardless of financial status. We are “a soft place to fall” during one of the hardest times in our patients’ lives. We are known for our compassionate, professional fitting services and support, and our beautifully appointed Program Store Locations in Fremont, San Leandro, and Livermore. We fulfill our mission via several Assistance Programs which provide under-served breast cancer patients with access to post-surgical products that help them heal both physically and emotionally.

Website: <https://hersbreastcancerfoundation.org/>

Contact Information: Tina Fernandez Steckler, Executive Director tinaf@hersbreastcancerfoundation.org, info@hersbreastcancerfoundation.org or 510-790-1911

More information on page 37-41

JAM4JOY

Jam4Joy is a 501(c)3 non-profit organization founded by Zumba instructors Judy Young and Angie Shin. Jam4Joy’s mission is to promote wellness through movement, bring people together in community, reduce isolation and educate about and support important causes impacting our community. We teach FREE virtual and in-person Zumba classes and hold Zumbathon fundraising events. Sign up [here](#) to get our newsletter with a weekly schedule of classes.

Website: <https://www.jam4joy2020.com>

Contact Information: jam4joy2020@gmail.com

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Lazarex Cancer Foundation

Who We Are- Lazarex Cancer Foundation is a publicly funded 501(c)(3) nonprofit organization dedicated to improving the outcome of cancer care for advanced stage cancer patients and the medically underserved. Lazarex assists patients across the United States, with all types of cancer, from all walks of life and all ages with a particular focus on helping those who are most vulnerable. Lazarex strives to create a sustainable platform of equitable and inclusive access to medical discovery for all cancer patients.

What We Do- At Lazarex Cancer Foundation we connect cancer patients to tomorrow’s cures today! We remove access barriers to clinical trials for all patients by providing assistance with out of pocket costs for FDA clinical trials, identifying clinical trial options, and participating in community outreach and engagement.

Website: <https://lazarex.org>

Contact Information: info@lazarex.org, emiller@lazarex.org or 925-309-8664

More information on page 43-44

Maple Tree Cancer Alliance

WHY EXERCISE ONCOLOGY? The role of exercise in relieving cancer treatment related side effects has been extensively investigated and has produced promising results. Research indicates that the

combination of aerobic exercise and strength training improves the quality of life and overall physical fitness for cancer survivors.

Maple Tree Cancer Alliance® employs certified exercise oncology instructors who design a personalized, structured progression of cancer rehabilitation for each patient from the initiation of cancer treatment throughout cancer remission.

Website: <https://www.mapletrcanceralliance.org/>

Contact Information: karen.wonders@mapletrcanceralliance.org

More information on page 45-46

Nan Foster Health

Nan Foster is a Certified Functional Medicine Health Coach. Functional medicine is the specialty of uncovering root causes of chronic symptoms and diseases. Nan Foster's coaching and recommendations are personalized and based on a comprehensive review of a client's lab work, symptoms, diet, stressors and lifestyle choices. Incremental changes are recommended to encourage new healthy habits, reverse chronic inflammation and symptoms, and improve overall wellness. Nan is the author of Gutsy: The Food-Mood Method to Revitalize Health Beyond Conventional Medicine available on Amazon and through Nan's website.

Website: www.nanfosterhealth.com

Contact Information: nanfoster@comcast.net

More information on page 47-48

Patient Support Corps

The Patient Support Corps is here to help you with three proven support strategies. Our pre-medical interns provide materials, services and referrals to help you with reviewing information, listing questions, and taking notes and audio-recording your appointment, with your provider's permission. Our services are provided free of charge. Contact us to see if a pre-medical intern is available for your next UCSF appointment.

Website: <https://psc.ucsf.edu/>

Contact Information: psc@ucsf.edu

Pink Power@ the Peninsula Jewish Community Center

The PJCC has been providing excellent community programs to the greater Peninsula since 1948. Our breast cancer exercise program - Pink Power has been providing exceptional post-operative support to women from around the Bay Area since 2012.

Website: <https://pjcc.org/programs/pink-ribbon/>

Contact Information: Vicki McGrath, Fitness & Wellness Manager vmcgrath@pjcc.org or 650-378-2727

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Shanti's Margot Murphy Women's Cancer Program

Shanti's Women Cancer Program offers free multilingual and culturally competent emotional and practical support, as well as survivorship support activities, including complementary care services. We can connect with clients by phone or meet them in their homes, at our office, or wherever they feel most comfortable.

Website: <https://www.shanti.org/wcp>

Contact Information: May Tan, Program Director atan@shanti.org or 415-674-4770

The Athena Health Network

The Athena Network is a state-wide collaboration of the UC Medical Centers, including UCSF, that brings together women, their doctors, specialists, and researchers to provide better breast health for every woman. Athena allows providers to learn from all patients, rather than just the women they see directly or those who participate in clinical trials. Our mission is to save lives by transforming how we deliver care today to improve screening and treatment for tomorrow.

Website: <http://www.athenacarenetwork.org/home>

Contact Information: athenainfo@ucsf.edu or 415-476-0256

More information on page 50

The Cancer Cell Map Initiative (CCMI)

We aim to find new targets for cancer drugs and groups of cancer patients that benefit from these. We create cell maps that show how proteins work together in groups. We research how cancer itself, and cancer drugs change how proteins interact in these groups. We build computer models that can predict successful patient response to specific treatments.

Website: <http://ccmi.org/>

Contact Information: info@ccmi.org

More information on page 51-52

The Rivkin Center

We believe research and education must work in tandem to fulfill our vision of women living longer and healthier lives because cancers are prevented, caught early, or cured. The Rivkin Center funds multiple programs including: ovarian cancer research grants to scientific investigators around the world, education and awareness for ovarian and breast cancer, and nationally and internationally attended research symposia on ovarian cancer.

Website: www.rivkin.org

Contact Information: To learn more about our Education Program contact kayla.driscoll@rivkin.org. To learn more about our Scientific Research Program that funds ovarian cancer research to find a cure for this deadly disease contact jackie.lang@rivkin.org.

More information on page 53

The WISDOM Study

The WISDOM Study is a nation-wide trial led by Dr. Laura Esserman and the UC Medical Centers that is working to improve breast cancer screening, detection, and prevention. WISDOM is comparing annual mammograms to a more personalized risk-based approach to screening. WISDOM is currently enrolling women ages 40-74 who have never personally had breast cancer or DCIS. By participating, you can learn about your personal risk for developing breast cancer, can have access to free breast cancer genetic testing, and can be one of over 50,000 women sharing their WISDOM!

Website: <https://www.thewisdomstudy.org/>

Contact Information: wisdom@ucsf.edu, wisdomcommunity@ucsf.edu or 855-729-2844

More information on page 54

thesecondopinion

For over 50 years thesecondopinion has provided free, comprehensive second opinions to adults in California diagnosed with cancer. We are committed to helping every cancer patient understand their disease and available treatment(s) in their language and at their level of understanding - and remaining

a resource for information after they have received a second opinion.

Website: www.thesecondopinion.org

Contact Information: 415-775-9956

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Tigerlily Foundation

Tigerlily Foundation is a national breast cancer foundation providing education, awareness, advocacy, and hands-on support to women— before, during, and after breast cancer.

Website: <https://www.tigerlilyfoundation.org/>

Contact Information: mrs.keishastephney@gmail.com, 1-888-580-6253, Cell: 510-813-616

More information on page 56-58

UCSF Breast Imaging Services at the John Muir Health/UCSF Health Berkeley Outpatient Center

Now offering screening and diagnostic breast imaging service at the Berkeley Outpatient Service.

- *Specialized Breast Radiologists*
- *3D Tomosynthesis Mammography*
- *A greater chance for early detection*
- *Fewer false positives*
- *Comprehensive care in one location*
- *Conveniently serving women in Berkeley, Oakland, Emeryville and the surrounding areas*
- *Breast MRI and Breast Biopsy coming Fall 2022*

Website: <https://www.johnmuirhealth.com/locations/outpatient-center-berkeley/programs-services/imaging-services.html>

Contact Information: 510-985-5030

More information on page 59-60

UCSF Cancer Genetics and Prevention Program

Our services, designed for at-risk patients and their families, provide coordinated genetic screening, prevention education, and treatment. Based on family history and other risk factors, genetic counselors, nurse practitioners, and physicians provide an individualized risk management program for each patient, which includes recommendations for screening and options for preventive measures.

Website: <https://www.ucsfhealth.org/clinics/cancer-genetics-and-prevention-program>

Contact Information: 415-885-7779

More information on page 61-68

UCSF Global Cancer Program

The burden of cancer is rising disproportionately in low- and middle-income countries (LMICs), where lack of infrastructure, limited access to treatment, and shortages of healthcare providers contribute to health outcomes that are significantly worse than in the United States. The UCSF Global Cancer Program's mission is to reduce the global cancer burden through innovative research, education, and collaboration. Leveraging UCSF resources, the Global Cancer Program fosters effective collaborations between UCSF and our regional partners in Tanzania, Mexico, and Vietnam to improve cancer care in diverse populations around the world.

Website: <https://globalcancer.ucsf.edu/>

Contact Information: globalcancer@ucsf.edu

More information on page 69-70

UCSF Hereditary Cancer Clinic

Part of our Center for BRCA Research, the Hereditary Cancer Clinic offers patients and families with genetic mutations linked to hereditary cancers – such as mutations of the BRCA gene – personalized care and planning for their long-term health. The clinic provides: 1. Genetic counseling and testing for patients and families; and 2. Coordination of follow-up care, including cancer prevention and surveillance, and referrals to other specialty clinics at UCSF as needed.

Website: <https://www.ucsfhealth.org/clinics/hereditary-cancer-clinic>

Contact Information: 415-353-9797

More information on page 61-68 (same as UCSF Cancer Genetics and Prevention Program; received after document compiled)

UCSF Osher Center for Integrative Medicine

The Osher Center provides public classes and healthcare that blends conventional and complementary medicine approaches. Our services focus on whole-person healing and empowerment.

Website: <https://osher.ucsf.edu/>

Contact Information: For information about public classes, please visit <https://osher.ucsf.edu/public-classes/>; classes@ocim.ucsf.edu or 415-353-7718

UCSF Patient & Family Cancer Support Center

Provides a service of connecting cancer patients, survivors, and caregivers resources to: wellness programs, support services, and community connections. Support is offered at diagnosis, during treatment, recovery, active surveillance, and survivorship.

Website: <https://cancer.ucsf.edu/support/crc/patient-support-center>

Contact Information: cancersupportcenter@ucsf.edu or 415-885-3693; More information

https://calendar.ucsf.edu/group/cancer_resource_center/calendar and <https://cancer.ucsf.edu/support-services>

More information on page 71

UCSF Survivorship Wellness Group Program

Survivorship Wellness is an 8-week clinical program focused on helping survivors of cancer learn about, set goals, and practice skills to optimize their health and wellness after cancer treatment. In this group program, you will have the opportunity to learn from and practice with our cancer center dieticians, social workers, psychologists, chaplains, health coaches, and exercise counselors to set goals around nutrition, physical activity, managing stress, sleeping well, and promoting sexual, emotional, and spiritual wellness after cancer treatment. This program is specifically designed for UCSF patients who have concluded active treatment for cancer. Most insurance plans accepted. To learn more about the Survivorship Wellness Group Program, please call 415-353-3931

Website: <http://cancer.ucsf.edu/support/survivorship-wellness/>

Contact Information: 415-353-3931

More information on page 72

Women's Cancer Resource Center (WCRC)

For over 30 years, the Women's Cancer Resource Center has helped women with cancer and others improve their quality of life by promoting equitable access to cancer information, support and care. Our

offerings include support groups, patient navigation, wellness workshops, an information helpline, and free therapy. In addition, we have volunteer opportunities for those who want to contribute to the health of the community. All of our services are provided free of charge.

Website: <https://www.wcrc.org/>

Contact Information: wcrc@wcrc.org, 510-601-4040

More information on page 73

Young Survival Coalition

Young Survival Coalition (YSC) strengthens the community, addresses the unique needs, amplifies the voice and improves the quality of life of young adults affected by breast cancer, locally, nationally and internationally.

Website: <https://www.youngsurvival.org/>

Contact Information: info@youngsurvival.org, toll free 877-972-1011, Facebook: /youngsurvivalcoalition, Twitter: @YSCBuzz, Youtube: YSC YoungSurvival or Instagram: @youngsurvivalcoalition

More information on page 74-77

Zero Breast Cancer

Zero Breast Cancer is working to prevent breast cancer, reduce the risk of recurrence, and improve health and quality of life in lower-income and under-served communities. We offer free online and print materials for: younger kids and their parents, teens, adults of all ages, anyone ever diagnosed with breast cancer. Please check out our website and contact us to learn more about how we can lower our risk of breast cancer and live well after cancer. We hope you will join us for our Health & Wellness After Breast Cancer Diagnosis webinar series.

Website: www.ZeroBreastCancer.org

Contact Information: To find out more, please email us at info@zerobreastcancer.org

More information on page 78-85

The Cancer Center Office of Community Engagement

Our staff, community advisors, research network and education partners work together for you. We 1) sustain community engagement, 2) disseminate cancer information to the community, 3) facilitate cancer-focused workshops, campaigns & events, and 4) advocate for cancer survivors and patients.

Website: cancer.ucsf.edu/community-engagement

Contact Information: hdfccoce@ucsf.edu

More information on page 86-89

Become Our Partner

What is precision medicine?

Precision medicine is health care that is based on you as an individual. It takes into account factors like where you live, what you do, and your family health history. Precision medicine's goal is to be able to tell people the best ways to stay healthy.

What is the *All of Us* Research Program?

The *All of Us* Research Program is a large research program from the National Institutes of Health. The goal is to help researchers understand more about why people get sick or stay healthy.

We hope that more than one million people will join the *All of Us* Research Program. People who join will share information about their health, habits, and what it's like where they live. By looking for patterns in this information, researchers may learn more about what affects people's health.

The *All of Us* Research Program will last for 10 years or more. This will allow researchers to study health over time. If you decide to join the *All of Us* Research Program, you will be contributing to an effort to improve the health of generations to come. You also may learn about your own health.



To start your journey, go to Participant.JoinAllofUs.org and:

- 1 Create an account
- 2 Give your consent
- 3 Agree to share your electronic health records
- 4 Complete the Consent to Get DNA Results
- 5 Answer health surveys
- 6 Have your measurements taken (height, weight, blood pressure, etc.) and give blood and urine samples, if asked

After completing these steps, you'll receive \$25.

To learn more and to enroll, contact us at:

Website: JoinAllofUs.org/UCSF

Email: AllofUs@ucsf.edu

Toll-free: 1-833-268-8273 (833-AOU-UCSF)



University of California
San Francisco

A Member of **All of Us California**



ONE-ON-ONE

Helpline 650-326-6686

Monday–Thursday, 9 a.m.–5 p.m.
Friday, 8 a.m.–3 p.m.
First & Fourth Saturdays, 9 a.m.–3 p.m.

Our phone line can offer support, navigate you through our services (everything is free of charge), or connect you with other resources in the community.

Counseling

Our team of licensed therapists can provide one or two free individual tele-health therapy sessions. We also offer Cancer Journey Coaching to support your move into holistic healing and self-empowerment.

The Boutique

Make an appointment for contactless fitting on our back patio. We have wigs, hats, scarves, bras, prostheses, and more.

Buddy Program

Breast or ovarian cancer survivors provide support by sharing their personal experience with you over the phone. Through this program, we match you with a Buddy who experienced a similar diagnosis or treatment, or who can relate to you in other ways.

Insurance/Employment

A volunteer specialist can answer questions and offer strategizing and support regarding employment, employee benefit concerns, and health insurance.

Financial Assistance

We have two programs, the Breast and Ovarian Cancer Emergency Fund and the Karen Swanson Fund. For more information, please contact our Helpline or email info@bayareacancer.org.

650-326-6686 | info@bayareacancer.org | bayareacancer.org
Registration necessary. Programs with limited enrollment are subject to cancellation.

You can access our most up-to-date calendar online at bayareacancer.org and get connected to our remote programs and services by emailing us at info@bayareacancer.org.

We've gone virtual!



Bay Area Cancer Connections
2335 El Camino Real, Palo Alto, CA 94306



SUPPORT GROUPS

As always, all of our services are free of charge! **Registration is required for all support groups.** Currently, all programs (except for ZSFGH General Breast Cancer) take place via Zoom.

DCIS

First Monday, 5:30–7 p.m.
Barbara Kirsch, Ph.D.

Metastatic Breast Cancer

Every Monday, 6–8 p.m.
Dorote Lucci, Ph.D.

Navigating Transitions: Palliative Care And Hospice Information

Third Tuesday, 5:30–7 p.m.
Dr. Liza Bakunina & Theresa Koetters, R.N., M.S.

In partnership with:



PJCC General Breast Cancer

Second Wednesday, 7–8:30 p.m.
Judy Goldstein, LCSW

In partnership with:



Gynecological Cancer

First and third Thursdays, 11 a.m.–12:30 p.m.
Colleen Lam Nguyen, LMFT

ZSFGH General Breast Cancer

Second Friday, 2–3:30 p.m.
Karen Newcomb, LMFT

In partnership with:

Newly Diagnosed/In-Treatment

Every Saturday, 3–4:30 p.m.
Dorote Lucci, Ph.D.

Post-Treatment

Second Saturday, 1–2:30 p.m.
Amy Armes, LMFT
Active treatment (e.g., surgery, chemotherapy, radiation) must be done before client can attend.

Triple Negative Breast Cancer

Third Saturday, 10:45 a.m.–12:45 p.m.
Laurie Nelson, LMFT

Hereditary Cancer

Quarterly, please refer to online calendar.
Rachel Hodan, Licensed Genetic Counselor & Amy Armes, LMFT

In partnership with:

Young Women's Group (45 and younger)

Young Women's Breast Cancer Group with Mills-Peninsula

For those in-treatment or post-treatment
First & third Thursdays, 7–8:30 p.m.

Judy Goldstein, LCSW
In partnership with



Note: Our support groups provide a private place for individuals to discuss their experiences, share ideas, and provide support to one another. BACC groups and activities are voluntary associations of social support. They are not professional therapy and may not meet all of your emotional support needs.

FITNESS

Register for one of our gentle exercise classes via Zoom to improve coordination, balance, and strength. Classes are tailored to participant needs. Friends and family welcome!

Yoga for Healing & Recovery

Light Athletic Stretch and Release (LASR) yoga— a moderate yoga flow for all levels.

Healthy Steps

Healthy Steps is an exercise program designed to open up the lymphatic system, improve range of motion, reduce scar restriction, and more.

Pilates

This class focuses on postural alignment, flexibility, and core strengthening. Exercises and the flow of the class are evolved from the classic work of Joseph Pilates and are designed to address limitations specific to cancer-related surgeries and subsequent treatments.

Every Mon. Yoga H & R
9:30–10:30 a.m.
Jido Lee Ferguson

Every Wed. Healthy Steps
8:45–9:45 a.m.
Susie Danzig, BFA

Every Fri. Pilates
1:30–2:15 p.m.
Rachel Peters, PT, M.S., OCS

WELLNESS

Healing and Guided Imagery

Lisa will guide you through deep relaxation techniques for mind and body, helping you to tap into your own healing powers and lower your stress level. CD audio recordings are available for loan in our library.

Mindfulness Meditation

Stress can often leave us feeling frustrated, tense, and overwhelmed. In this class, you will learn to respond to stress with mindful, nonjudgmental awareness of your body and mind, instead of with irritability and self-criticism. The techniques you will learn aim to support you in alleviating stress and anxiety.

Writing Through Cancer

Going beyond “Dear Diary” and learning different ways to write in your journal adds color, perspective, and dimension to your reflective writing. With the help of these journal tools, you can gently but powerfully explore the various aspects of yourself, your life, and your relationship with others.

First & Third Wed. Healing and Guided Imagery
5:30–7 p.m.
Lisa Petrochi, B.A., MH

Second & Fourth Wed. Mindfulness Meditation
5–6:15 p.m.
Dorote Lucci, Ph.D.


Second & Fourth Wed. Writing Through Cancer
6:30–8 p.m.
Karen Newcomb, LMFT

Distance Reiki Sessions

Contact us for appointments.
*Monica Celle Kuechenmeister, Reiki Level 1&2,
Pranic Healing 1–3, RN, M.B.A.
Veronica Bunya, Reiki Level 1*

PEER SUPPORT

Death Café

In partnership with:  MISSION HOSPICE & HOME CARE
Check online program calendar for dates.

The objective of this group is “to increase awareness of death with a view of helping people make the most of their (finite) lives.”
Learn more at deathcafe.com.

Virtual Caregivers Retreat

In partnership with:  Breathing Spaces
Support Network for Family Caregivers

Connect with other caregivers from the comfort of your own home. Tell your stories, share your experiences, and gain support from others who understand what you're going through. Enhance your own ability as a caregiver in this safe and welcoming environment.

SERVICES AVAILABLE IN SPANISH

Spanish Language Breast Cancer Support Group

Third Saturday of the month, 10–11:30 a.m.
Martha Carrillo-Brewer, LMFT, LPCC

Additional Services

- Boutique assistance
- Karen Swanson Fund & Breast and Ovarian Cancer Emergency Fund
- Personalized Cancer Information & Education
- Screening Navigation Program

Please contact us at 650-326-6299, ext. 22, or info@bayareacancer.org.

PERSONALIZED CANCER INFORMATION & EDUCATION

One-on-One Appointments

Our Cancer Information and Education Specialists, Erika Bell, Ph.D., and Victoria Youngblood, Ph.D., B.S.N., can help you with the following, at no cost: understand your pathology report, find appropriate resources to address your medical questions, learn about standard treatment guidelines, navigate our library, locate clinical trials, and explore a personal decision using My Personalized Decision Guide.

Library & Virtual Resource Center

At our online **Library** we have an extensive collection of medical articles relevant to your diagnosis, treatment options, and well-being. We also have some materials (books, DVDs, CDs) available to check out via curbside pick-up.

To help you find reliable information online, we have also compiled a list of resources at our **Virtual Resource Center**: bayareacancer.org/virtual-resource-center. Here you will find COVID-19 information, ideas for decreasing anxiety, indoor activities for this unprecedented time, and more.



FINANCIAL ASSISTANCE

for people who are facing breast or ovarian cancer

The financial challenges that cancer treatment may bring can often be overwhelming, but we are here to help you so you can focus on your health.

Bay Area Cancer Connections' (BACC) Breast & Ovarian Cancer Emergency Fund provides quick and compassionate emergency financial assistance, up to \$1,000, to low-income individuals in treatment for breast or ovarian cancer. BACC's emergency fund can help you pay for rent, co-pays, medication, utility bills, funeral expenses, etc.

Do you qualify for our Breast & Ovarian Cancer Emergency Fund? You may if you:

1. Have been diagnosed with breast or ovarian cancer within the last six months
2. Are in active treatment for breast or ovarian cancer (surgery, chemotherapy, or radiation)
3. Have a household income below or equal to 250% of the current year's federal poverty level
4. And live in San Francisco, San Mateo, or Santa Clara County.

For more information about eligibility for BACC's Breast & Ovarian Cancer Emergency Fund, application, and how to apply, please contact Ambar Sandoval, Client Care Coordinator, at 650-326-6299, ext. 11, or email her at ambar@bayareacancer.org.

BACC's **Karen Swanson Fund** is meant to fulfill a special need or an end-of-life request for anyone who has metastatic breast or ovarian cancer (stage IV). Qualified applicants can receive up to \$750.

For more information about eligibility for the Karen Swanson Fund, application, and how to apply, please contact Jennette Gonzalez, Director of Programs and Services, at 650-326-6299, ext. 16 or email her at jennette@bayareacancer.org.

Bay Area Cancer Connections empowers people on their breast or ovarian cancer journeys and equips them with personalized education, supportive communities, and practical resources at no cost.

Breast cancer cannot be solved by simply telling women to eat the right food, exercise, and get a mammogram.

This is not an individual problem.

The breast cancer epidemic is a social justice issue and a public health crisis.



BREAST CANCER ACTION

Get Involved!

Take Action on Our Campaigns:

Our power is in our members—people like you!

Become a Community Leader for Change:

Join grassroots activists around the country making a difference.

Find Educational Tools: Free, evidence-based webinars, fact sheets, conference coverage, and more.

Donate: We rely on the support of people like you.

Get Individualized Resources:

Our trained and compassionate staff can help you or a loved one learn about breast cancer treatment, screening, or diagnosis.

Volunteer:

Help spread the word about our work, host a community event, or pitch in on other projects.



We work to achieve health justice for all women at risk of and living with breast cancer.




"I am so very grateful Breast Cancer Action exists. You remind me all the time that **I am not alone.**"

—Karin Cotterman, Breast Cancer Action member

Breast Cancer Action
548 Market St PMB 17179
San Francisco, CA 94104

info@bcaction.org
415-243-9301

bcaction.org
thinkbeforeyoupink.org

 /BCAction
 @bcaction
 @bcaction





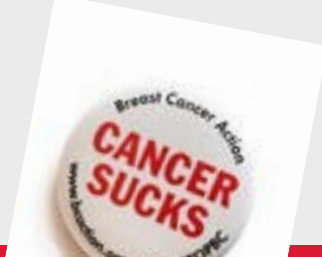
Breast Cancer Action is not your average breast cancer organization.

We Are Unique

In the endless sea of breast cancer charities, corporate donors, and pharmaceutical-funded research agendas, we are proud to be **an independent watchdog standing up for women's health.**

We are **feminist, grassroots, and committed to social justice.** We're fiercely independent and refuse corporate funding from any company that profits from or contributes to breast cancer. **We ALWAYS put women's health first.**

Radical and compassionate, we never shy away from the hard truths about breast cancer: 40,000 women in the U.S. die of this devastating disease every year, and there's not nearly enough to show for the billions of dollars raised in the name of breast cancer.



We **educate, organize, and take action.**

We Take Action

We work to ensure **breast cancer screening, diagnostics, and treatment** are evidence-based and responsive to the women affected—as well as more affordable, more effective, and less toxic.

We work to eliminate **root causes of breast cancer**—the toxic chemicals in our environment that increase our risk of breast cancer and which may interfere with common treatments.

Our **award-winning Think Before You Pink® campaign** cuts through the noise of pink ribbon culture to tell the hard truths about breast cancer and challenge pinkwashing and hypocrisy in the breast cancer industry.



We Get Results

We helped **end Myriad Genetics' corporate monopoly on the "breast cancer genes,"** BRCA1 & BRCA2. This landmark U.S. Supreme Court victory brought down genetic testing costs, increased opportunities for scientific research, and improved testing results for women of color.

We've **forced corporations and organizations to change their pinkwashing ways,** including pressuring Yoplait to eliminate the harmful hormone rBGH from their yogurt, and ending Susan G. Komen's sale of their toxic "Promise Me" perfume.

We've provided **free compassionate one-on-one support and evidence-based information** to more than 25,000 people with breast cancer and their loved ones.

We are a national organization with over 60,000 members and supporters across the country. **Join us!**



CALIFORNIA HEALTH MAPS

www.californiahealthmaps.org

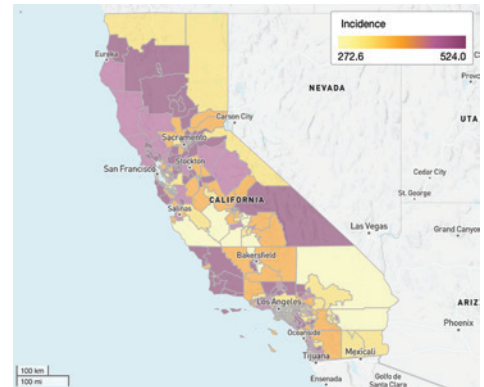
What is California Health Maps?

California Health Maps is an interactive, mapping website that provides cancer incidence rates and other statistics for geographies beyond the county-level to better serve cancer control, public health, and policy efforts.

How does it work?

California Health Maps allows users to explore health data for California at different geographic levels including census tract aggregation zones, medical service study areas, and congressional districts.

California Health Maps includes 5-year and 10-year cancer incidence rates for 12 of the most common invasive cancer sites by sex and race/ethnicity. It also includes selected population sociodemographic data.



Why Does It Matter?

- Local hospitals and public health departments can use cancer incidence rates at smaller geographies to create targeted health initiatives for cancer prevention.
- Researchers can use these maps to identify high (or low) incidence regions and develop studies that explore the local factors driving these rates.
- Individuals can use this website to better understand cancer rates in their neighborhood.



Interested in learning more?

Visit www.californiahealthmaps.org or you can scan the QR code with your phone's camera.

For any questions regarding the website, you can email gbacr@ucsf.edu.





Free services and support for people facing cancer and their loved ones.

WWW.CANCERSUPPORT.NET

"I'm so glad to have found Cancer Support Community. I've gained a lot of **knowledge about cancer** itself, **advocating for myself**, and how to **communicate with my young son** about what I'm going through."

- Ben, cancer survivor and CSC member

MISSION

We support people facing cancer in our **community** to become **healthier**, live **longer**, and live **better**.

SERVICES

To register for any of our programs, please visit **cancersupport.net** and click **Services > Calendar**

PROGRAMS

Our **licensed and certified** professionals provide **evidence-based** therapies to **complement** **medical** treatment.

Programs available in-person or virtually!
To get started, visit cancersupport.net or call 925.933.0107.



PROGRAMS INCLUDE:

- **Therapist Led Support Groups** combining expert guidance and peer support.
- **Adaptive Exercise classes** including Yoga, Tai Chi, and Pilates.
- **Mind/Body Programs**, such as Mindfulness and Guided Imagery.
- **Educational Workshops** on cancer-related topics including complementary therapies, updates on treatment, and nutrition.
- **Creative Expression Programs** including writing, art, and music.
- **Counseling** on cancer related issues for individuals, couples, and families.
- **Teen Talk and Kid's Circle** for children whose parents have cancer.
- **Information and Referral Services** to connect you with resources and assist with individual questions.
- **Financial Assistance Available** for those who qualify.

LOCATIONS:

**3276 McNutt Avenue
Walnut Creek, CA 94597
925.933.0107**

**3505 Lone Tree Way, Suite 3
Antioch, CA 94509
925.951.7279**

Nosotros hablamos español.



WWW.CANCERSUPPORT.NET



"I just finished 5 months of chemo and I was still able to feel like myself. I'm so thankful to still have a near-perfect full head of hair."

— *Marisa, DigniCap Patient*
Taxol/Carboplatin (12), Adriamycin/Cytosan (4)



Minimize hair loss
from chemotherapy.



Real Patients—Real Results.
Visit dignicap.com/patient-stories

A patient's hair can be a major part of their identity, and many patients rate hair loss as one of the most devastating side effects of chemotherapy. Chemotherapy-induced hair loss is an unwelcome reminder of cancer that can negatively affect self-image, confidence and a person's overall sense of well-being.

FDA cleared since 2015, The DigniCap Scalp Cooling System minimizes hair loss from certain chemotherapy treatments for men and women with solid tumors.

Dignitana
10925 Estate Lane, W185, Dallas, Texas 75238
Patient Support: 877-350-2150
www.dignicap.com



DIGNICAP[®]
Hair loss is no longer inevitable

PRO-20210325-01-US



DIGNICAP[®]
Hair loss is no longer inevitable



Privacy Identity Control

“The loss of hair that comes as a side effect of many chemotherapy agents can be a devastating part of cancer treatment. Some patients see it as not just a blow to their vanity but as a constant, visual reminder of their illness.”

– Hope S. Rugo, MD

Professor, Department of Medicine (Hematology/Oncology); and Director, Breast Oncology and Clinical Trials Education at University of California, San Francisco

What Is Scalp Cooling?

Scalp cooling is a proven and effective way to reduce chemotherapy-induced hair loss that has been used successfully by thousands of patients worldwide. FDA cleared for use during the treatment of cancer, scalp cooling can result in a high level of hair retention and preservation.

How Does It Work?

Scalp cooling lowers the temperature of the scalp, thereby constricting blood vessels and reducing the blood flow to the hair follicles. This reduces hair loss by limiting the amount of chemotherapy drugs reaching the follicles.

What To Expect

The DigniCap Scalp Cooling System consists of a custom fit cooling cap connected to a cooling unit which circulates coolant through channels in the cap. The cap is worn for a period of time before, during and after the chemotherapy infusion.

How Much Does It Cost?

Cost varies by location. Some patients are receiving insurance reimbursement, and financial assistance is available from several nonprofit organizations. Ask your provider for details, or visit dignicap.com for more information.

DIGNICAP[®]

Saving hair.
Changing lives.

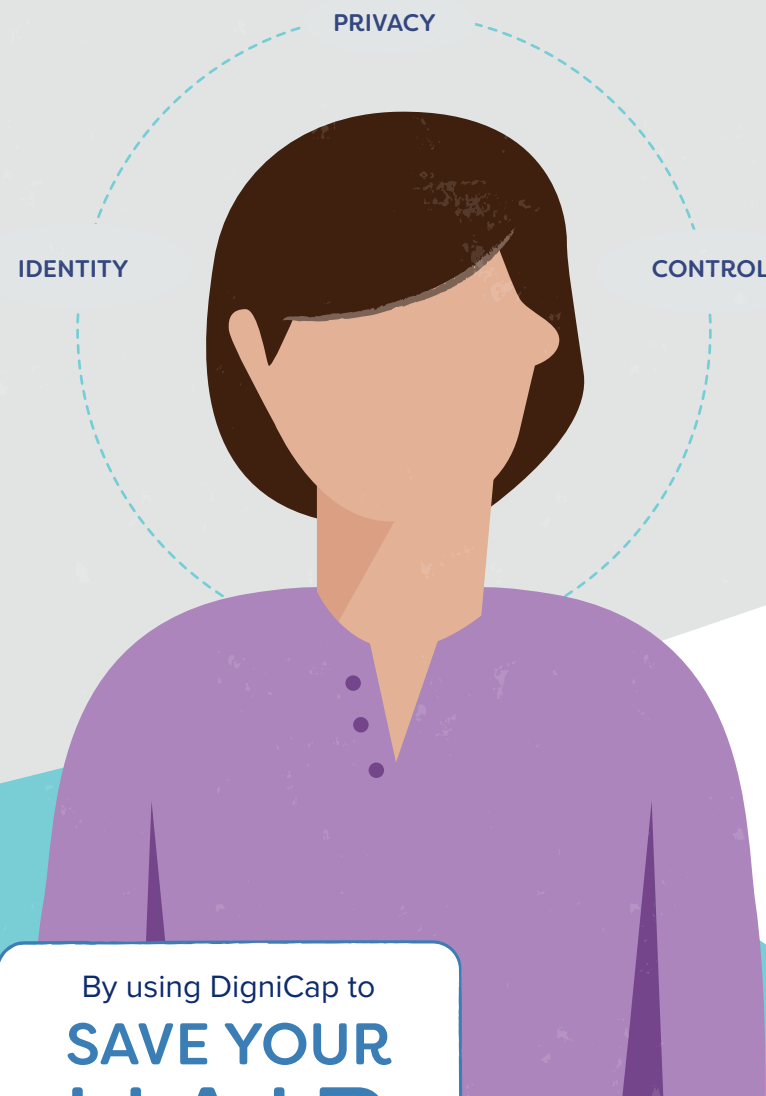
MINIMIZE HAIR LOSS FROM CHEMO.

The DigniCap[®] Scalp Cooling System
is FDA cleared, safe, effective
and clinically proven.



Why scalp cooling?

Hair loss can be one of the most devastating side effects of chemotherapy and can negatively affect self-image, confidence and overall well-being during treatment.



By using DigniCap to **SAVE YOUR HAIR**, you can maintain privacy, identity and a sense of control during treatment.

How it works.

Reduced temperature to your scalp causes the hair follicles to narrow and cell activity in the area to slow down. This results in decreased blood flow to the scalp so that less chemotherapy reaches the hair follicles.



CHEMOTHERAPY WITH DIGNICAP

Cooling protects the follicles so hair is not exposed to the full dose of chemo. As a result, **SCALP COOLING SAVES YOUR HAIR.**

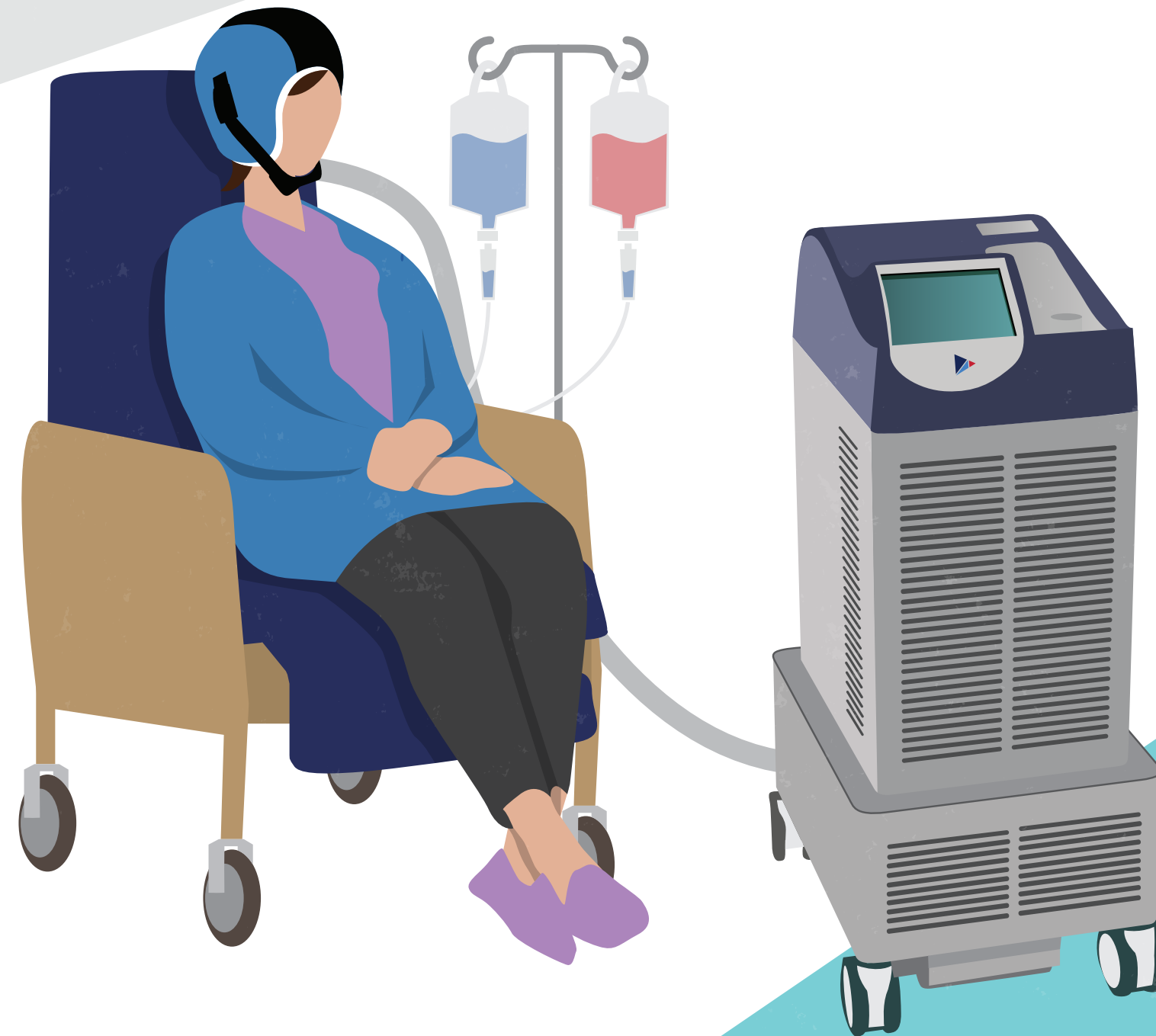


CHEMOTHERAPY WITHOUT DIGNICAP

Follicles are damaged when exposed to the full dose of chemotherapy. **CHEMO CAUSES HAIR LOSS.**

What happens during treatment.

Scalp cooling must be used at every chemotherapy session to be effective. The caps will be fitted prior to treatment and connected to the DigniCap device.



30
MINUTES

The inner wrap and outer cap are placed on your head 30 minutes before starting chemotherapy to gradually bring the scalp down to the treatment temperature.

INFUSION
TIME
VARIES

Wear the cap during your chemo infusion.

60
MINUTES
↓
180

You will wear the cap for a set period of time after the completion of the chemo medication. Depending on drug and dose, post-infusion cooling will last 60-180 minutes.

5
MINUTES
↓
10

When your cooling time is complete, the cap is kept on for 5-10 minutes to diminish any discomfort as the cap gradually warms up to room temperature.

DOES IT WORK?

In 2015, DigniCap was the first scalp cooling device to receive FDA clearance after completing a rigorous clinical trial in which 66% of patients kept the majority of their hair. Visit dignicap.com/research for more information.



HOW DOES IT FEEL?

Scalp cooling feels cold, but most people tolerate DigniCap very well. Your doctor may provide a pain reliever if you develop a headache. A warm drink and blanket can also help during treatments.

WHO CAN USE DIGNICAP?

DigniCap can be used by patients undergoing chemotherapy for solid tumors such as those associated with breast, prostate, ovarian, uterine and other tissues. Full information can be found at dignicap.com/contraindications.

WILL SCALP COOLING WORK FOR ME?

Everyone can expect to experience some degree of hair loss during chemotherapy. Outcome is dependent on several factors including chemotherapy regimen, dose, duration of drug infusion, chemotherapy drug metabolism and other medical considerations. It is not always possible to know how effective scalp cooling will be until you try it.

HOW DO I TAKE CARE OF MY HAIR?

Scalp cooling can minimize hair loss during chemotherapy, but you should be careful with your hair during treatment. Recommendations on how to take care of your hair while using DigniCap can be found at dignicap.com/hair-care.



WILL I STILL NEED A WIG?

The goal of scalp cooling is to reduce overall hair loss so that a wig, cap, scarf or other head covering is not needed.

IS SCALP COOLING WITH DIGNICAP THE SAME AS COLD CAPS?

Since the 1970s, patients have used various types of “cold caps” to minimize hair loss from chemotherapy. These are sometimes called chemo caps, gel caps or ice caps. Manual cold caps are cooled using dry ice and require someone to change the caps for the patient every 20 minutes. They do not have FDA clearance as they cannot meet the safety requirements.

However, DigniCap has FDA clearance and is controlled by a computerized system to maintain safe and constant therapeutic temperature with no cap changes needed.

HOW MUCH DOES IT COST?

Cost varies by location. Ask your provider for details.

In the U.S., some patients are receiving insurance reimbursement, and financial assistance is available from several nonprofit organizations. For more information, visit dignicap.com/cost.

What do patients say about DigniCap?

Visit dignicap.com/patient-stories to read about other people’s scalp cooling experiences and follow @dignicap on social media.

DIGNICAP®

Saving hair. Changing lives.



MINIMIZE HAIR LOSS FROM CHEMO.
The DigniCap® Scalp Cooling System is FDA cleared, safe, effective and clinically proven.

DIGNICAP®
Hair loss is no longer inevitable

Dignitana
dignicap.com
info@dignicap.com



DigniCap is a product of Dignitana AB, a public, Swedish medical device company. DigniCap is a patented scalp cooling system that offers the ability to reduce hair loss during chemotherapy. DigniCap provides continuous cooling with high efficacy, safety and acceptable patient comfort. The company was the first FDA cleared provider of scalp cooling technology.

Dignitana, DigniCap, DigniLife, DigniCap Delta, DeltaCool and DeltaCard are registered trademarks owned by Dignitana AB (publ). The company is certified under ISO 13485:2016 DigniCap C3 and Delta are FDA cleared and CE certified as Class IIa medical devices.

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Dignitana S.r.l. Corso di Porta Nuova, 46, 20121 Milan, Italy
PRO-20200129-01-EN



Welcome to Ends+Stems Included is your first meal plan, a full grocery list, and helpful tips



**Honey Sriracha Tofu with
Steamed Rice + Shaved
Brussels Sprouts**



Broccoli Cheddar Soup



**Crunch Wrap Quesadilla with
Broccoli + Pinto Beans**

How It Works

- You can cook these in any order, any day of the week!
- There are 3 because overwhelmingly our customers only want to cook 3 nights. If you need a Thursday or Friday meal too - we recommend doubling one or two recipes and having a leftovers night!
- Each dish as written serves 4 people
- Each recipe lists substitutions you might want to make to meet your personal dietary needs or preferences. If you swap, don't forget to update the grocery list.
- Cooking all three will give you the maximum food waste reduction
- If you're into Meal Prep (aka cooking parts of each recipe ahead) - check out the next page for a step by step guide

Having a chef decide recipes for us and creating our grocery list with one click makes me excited to do the shopping, see how little I can spend, and easily feed my family. I am doing more cooking, but feeling so much less stress.

Kate L. / Orinda

Prep Ahead Plan!

For an easier work week,
take these steps on your day off.
Only 60 minutes to get started

- Honey Sriracha Tofu:

1. Make the marinade. The tofu can marinate for up to 48 hours
2. Shred the brussels and store in an airtight container for up to 24 hours.
3. Cook the rice - reheat covered, in the microwave with a drizzle of water to soften

- Broccoli Cheddar Soup

1. Cook it entirely
2. Or - just chop up all of the veggies and store them in an airtight container
3. Grate the cheese if not buying pre-shredded.

- Crunchwrap

1. Prep the fillings: cook the broccoli, puree the beans, shred the cheese if not buying pre-shredded

Email Chef Alison with questions any time: alison@endsandstems.com
Tag us on IG and FB with @endsandstems and #endsandstems
We LOVE seeing your photos



Active Time: 20 minutes

Total Time: 30 minutes

Honey Sriracha Tofu with Steamed Rice + Shaved Brussels Sprouts



Ingredients

- 1 cup Basmati Rice (White)
- 1 1/4 cups Water
- 1 teaspoon Kosher Salt
- 2 cloves Garlic (minced and divided)
- 1 Tablespoon Fresh Ginger (grated, or 1 tsp dried)
- 1/4 cup Tamari (or soy sauce of your choice)
- 2 Tablespoons Honey
- 1 Tablespoon Rice Vinegar
- 1 Tablespoon Sriracha (or more to taste!)
- 2 packages Firm Tofu (or extra firm, drained)
- 3/4 pound Brussels Sprouts
- 2 Tablespoons Unsalted Butter
- 1 1/2 teaspoons Sesame Oil



Substitutions

VEGAN/BUTTER FREE:

For the sauce on the salmon, butter adds important texture. If you'd prefer not to use it, it's fine to sear the salmon in your choice of cooking oil, but don't add any in the final step (where we stir in butter to finish the sauce)

PESCATARIAN:

We have a version called Honey Sriracha Salmon with detailed instructions for searing the fish. Find it in recipe search

TOFU:

Tempeh. Try on Mushrooms, eggplant or cauliflower steaks too

BRUSSELS:

Roast them whole or halved if that's preferred. It does save a step!

HONEY:

Ok to just omit the honey and make it sugar free

KIDS CORNER:

We actually recommend this brussels sprouts preparation for kids, we've seen them try and enjoy them this way! If sriracha is too spicy, leave it out of the marinade at first - it's basically teriyaki this way. Sear the tofu and make the sauce, then divide it in 2 bowls and add the sriracha to just one of them before spooning over tofu

"Ends+Stems is the missing ingredient in my life!"

Susanna S. / San Francisco



Cooking Instructions

1 RICE

Combine the rice, water, and salt in a small pot with a tight fitting lid and bring to a boil. Stir well, then turn down to low and cover. Steam for 16 minutes. When time is up, turn off the heat, stir and fluff the rice, but keep it covered until serving.

2 MARINADE + TOFU

Mince the garlic and ginger. You can do both together with a knife, small food processor or by grating them on a sharp microplane grater. Place in a small bowl and measure out about half a teaspoon of the mix. Set aside for the brussels sprouts. Then stir in the soy sauce, honey, rice vinegar and Sriracha.

Open and drain the tofu. Cut in half, then in triangles. You will have 8 total.

Add the tofu triangles and turn to coat. Set aside for 5-10 minutes to marinate, and up to 24 hours in the fridge.

3 PREP BRUSSELS

Shred the brussels sprouts by trimming the very end off, if it's dry and woody. Then slice across the entire sprout into ¼" thin slices. Place in a large bowl as you go.

When they're all chopped, gently rub them with your fingers to help separate the leaves into ribbons. Any large or tightly coiled pieces are just fine, but you could also chop them up more if you prefer.

4 SEAR TOFU

Use a large non-stick sauté pan (or a well-seasoned cast iron), and heat over medium high. Add half of the butter and when it has melted and stopped bubbling, add the tofu to the pan. Sear for about 3-4 minutes without moving. You can turn down the pan if it seems to be too hot - you don't want any burning smells.

When ready, carefully flip the tofu triangles over and sear for another 3-4 minutes.

Remove tofu triangles to a plate. Add the rest of the marinade to the pan and whisk for about 45 seconds. Turn off the heat and whisk in the remaining butter (about 1 Tablespoon) until it has disappeared. Set aside.

5 BRUSSELS

You can get these going when you flip the tofu or wait until after if you're less confident in juggling 2 pans. Heat a large pan with taller sides or a sauté pan over medium high heat. Add the sesame oil and the reserved garlic and ginger mince. Cook for 1 minute. Add the shaved brussels sprouts and a pinch of salt. Cook, stirring often, for about 4 minutes. The ribbons of leaves will be bright green and crisp tender.

6 SERVING

Plate a bed of rice and top with a couple triangles of tofu. Serve a heaping pile of brussels on the side. And either spoon or drizzle the rest of the sauce over top.



QUICK TIPS

When Ends + Stems first started writing meal plans, we had a small group of testers and sent recipes as pdf documents. A version of this dish was in the first batch and among some early testers, it's an eternal favorite. A huge thank you to those who got that original Week One email. We're glad you're here and that everyone else can taste this meal now too.



Crunchwrap Quesadilla with Broccoli + Pinto Beans



Ingredients

- 2 cups **Broccoli** (use just the florets if you made the soup with stems this week)
- 1 15-ounce can Pinto Beans (drained)
- 2 Tablespoons Taco Seasoning (divided, see substitutions to make your own!)
- 1 cup Cheddar Cheese (or mexican blend, or monterey jack - shredded)
- 1 Roma Tomato (diced)
- 1 head Romaine Lettuce
- 6 Flour Tortillass (this makes 6, they reheat very well!)
- 3 Tablespoons Canola Oil (for frying)
- 1 Tablespoon Unsalted Butter (optional, for frying)



Substitutions

- GLUTEN FREE:**
the folding won't really work on corn tortillas (they'll crack), so your best bet is to use GF corn tortillas and make flat, classic quesadillas by layering the same but placing one on bottom and a second on top
- DAIRY FREE:**
omit cheese and sear in oil only
- PINTO BEANS:**
black beans are nice too, or leave them out if allergic
- BROCCOLI:**
diced and sautéed bell peppers give a fajita vibe, or try mushrooms. Or use cooked rice for a classic rice/bean/cheese burrito filling
- TOMATO:**
prepared salsa is easy
- BREAKFAST:**
oh yes we did. Add soft scrambled eggs instead of meat

- KIDS CORNER:**
let them help layer the filling and fold. This dish is made for kids! Our kids love leftover rice in here too



Tip of the Week

REDUCE YOUR FOOD WASTE

ends+stems

Who Does the Work?

Do you have family balance when it comes to planning and shopping? Many of us do not and one person (statistically, Mom) does the majority of the managements. This is a lot of work! Try making your grocery list and meal plan together with the family at dinner one night. Get their buy in on what you'll all eat and what's needed from the store.



Cooking Instructions

1 HEAT THE OVEN TO 350 DEGREES

2 BROCCOLI

Use the leftover florets from the soup (if you cooked the whole meal plan this week, or just a small head of broccoli) - chop into small pieces and place on a baking sheet. Add half of the taco spice blend and roast for about 3-4 minutes or until bright green and tender. Remove and set aside for wrapping.

3 BEANS

Open and drain the can. Empty the beans into a large bowl, add the other half of the spice blend, and mash them well with a fork or potato masher. If preferred, you can do this in a bullet-style blender to make them very smooth.

4 TOPPINGS

Grate the cheese. Dice the tomato. Shred the lettuce into thin ribbons. Make sure lettuce is clean and dry.

5 LAYER

Heat the tortillas in the oven for about 30-45 seconds to make them pliable. Place 2 at a time on a work surface for easy layering. In the center of the wrap spoon about 1/6th of the beans into a 6 inch in diameter circle.

VERY IMPORTANT - be sure to leave a large rim for folding - you need 3 inches with no filling on it all around. This means the center filled part will look too small at first. More is not more here, it will make a mess.

Top with broccoli, then the tomatoes. Next is lettuce - this is the only thing that won't be used up completely just add a few tablespoons. The last layer is cheese.

6 FOLD

Start at the top (12 o'clock), and fold down to the center. Be firm but gentle and help crease the tortilla edge. Move to 2 o'clock and fold it in. Now move to 4 o'clock and fold in, but make sure the flap that meets the 2pm fold goes OVER. When you fold at 6pm, the flap between 4 and 6 now goes under. Check out the photo if you're unclear.

(Another way to say it: the left side of each fold will sit on top. The right side of that same fold will go underneath the next section's fold). It makes a neat spiral all the way around. When you get to the last flap, you can maneuver the left side of the 12pm flap up, essentially tucking the final fold in.



QUICK TIPS

Versions of this recipes have been going around the internet - it's a riff on a Taco Bell dish, that honestly, we've never even seen in real life (yes, our food snobbery is showing). If you haven't either, it's basically a quesadilla with a super crispy crust, beautiful folding technique, and delicious layers of filling. And if you can do this, your kids are going to love you...or better yet, they're going to HELP you!



Cooking Instructions

IF YOU HATE ME RIGHT NOW

Please don't worry! Fold all of the flaps in flat and let them lay however feels natural. They will still stay in place when they sear, and it will taste the same. The important part is not to overstuff and make sure the edges meet in the center.

7 SEARING

After you have 2 folded, transfer them to a baking sheet or a plate. Heat a large sauté pan over medium high heat. Add about 1 teaspoon of oil (and a dot of butter if using) and when it's hot, place the tortilla folded side down. Let it cook for about 3-4 minutes. After that, it will be quite easy to flip with a spatula since the edges are crispy in place.

Cook the second side for 2-3 minutes. Remove to a baking sheet and keep in the oven while you sear the rest.

To make this go faster - use 2 sauté pans at the same time. Or, break out your electric skillet (or a griddle pan for the stove top) and you can probably cook 4 at the same time.

8 REPEAT

Fold the rest and sear.

9 SERVING

Slice in half or in quarters. Take the Instagram photo because these are so fun when you cut them in half! Serve on a bed of the extra lettuce. Leftovers can be kept in tupperware and reheated in the toaster oven.

Our weekly impact report shows your results
+ the community total. Small efforts add up!

YOUR IMPACT

(measured in pizza!)

Your Impact

Since joining ends + stems you have saved the equivalent of:



2736

Slices of pizza

Collective Impact

Together, our community has saved the equivalent of:



418320

Slices of pizza

1 slice of pizza = 1.045 CO2-E (kg) of carbon. Find out [how we calculate this](#).



Active Time: 10 minutes

Total Time: 30 minutes

Easy Broccoli + Cheddar Soup



Ingredients

- 1 Yellow Onion (small dice)
- 1 Carrot (small dice)
- 1 clove Garlic (minced)
- 2 Tablespoons Unsalted Butter
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Russet Potatoes (peeled and small dice)
- 1 teaspoon Kosher Salt
- 1/2 teaspoon Black Pepper
- 1 bunch **Broccoli** (mostly steam, about 4 cups chopped and just 1 cup or so of the florets)
- 2 Tablespoons Flour
- 4 cups Stock (vegetable or chicken)
- 1 cup Heavy Cream (optional)
- 1/4 teaspoon Nutmeg (freshly ground, optional)
- 2 cups Cheddar Cheese (shredded and more for garnish)



Substitutions

GLUTEN FREE:

Option 1: leave out the flour. It will be a little thinner but if you blend it well, the veggies and potato will thicken it. Option 2: leave out flour and use 1 teaspoon cornstarch

DAIRY FREE:

Cashew milk, almond milk or our favorite coconut milk! Just add in when the instructions call for milk. Leave out the cheese and if you like, add 1 Tablespoon of nutritional yeast

PALEO:

leave out the potato. Follow the Dairy Free instructions for coconut milk and nutritional yeast

CREAM:

Don't sub lower than 2% percent milk or you risk curdling, you could sub half and half, whole milk or coconut milk though

KIDS CORNER:

serve with garlic bread or quesadillas for dunking. Consider adding an extra potato and leave out the florets all together. The soup will be paler in color, thicker and smoother



QUICK TIPS

Though this recipe is written with an entire bunch of broccoli, it's even better to use up your extra broccoli stems. Steam florets for a simple side dish but save the stems in a tupperware in the freezer and when you have about 1-2 pounds, make some delicious soup! Also, be sure and use a high quality cheddar - cheap cheese doesn't melt well and will not improve the soup, better to leave it out.



Cooking Instructions

1 VEGGIES

Dice the onion, carrot, and garlic. Heat the butter and oil in a large pot with tall sides over medium heat and add the diced veggies. Peel and dice the potato - keep the pieces small to reduce your cooking time. Add to the pot. Add 1 Tablespoon of salt and 1 teaspoon black pepper. Sauté for about 3 minutes, stirring often, while you prep the broccoli.

2 BROCCOLI

Remove the florets and estimate about 1 generous cup of them. Finely chop. Save the remainder for the Crunch Wraps this week or another day. (If you don't think you'll get to them otherwise, you can certainly add them all in though).

Dice the broccoli stems - if there are brown, dried ends or knobs, peel or slice those off. Otherwise, you don't have to peel it. Cut the stems into small dice.

3 FLOUR

Add the flour to the pot and whisk to combine. Let it cook for a minute in the pan, but keep whisking. Carefully, pour in the stock while whisking at the same time. Be sure to whisk the edges of the pan and incorporate the flour into the stock.

4 SIMMER

Add the broccoli stems (don't add the florets just yet!) and turn heat to medium high. Bring to a boil, whisking well and often, especially on the bottom of the pan. Turn down to medium and simmer. Simmer for about 15 minutes until potatoes and broccoli stems are completely tender.

5 BLEND

If you have an immersion blender great! Use it now. OR, transfer the soup in batches to a regular blender. While blending, stream in the cream. Return soup to the pan and bring it back to a simmer over medium heat. Add the broccoli florets and grated nutmeg.

6 CHEESE

Turn the heat off and add the grated cheese about a ¼ cup at a time, whisking to melt between batches.

7 SERVING

Taste and you may prefer more salt or pepper. Ladle among bowls and garnish with extra cheese.

"Looking forward to saving money, eating better and wasting less. I just asked the universe for such a service, so happy you exist!

Check dinner planning off my goals for the year!"

Alexa J. / Boston

As seen on:



Forbes

CONSCIOUS
COMPANY

rachael ray
every day

EatingWell.



The full list has 30 ingredients - but we bet you have at least 10 already at home! Be sure to check.

Buying less is the #1 way to waste less

PRODUCE

<input type="checkbox"/>	1 small	Russet Potato
<input type="checkbox"/>	1 1/2 pounds	Broccoli
<input type="checkbox"/>	1 small	Roma Tomato
<input type="checkbox"/>	1 head	Romaine Lettuce
<input type="checkbox"/>	1 small	Yellow Onion
<input type="checkbox"/>	1 medium	Carrot
<input type="checkbox"/>	1 head	Garlic
<input type="checkbox"/>	3 teaspoons	Ginger
<input type="checkbox"/>	1 pound	Brussels Sprouts

DAIRY

<input type="checkbox"/>	3 cups	Cheddar Cheese, shredded
<input type="checkbox"/>	2 sticks	Unsalted Butter
<input type="checkbox"/>	1 cup	Heavy Cream
<input type="checkbox"/>	2 packages	Firm Tofu (ideally not in water)

PANTRY

<input type="checkbox"/>	3 teaspoons	Taco Seasoning
<input type="checkbox"/>	2 teaspoons	Kosher Salt
<input type="checkbox"/>	1 15-ounce	can Pinto Beans
<input type="checkbox"/>	6 (10 inch)	Flour Tortillas (burrito size)
<input type="checkbox"/>	1/2 cup	Canola Oil
<input type="checkbox"/>	1/2 cup	Extra Virgin Olive Oil
<input type="checkbox"/>	1 teaspoon	Black Pepper
<input type="checkbox"/>	6 teaspoons	Flour
<input type="checkbox"/>	4 cups	Chicken Stock
<input type="checkbox"/>	1/4 teaspoon	Nutmeg
<input type="checkbox"/>	1 cup	Basmati Rice (white)
<input type="checkbox"/>	3 teaspoons	Soy Sauce (Tamari)
<input type="checkbox"/>	6 teaspoons	Honey
<input type="checkbox"/>	1 teaspoon	Rice Vinegar
<input type="checkbox"/>	3 teaspoons	Sriracha
<input type="checkbox"/>	1 1/2 teaspoons	Sesame Oil

**Do you order online?
Put this list into your favorite
delivery service.**



Friend to Friend

The UCSF Helen Diller Family Comprehensive Cancer Center's **Friend to Friend Specialty Shop at Mission Bay** is a one-stop boutique for cancer patients.

We are dedicated to helping women and girls living with a cancer diagnosis to look and feel their best, in a warm and welcoming private environment. Our friendly staff of trained fitters – many of whom are cancer survivors themselves - act as personal shoppers helping you find just the right wig, the most comfortable after-surgery or mastectomy bra, breast form or stylish scarf, turban or hat. We also provide these products, for free, to low-income women and girls, with a referral from a medical professional.

Twenty years ago, Friend to Friend was born out of the vision of UCSF's Dr. Laura Esserman. We are most grateful for her continued and enthusiastic support of all that we do.

Appointments are preferred but walk-ins can be accommodated.

Come Visit Us!

We look forward to helping ease your cancer journey

Friend to Friend Shop at Mission Bay

1825 4th Street, Rm M1220

Lobby of Gateway Medical Building

San Francisco

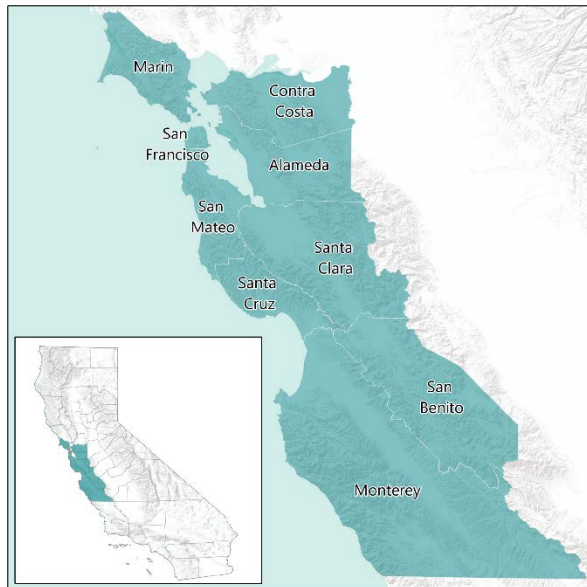
Open 9:00 am – 4 pm, Monday through Friday

Tel: (415) 353-7776, option 2

Email: info@friend2friend.org

Website: www.friend2friend.org

The Greater Bay Area Cancer Registry



The Greater Bay Area Cancer Registry (GBACR), gathers information about all cancers diagnosed or treated in a nine-county area:

1. Alameda
2. Contra Costa
3. Marin
4. Monterey
5. San Benito
6. San Francisco
7. San Mateo
8. Santa Clara
9. Santa Cruz

The Greater Bay Area Cancer Registry is one of several population-based registries under the National Cancer Institute's National Cancer Institute's Surveillance, Epidemiology and End Results (SEER) program. The nine counties are also part of the statewide California Cancer Registry (CCR), a part of the California Department of Public Health, which conducts essential monitoring of cancer occurrence and mortality in California.

Data provided by population-based registries are an important public resource. Every year the registry issues the *Greater Bay Area Cancer Registry Annual Report: Incidence and Mortality Review*, a summary of findings by cancer site, racial/ethnic group, sex, county, and other factors. A number of other resources including fact sheets and special reports are also available. Registry information can also be made available to the public and to researchers upon request at gbacr@ucsf.edu.

Cancer Registry Data

Data collected by registries like the Greater Bay Area Cancer Registry are essential for tracking the burden of cancer regionally, statewide, and nationally. A particular focus of the Greater Bay Area Cancer Registry is to identify emerging cancer patterns or inequities in cancer burden in defined population groups. This has resulted in a better understanding of:

- Patterns of breast cancer in the Bay Area, a region with historically one of the highest breast cancer rates in the country.
- Melanoma incidence among young men and women, which was used to support tanning bed legislation.
- Data for disaggregated Asian American ethnic groups that debunked the myth of low cancer burden among Asians/Pacific Islanders.
- Population level, “real world”, patterns in clinically-relevant outcomes, such as the use of and outcomes following bilateral mastectomy for early-stage breast cancer.
- The role of neighborhood factors and cancer, though innovative use of geospatial data.





HERS Breast Cancer Foundation is a 501(c)3 nonprofit organization dedicated to supporting the unique post-surgical needs of breast cancer patients. Founded in 1998 by three women who were determined to support breast cancer survivors, we have stayed true to their vision and continue to restore what the “HERS” in our name represents: Hope, Empowerment, Renewal, and Support.

- **HOPE** — Belief in a promising future
- **EMPOWERMENT** — Strength and knowledge for the journey ahead
- **RENEWAL** — Restored self-image and physical healing
- **SUPPORT** — A community of compassion, aid, and advocacy

Our mission is to support all individuals healing from breast cancer by providing post-surgical products and services regardless of financial status.

Our tag line, *“a soft place to fall”* was coined by one of our dear patients who stated years ago that during her diagnosis, surgery, and recovery, one of the hardest times in her life, our organization was her *“soft place to fall.”* We strive to be a haven for all of our patients, many of whom feel that HERS is like family.

HERS is known for its compassionate, professional assessment and fitting services, supportive environment, and our beautifully appointed program store locations. We operate three San Francisco Bay Area locations: Fremont at Washington Hospital, San Leandro at Kaiser Permanente, and Livermore at the CommonPoint Nonprofit Center.

HERS is a DME (Durable Medical Equipment) provider and is Certified via the American Board for Certification in Orthotics, Prosthetics & Pedorthics.

Our specially trained Breast Care Specialists provide direct patient services. Most of our Breast Care Specialists have achieved their CFm (Certified Mastectomy Fitter) credential, which means they are a professional specifically educated and trained in the provision of breast prostheses and post-mastectomy items and services. This includes patient assessment, formulation of a treatment plan, implementation of the treatment plan, follow-up and practice management.

We also have a small team which handles billing for our patients so they may concentrate on their healing.

HERS fulfills its mission via three Assistance Programs:

WE Support, YOU Survive

This program provides bras and prosthesis to under-served and under-insured women in the San Francisco Bay Area. We primarily serve the clients insured by Medi-Cal, which accounts for people in the poverty level determined by the State of California.

Lymphedema Project

After a woman has had breast cancer surgery, she may also face a diagnosis of lymphedema resulting from the removal of lymph nodes.

Lymphedema of the arm and chest is a side effect of breast cancer surgeries that can begin during or after treatment and occurs in 30% of patients. While it is not a life threatening condition, it is one that can have a lasting and dramatic effect on a woman's body. This condition involves swelling of the soft tissues of the arm, hand or chest and may be accompanied by numbness, discomfort, and sometimes infection. Some women have mild lymphedema, which is hardly noticeable. Some develop moderate lymphedema that may be noticeable, tends to persist, and gets worse when aggravated. Others have severe lymphedema that is very uncomfortable and even disabling.

Compression garments are used to prevent this condition and can help restrict future growth of established lymphedema. Medicare does not cover these garments, and all other insurance companies have their own rules, with most insurers declining coverage for these garments.

Clients in this program receive garments at **NO COST** in two ways:

1. **Uninsured:** These are clients with no insurance coverage at all for any product, as well as those who are covered through the Medi-Cal program.
2. **Underinsured:** These are clients that have insurance coverage, but their provider does not cover lymphedema garments.

Hair With Care

Women either beginning or ending their chemotherapy treatment can seek refuge and comfort in the program and regain the self-esteem that may have been lost as their hair thinned during their treatment.

Hair with Care provides women of all ages the opportunity to meet with a certified Cosmetologist in a supportive, caring, and understanding environment, where their needs and concerns come first. Helping women feel empowered and beautiful again is what the program strives for and delivers to each customer.

Losing one's hair can be a difficult process and Hair with Care Cosmetologists are available help find the perfect wig for that special event or for every day. They are there to hear a woman's story, lend a shoulder to cry on when the stress of restoring or regaining her appearance seems overwhelming. They are also there to style and assist in fitting and adjusting the wig for comfort.

Few insurance providers cover the cost of these products; however, we have grant and other financial support from our Program Stores to provide funds to this program. Because of this, we can provide these products at NO COST to the **uninsured/low income client**.

ABOUT HERS

HERS is a nonprofit organization that serves breast cancer survivors from many Bay Area communities. For more than 20 years, we have provided professional, compassionate support to breast cancer patients. For patients with insurance, we handle medical billing. Uninsured or need assistance? Call (510) 790-1911 and we'll discuss options. Our work is made possible by individual donors, foundation support, and government grants.

COMMUNITY

HERS hosts a range of community events, including fundraisers, throughout the year. If you're interested in supporting or attending an event or would like us to present for your work, service group, faith community, or other audience, please contact hersinfo@hersbreastcancerfoundation.org or (510) 790-1911.



PROGRAM STORES

FREMONT PROGRAM STORE

Washington Hospital (West)
2500 Mowry Ave. Suite 130
Fremont, CA 94538
Phone: (510) 790-1911 Fax: (510) 505-9160

LIVERMORE PROGRAM STORE

CommonPoint Nonprofit Center
164 N. L Street, Suite 107
Livermore, CA 94550
Phone: (925) 273-7000 Fax: (510) 505-9160





SAN LEANDRO PROGRAM STORE

Kaiser Permanente San Leandro Medical Center
2401 Merced Street, Suite 100
San Leandro, CA 94577
Phone: (510) 969-7758 Fax: (510) 969-9160

*Hours and Services available online at
HERSBreastCancerFoundation.org*

KEEP IN TOUCH

hersinfo@hersbreastcancerfoundation.org
HERSBreastCancerFoundation.org

-  [@hersbreastcancerfoundation](https://www.facebook.com/hersbreastcancerfoundation)
-  [@hersbreastcancer](https://www.instagram.com/hersbreastcancer)
-  [@HBCF_SFBayArea](https://twitter.com/HBCF_SFBayArea)
-  [@hers-breast-cancer-foundation](https://www.linkedin.com/company/hers-breast-cancer-foundation)

Federal Tax ID Number 94-3309906

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A soft place to fall



WHAT WE DO

Our mission is to support all individuals healing from breast cancer by providing post-surgical products and services regardless of financial status. “HERS” stands for

HOPE — Belief in a promising future.

EMPOWERMENT — Strength and knowledge for the journey ahead.

RENEWAL — Restored self image and physical healing.

SUPPORT — A community of compassion, aid, and advocacy.

WE SUPPORT YOU SURVIVE

This program provides post-surgical garments such as camisoles, bras, and prostheses to individuals who are underserved, underinsured, and/or low income.

HERS fitters receive a minimum of 250 hours of training to become Certified Breast Care Specialists. Everyone at HERS goes “above and beyond” so that patients feel warmly welcomed and understood.



American Board for Certification in
Orthotics, Prosthetics & Pedorthics



“After my mastectomy my initial visit to HERS restored my self esteem, recharged my spirit, and reminded me that everything was going to be all right. I return often, even after having reconstruction...staff are now part of my family and HERS is like a home away from home.”

– KIRSTIN LITZ, BOARD MEMBER AND CLIENT



LYMPHEDEMA PROJECT

Patients who have lymph nodes removed can experience lymphedema, a condition that can cause swelling, discomfort or pain, risk of infection, and reduced range of motion, among other symptoms. Ranging from mild to severe, lymphedema can change one’s physical appearance, thereby affecting emotional well-being. Compression garments (arm sleeves, gloves, gauntlets) can alleviate symptoms. This program provides expert fitting services and compression garments to those in need.



HAIR WITH CARE

For those patients who experience hair loss due to chemotherapy treatment, this program provides wigs and other head coverings. Board certified cosmetologists provide compassionate, expert style and fit consultations in a beautiful, private salon setting at our Fremont Program Store. For patients who prefer alternatives to wigs, flattering and comfortable caps, scarves, and hats are available.

JAM4JOY



Jam4Joy was founded by Zumba instructors **Angie Shin** and **Judy Young** with a mission to bring people together in movement, to reduce isolation, and to educate about & support important causes impacting our community.

With the spirit of JOY that comes from dancing together, we re-invest in our community. Jam4Joy selects a different local non-profit organization to support with donations received from our class participants.

We offer virtual and in-person classes as well as special events and Zumbathons. Sign up [here](#) to get Jam4Joy's newsletter with weekly schedule & link to virtual classes



Follow us:

Jam4Joy



Contact us:

jam4joy2020@gmail.com

jam4joy2020.com



If you have cancer we are on your side.

At a time when you need it most, Lazarex Cancer Foundation can give you hope, options and opportunity.



You don't have to go it alone.

With our financial assistance program, we help cover the expenses for you to participate in a clinical trial. We will even pay for you to bring a travel companion along. We can get you where you need to be when you need to be there.

Clinical trials and you.

- Clinical trials are the safest and fastest way to find treatments that work for a wide variety of cancers that can improve, extend and save your life or the life of a loved one.
- Clinical trials offer the most current advanced therapies available to patients.
- Diverse patient participation helps doctors understand more about treating people across race, gender and age.

“I was diagnosed with an advanced stage aggressive breast cancer on my 43rd birthday. After many doctors’ appointments for opinions on treatment and prognosis, and appointment after appointment, I was given the same prognosis: Poor. The trial I participated in has been so promising it has since moved to Phase II. We had 21 participants in our Phase I portion and we all had the same type of aggressive high recurrent-risk breast cancer. We are all currently disease free! What a blessing.”



“The trial I participated in has been so promising.”

We can help you continue your fight.

At Lazarex Cancer Foundation we believe that everyone – regardless of age, gender, race, ethnicity or financial challenges – should have access to the cutting edge treatments available through cancer clinical trials.

Our unique program is designed to connect you, your family and friends to promising new clinical trials available at treatment centers nationwide.



You can count on us.

If you are a cancer patient who is not ready to give up your fight and needs our help to understand what your options are, we can find the best clinical trial options for you and help you to enroll.

At age 4, Nevaeh was diagnosed with stage IV neuroblastoma. She has since been receiving treatment through a clinical trial.

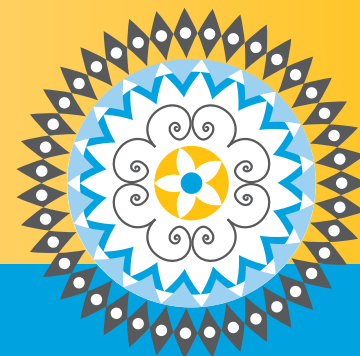


“Assistance from Lazarex means we can make it to all of her appointments.”

At age 12, Brittani was diagnosed with giant cell tumor. After participating in a clinical trial, Brittani is now in college at Sacramento State University.



“Lazarex was there for us when we thought there was no hope.”



To learn more about participating in a cancer clinical trial and our financial assistance program

877.866.9523
lazarex.org
info@lazarex.org



Maple Tree Cancer Alliance

UCSF Helen Diller Family
Comprehensive
Cancer Center

Free Individual Exercise Counseling for Cancer Patients



*We want YOU moving!
(And we'll help you do it!)*

The UCSF Helen Diller Comprehensive Cancer Center offers a complementary 1-hour individualized exercise consultation to UCSF cancer patients. This session will explore your individual circumstances, interests and time availability, to develop a program that meets your needs, during or after treatment.

Get connected with an Exercise Counselor

Appointments currently available by Video and by Telephone. To schedule an appointment,

Please call 415-502-5547

Three Reasons to Exercise:

- Speed recovery for cancer survivors
- Enhance treatment effectiveness
- Can reduce and eliminate some of the side effects of cancer treatment

This program is funded by a generous grant from the Donna Smith Fund.

Effects of Exercise on Health-Related Outcomes in Those with Cancer

What can exercise do?

- **Prevention of 7 common cancers***

Dose: 2018 Physical Activity Guidelines for Americans: 150-300 min/week moderate or 75-150 min/week vigorous aerobic exercise









- **Survival of 3 common cancers****

Dose: Exact dose of physical activity needed to reduce cancer-specific or all-cause mortality is not yet known; Overall more activity appears to lead to better risk reduction

*bladder, breast, colon, endometrial, esophageal, kidney and stomach cancers

**breast, colon and prostate cancers

Overall, avoid inactivity, and to improve general health, aim to achieve the current physical activity guidelines for health (150 min/week aerobic exercise and 2x/week strength training).

Outcome	Aerobic Only	Resistance Only	Combination (Aerobic + Resistance)
Strong Evidence	Dose	Dose	Dose
 Cancer-related fatigue	3x/week for 30 min per session of moderate intensity	2x/week of 2 sets of 12-15 reps for major muscle groups at moderate intensity	3x/week for 30 min per session of moderate aerobic exercise, plus 2x/week of resistance training 2 sets of 12-15 reps for major muscle groups at moderate intensity
 Health-related quality of life	2-3x/week for 30-60 min per session of moderate to vigorous	2x/week of 2 sets of 8-15 reps for major muscle groups at a moderate to vigorous intensity	2-3x/week for 20-30 min per session of moderate aerobic exercise plus 2x/week of resistance training 2 sets of 8-15 reps for major muscle groups at moderate to vigorous intensity
 Physical Function	3x/week for 30-60 min per session of moderate to vigorous	2-3x/week of 2 sets of 8-12 reps for major muscle groups at moderate to vigorous intensity	3x/week for 20-40 min per session of moderate to vigorous aerobic exercise, plus 2-3x/week of resistance training 2 sets of 8-12 reps for major muscle group at moderate to vigorous intensity
 Anxiety	3x/week for 30-60 min per session of moderate to vigorous	Insufficient evidence	2-3x/week for 20-40 min of moderate to vigorous aerobic exercise plus 2x/week of resistance training of 2 sets, 8-12 reps for major muscle groups at moderate to vigorous intensity
 Depression	3x/week for 30-60 min per session of moderate to vigorous	Insufficient evidence	2-3x/week for 20-40 min of moderate to vigorous aerobic exercise plus 2x/week of resistance training of 2 sets, 8-12 reps for major muscle groups at moderate to vigorous intensity
 Lymphedema	Insufficient evidence	2-3x/week of progressive, supervised, program for major muscle groups does not exacerbate lymphedema	Insufficient evidence
Moderate Evidence			
 Bone health	Insufficient evidence	2-3x/week of moderate to vigorous resistance training plus high impact training (sufficient to generate ground reaction force of 3-4 time body weight) for at least 12 months	Insufficient evidence
 Sleep	3-4x/week for 30-40 min per session of moderate intensity	Insufficient evidence	Insufficient evidence

Citation: bit.ly/cancer_exercise_guidelines

Moderate intensity (40%-59% heart rate reserve or VO₂R) to vigorous intensity (60%-89% heart rate reserve or VO₂R) is recommended.

Exercise is Medicine®

AMERICAN COLLEGE of SPORTS MEDICINE

Includes over 50 gluten-free, dairy-free recipes

Gutsy

The Food-Mood Method to
Revitalize Your Health Beyond
Conventional Medicine



NAN FOSTER

At last—a book with practical steps combining the healing powers of food and thoughts!

Are you suffering from odd symptoms such as joint pain, muscle aches, acne, eczema, numbness, brain fog, digestive distress, or thyroid disease?

Have you been “diagnosed” with arthritis, lupus, IBS, or Sjogren’s?

Do you struggle to feel more happiness, gratitude, and energy?

Does the grass seem greener somewhere else?

So often when symptoms arise, a disease is diagnosed and medication is prescribed without any investigation into the underlying cause of the condition. Science has proven that food and mood are the keys to alleviating symptoms and finding true health and wellbeing.

Learn how to:



Discover root causes of your symptoms



Reverse inflammation and disease and feel well again



Feed body and mind with nourishing foods and positive thoughts



Find peace of mind, gratitude, and joy



Embrace self-care and commit to simple, everlasting habits



Nan Foster’s background in biology and psychology, her love of cooking, and her sudden diagnosis of lupus in her late 30’s provided the foundation for her discovery of a disease-reversing food-mood makeover and her ultimate career as a certified health coach. Nan works with people who are stressed, fatigued, inflamed, and motivated to embrace healthy habits. Clients describe her as “compassionate,” “insightful,” and “inspiring.”



www.NanFosterHealth.com



PINK POWER

PERSONAL TRAINING
FOR BREAST CANCER SURVIVORS

you



Pink Power @ the PJCC

You've made it through the rough road of cancer diagnosis and treatment, and now it is time to focus on the power of you. The Peninsula Jewish Community (PJCC) is proud to offer Pink Power @ the PJCC, an innovative exercise program developed specifically to address and support the needs of recovering breast cancer survivors.

Through Pink Power You'll Receive:

- Your personal exercise programs designed to uniquely produce significant positive changes in your health, inclusive of:
 - Instruction by a Post-Rehabilitative Breast Cancer Exercise Specialist (BCES)
 - Full use of our 50,000 sq-ft fitness and aquatics center
 - Seventeen 30-minute personal training sessions
 - Two 60-minute therapeutic massages
 - Two 30-minute nutrition sessions

Positive Outcomes:

- Increased Range of Motion
- Decreased Body Fat
- Increased Muscle Mass
- Decreased Fatigue
- Renewed Self-esteem

8 Years of
Success Stories

Pink Power @ the PJCC has changed my entire outlook on my cancer and how I feel about myself physically and emotionally.

—Pink Power @ the PJCC Participant, 2019

My Pink Power trainer has been outstanding. Understands my physical capabilities better than I do. She makes me feel better about myself and how I look. My depression is now reduced and I look forward to our sessions.

—Pink Power @ the PJCC Participant, 2017

Serving the Greater Bay Area

Pink Power is a fee-based program. We strive to serve all women in our community. Subsidies are available based on financial need.

Can't make it to the PJCC? Contact Vicki McGrath to learn about our off-site BCFit classes.

Our Science-Based Program

Exercising regularly improves fatigue symptoms, reduces stress, and impacts long-term overall health. The ten-year survival rate is higher in patients who exercise regularly than in patients who do not.

— Johns Hopkins Medicine,
Reducing Risk of Recurrence

THANK YOU TO THE FOLLOWING ORGANIZATIONS AND INDIVIDUALS FOR THEIR GENEROUS SUPPORT OF PINK POWER @ THE PJCC

Genentech

Moshe and Linda Oberstein



For more information contact:

Vicki McGrath,
ACSM-EP-C, HFD, CET

Certified Cancer Exercise Trainer
Post Rehabilitative Breast Cancer
Exercise Specialist

650.378.2727 | vmcgrath@pjcc.org

PARTICIPATING COMMUNITY PARTNERS



Thank you to our many individual donors.

To learn more about the program or to make a contribution, visit pjcc.org/pink.



The University of California, San Francisco (UCSF) is part of the Athena Breast Health Network, which serves women receiving breast care at the five University of California medical centers and their affiliates. Athena brings together women, their doctors, specialists and researchers to provide better breast care for every woman, now and in the future.

We deliver — based on each woman’s unique risk factors—personalized prevention, screening, and treatment for all women receiving breast care at the University of California medical centers and their affiliates.

We learn by listening to these women. Their stories—their personal and medical histories—provide an unprecedented roadmap for research to improve their care.

We create high-impact, life-changing science that transforms our understanding of breast health by bringing together hundreds of researchers and medical providers to study these data and discover new prevention and treatment strategies.

We improve future care by translating these discoveries into unique prevention and treatment plans for each woman in real time—allowing us to offer best-in-class care today and even greater possibilities tomorrow.

For any questions about the UCSF Athena Breast Health Network please contact us at:

UCSF Athena Office

Email: AthenaInfo@ucsf.edu

Phone: (415) 476-0256

What makes Athena different?

You. The Athena Breast Health Network was created because we believe each woman deserves personalized care based on her own family and medical history. You are at the center of a unique collaboration among clinic staff, physicians, specialists and researchers. Our goal is to provide the very best prevention and treatment program - for you.

How do I participate?

At your next breast imaging appointment, we will ask you to complete the UCSF Athena Breast Health History Intake Form. This helps us understand your risk for breast health issues, and we can then provide you with personalized care. You can complete the form on your computer at home or at one of our mammography centers. We will use your answers to provide you with personalized care.



A UNIVERSITY OF CALIFORNIA PROGRAM



UCSF We are Athena

OPPORTUNITY

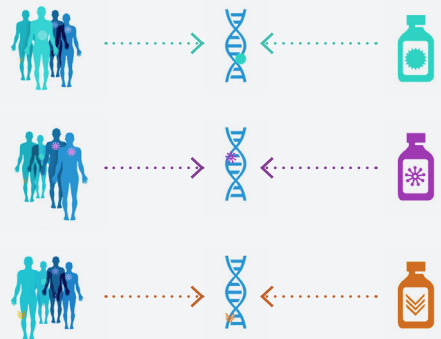
There is a staggering amount of data and research on cancer. Our task is to make all this data about cancer useful, and, ultimately, save more lives.

It is more clear than ever that progress comes most quickly when various fields work together for a common cause. The CCMI consists of a set of researchers with expertise in diverse areas to best tackle this challenge.

OUR IMPACT

We are creating accurate computational models of cancer cells. With that we can inform both research and clinical decision making to lead to precision and personalized medicine for cancer patients.

SPECIFIC CANCER MUTATION IN TUMOR DNA SPECIFIC TREATMENT



CCMI INVESTIGATORS



Adrej Sali
UCSF



Alan Ashworth
UCSF



Emma Lundberg
Stanford



Jennifer Grandis
UCSF



Natalia Jura
UCSF



J. Silvio Gutkind
UC San Diego



Trey Ideker
UC San Diego



Nevan Krogan
UCSF



Prashant Mali
UC San Diego



Stephanie Fraley
UC San Diego



Laura van't Veer
UCSF

LEARN MORE

✉ info@ccmi.org

📄 ccmi.org



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University of California
San Francisco

UC San Diego

RODDENBERRY
FOUNDATION

NIH NATIONAL
CANCER
INSTITUTE

CANCER CELL MAP INITIATIVE

Enabling a new era of cancer discovery and treatment based on the understanding of the genetic and molecular sources of cancer.

CCMI



Cancer Cell
Map Initiative

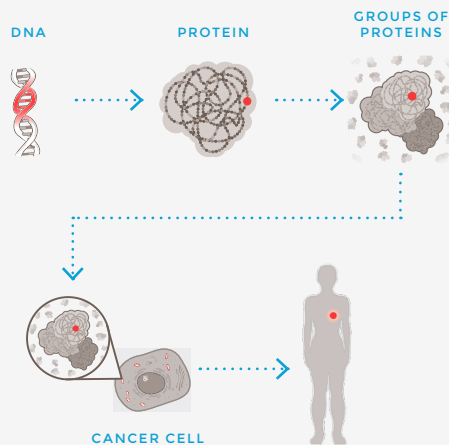
WHAT WE DO

We aim to find new targets for cancer drugs and groups of cancer patients that benefit from these.

We create cell maps that show how proteins work together in groups. We research how cancer itself, and cancer drugs change how proteins interact in these groups.

We build computer models that can predict successful patient response to specific treatments.

TRACKING A MUTATION



THE MOST ACCURATE WAY TO EFFECTIVELY TREAT CANCER IS TO ANALYZE WHICH PART OF DNA IS MUTATED, DETERMINE THE EFFECT THIS HAS ON A PROTEIN GROUP WHICH THEN CREATES A CANCER CELL.

HOW WE DO IT

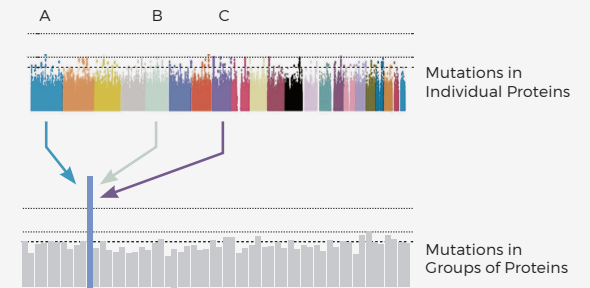
Each patient has unique mutations, but different patients' mutations occur in protein groups that work together. Knowing this, how do we identify these individual group players?

We create complete maps of cancer cells by looking at:

- Which proteins work in groups?
- Which of these groups guide the cell's behavior?
- How do mutations change proteins and the way they work together?
- How do cancer drugs affect protein groups?

These maps will accelerate the development of personalized therapy and precision medicine.

WE LOOK AT HOW MUTATIONS IN DIFFERENT PATIENTS OCCUR IN GROUPS OF PROTEINS THAT WORK TOGETHER

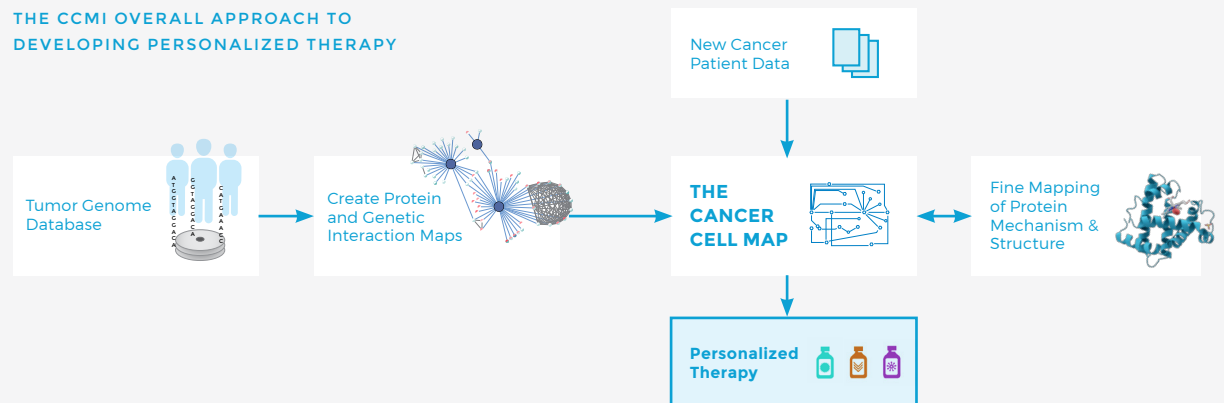


How do we create a map of how genes and proteins work in groups?

Genetic interaction map - deleting specific combinations of genes and analyzing how that changes the cell's behavior.

Protein-protein interaction map - the complete set of proteins that bind to each other - tells us about the physical structure of cancer cells.

THE CCMi OVERALL APPROACH TO DEVELOPING PERSONALIZED THERAPY



The Rivkin Center



Mission:

To improve women's health by helping them prevent, detect early, and survive ovarian and breast cancer.

We do this by:

- Investing in cutting-edge research to prevent, detect, and cure ovarian cancer, a deadly and underfunded disease.
- Educating women to prevent and detect ovarian and breast cancer as early as possible.
- Fostering an ever-growing community of survivors, patients, researchers, clinicians, advocates, and supporters.

Our educational outreach program, Rivkin EDU, is all about prevention and early detection. Our science-based curriculum is led by a trained health instructor and includes an ovarian or breast cancer survivor to share their personal journey. We empower individuals with the knowledge and tools for early detection, prevention, and self-advocacy so they can be proactive about their health.

Additional resources that you might find useful:

Be a fierce advocate for your health! [Click here](#) to learn more.

Know Your Family History! Download our Family Tree Worksheet [Here](#) and talk to your family about their health history.

Host a Virtual Workshop! A Rivkin EDU virtual workshop is a great way to educate people from all walks of life on ovarian and breast health. We create a space where attendees can learn, connect, and feel safe about asking questions, making it a supportive and fun experience. You can email michele.kohorn@rivkin.org or submit your request through this [Host a workshop](#) form.

Follow Us! Please keep up with us at rivkin.org and follow us @RivkinCenter on [Facebook](#) and [Instagram](#) and [Twitter](#).



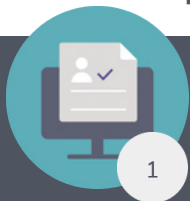
An opportunity for you to help improve breast cancer screening, detection, and prevention!

Support The WISDOM Study.

The WISDOM Study is on a mission to find the best way to detect breast cancer, so all women can live healthier lives — free from the fear of breast cancer. WISDOM participants will receive high quality breast screening recommendations and will learn about their own personal risk for breast cancer.

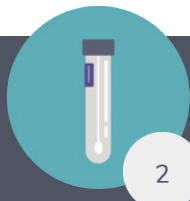
Please share this information with your friends, family, and colleagues. By spreading the word you are helping us get one step closer to improving the lives of all women.

How to Participate



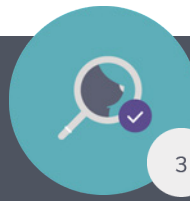
1

Register for the WISDOM Study at www.thewisdomstudy.org



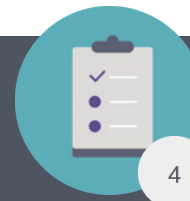
2

Complete online questionnaires about your breast health. Some participants may provide a saliva sample to identify personal risk factors.



3

Receive your WISDOM recommendation on when and how often to have your mammogram.



4

Complete an online survey about your health at the end of each study year.

Joining WISDOM is easy, safe, and makes a difference. You can feel good knowing that you're helping yourself and generations of women to come.

Enroll today at www.thewisdomstudy.org.

Wisdom
thewisdomstudy.org

For questions, please contact WISDOM Study at (855) 729-2844. For more information and to enroll, visit www.thewisdomstudy.org.

thesecondopinion

During Covid-19 we are still providing **FREE, comprehensive second opinions to adults in California diagnosed with cancer.**

CONSIDER GETTING A SECOND OPINION IF YOU:

- Have questions about your current course of treatment or diagnosis or need confirmation of your diagnosis and extent of disease.

WHAT WE WILL DO FOR YOU:

- Collect your medical records, imaging and pathology from your medical providers.
- Have four to seven volunteer doctors review your records, images and pathology.
- Schedule a consultation for you and your family virtually through HIPPA-compliant ZOOM.
- Give you an overview of your diagnosis and treatment plan and answer all of your questions.
- Provide a written summary of your consultation for you and your treating physicians.



To view or print thesecondopinion brochure click here:

<https://indd.adobe.com/view/59ef6a13-7408-4a65-b9a2-80513ae005b4>

To view or print the “How To Get A Second Opinion” brochure click here:

<https://indd.adobe.com/view/dc88a8e6-34b5-4c60-8e01-27ea3877fb2f>

thesecondopinion

www.thesecondopinion.org

415.775.9956

Providing clarity, compassion & choice for over 50 years

Through our programs, we seek to educate and empower women of all backgrounds including those at heightened risk those facing health disparities and those with less access to care. We strive to improve the quality of life and end isolation among breast cancer survivors. Most importantly we encourage and endeavor to empower fearless females in every stage of their journey and to show them that they are not alone but are beautiful strong like the tiger and the lily and that they can be transformed during and after breast cancer.

WORK WITH TIGERLILY FOUNDATION AND YOUNG WOMEN LIKE YOU

- Get smart about your breast health and educate others.
- Regularly talk to your friends and family about breast health and advocate with us for young women's breast wellness.
- Help us start programs in your community.
- Place our brochures in your local schools or university health centers and in the offices of your oncologist radiologist surgeon general practitioner and medical team.
- Start a fundraiser to support our programs.
- Host or sponsor an event to promote breast health education or advocacy.
- Refer young women to our website and social media pages.
- Donate to Tigerlily or volunteer your time and talents.



**Tigerlily
Foundation**
Beauty. Strength. Transformation.

www.gerlilyfoundation.org info@gerlilyfoundation.org

[@Tigerlilycares](https://www.instagram.com/Tigerlilycares) [@Tigerlily Foundation](https://www.facebook.com/TigerlilyFoundation) [@Tigerlily Foundation](https://www.youtube.com/channel/UC...)

[in linkedin.com/company/tigerlily-foundation](https://www.linkedin.com/company/tigerlily-foundation)

Federal Tax ID: 38-3752635



**Tigerlily
Foundation**
Beauty. Strength. Transformation.



*Tigerlily Foundation educates,
empowers, advocates for and
supports young women - before,
during and after breast cancer.*



PROGRAMS FOR YOUNG WOMEN

before, during and after breast cancer diagnosis

✿ EDUCATION:

Digital Education Initiatives Reaching patients where they are and putting timely information at their fingertips is critical. Our Digital Education initiatives deliver patient education information through web-based content, blogs, videos, listening summits, virtual and live social media and other outlets.

Masterclasses Educational online learning modules with complimentary downloadable content that provide facts and information on various aspects of the breast cancer experience and give viewers the opportunity to learn directly from experts in the field.

✿ EMPOWERMENT:

Hope Box Package curated with educational tools including card deck with educational information, a voucher for CARE Coaching our new normal, journal, navigating survivorship and soothing gifts to empower breast cancer patients.

BREATHE Tv A sacred and inspirational space focused on the lifestyle and emotional experiences related to breast cancer. This lifestyle web series brings together patients, providers and loved ones in a space of purpose and intention while engaging in authentic and meaningful conversations about cancer.

POWER People driven Outcomes through real world REsearch. Engage people and patients in collaborations with scientific and research communities in real world research projects, encouraging stakeholders to collaborate with diverse communities to co-create patient-driven and patient-advised solutions leading to better health outcomes for women as part of healthcare equity and social justice.

✿ ADVOCACY:

YOUNG WOMEN'S BREAST HEALTH DAY ON THE HILL Event bringing together patients, healthcare providers, industry, policy and legislative representatives and other stakeholders in our annual advocacy day focusing on breast cancer initiatives.

ANGEL Advocacy (Advocate Now to Grow, Empower and Lead) Mobilize a coalition of Black women to become knowledgeable advocates about breast cancer and disparities, empowered to create change while partnering with research and scientific communities to ensure clinical trials, studies, programs and content are relevant to their population and they are partners working to end health disparities.

#InclusionPledge Provides framework across stakeholders to identify and track equity actions, ensure accountability within organizations to make specific measurable outcomes to dismantle systemic barriers and co-create solutions that will result in healthcare equity for Black women and end disparities.

Disparities Initiatives Initiatives focused on direct advocacy for change within communities facing the highest disparities, collaborating with the scientific community, policymakers, healthcare systems, healthcare providers and all stakeholders. Through these activities, we collaborate through listening summits, town halls, healthcare equity assessments, training and a variety of activities to end disparities and improve outcomes for communities of color.

Disparities Alliance An alliance developing and evaluating evidence-based initiatives, educating public and healthcare professional education and conducting research focused on ending barriers for Black women.

#KnowMoreDisparities & #PullUpASeat A bidirectional conversation series/listening event. KnowMore disparities honest conversations facilitated for and by Black women with Black physicians, patients and medical clinicians to discuss their experiences of health inequity, implicit racial bias and lessons learned. This is followed by PullUpASeat in partnership with RAS. Black patients and Black medical professionals have conversations with allies addressing barriers to healthcare and identifying solutions impacting Black women with breast cancer.

Tiger Trials Advocacy focused on building trust and transparency between patients, science and stakeholders, eliminating barriers to inclusion, achieving equity and transforming the future of clinical trials. #TigerTrials

✿ SUPPORT

MY LIFE (Metastatic, Young, Living In Focus, Empowered) Support resources including My Life is My Legacy Video Series, My Life Matters Magazine, blog posts, guidebook, webinars and more meeting the unique needs of young women living with metastatic breast cancer. ListenUpM.C

SPIRIT & Pure Cat Initiative Transformative resources for patients and caregivers including virtual weekly holistic wellness classes, 24/7 non-denominational prayer line, blog and an annual Spirit Retreat. T.Ctransform

Funds for Families Grants to support patient needs and provide wraparound financial support.

TIGERLILY FOUNDATION AND YOU

Working Together For Young Women's Breast Health

Tigerlily Foundation began with a promise that founder Maimah Armo made to herself after being diagnosed with breast cancer as a young woman while still in treatment. She vowed if she survived to help young women transform their cancer diagnosis as a catalyst for discovering their own lives' purpose and passion.



BE THE CHANGE

To end disparities and improve health outcomes for Black women living with breast cancer

Become a Tigerlily Foundation ANGEL Advocate

Our mission is to Advocate Now to Grow, Empower & Lead

Providing comprehensive training for women of color between the ages of 21 - 50, who have been impacted by breast cancer, either by being diagnosed themselves or who have had a loved one touched by the disease.

Join our team of ANGEL Advocates ignited with the passion for **EMPOWERING, EDUCATING & MOBILIZING** in the fight against breast cancer.

How ANGEL Advocates make an impact in their communities

Through our advocacy training, ANGEL Advocates are given the education and resources to put them at the forefront of the fight against breast cancer. Our 15 educational modules provide advocates with the knowledge they need to make an impact on their community.



Speaking at events



Work with health professionals



Advocate for breast health education



Advocate with government



Use their media presence



Speak on panels

Join us to end #breastcancer disparities & improve outcomes for communities of color.

APPLY TODAY TO BECOME A TIGERLILY ANGEL ADVOCATE

Scan the QR to begin your advocacy journey.



Now Available

Breast Imaging Services

at Berkeley Outpatient Center

We are pleased to announce that we now offer screening and diagnostic breast imaging services at the Berkeley Outpatient Center.

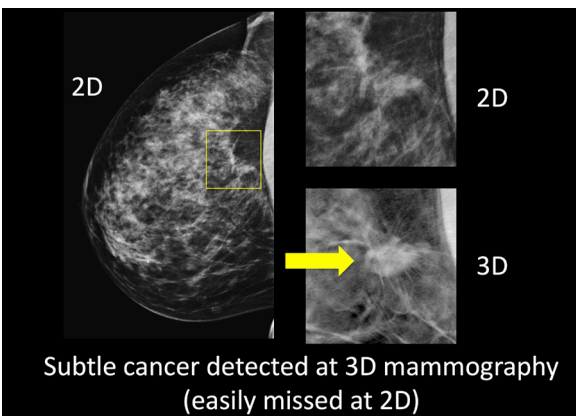


3D Mammography: The latest technology

Imaging services at the Berkeley Outpatient Center have expanded to include the most advanced technology available for mammograms, 3D tomosynthesis. Unlike traditional 2D mammography, 3D tomosynthesis acquires multiple views of the breast from many different angles in a matter of seconds, allowing a much clearer and more detailed view. The results are then read by a dedicated UCSF breast radiologist to ensure the highest level of accuracy.

Benefits of 3D Mammography

- More accurate and earlier detection of cancers, especially in women with dense breast tissue
- Fewer false positives, reducing anxiety and the need for additional tests
- Increases the likelihood of detecting multiple breast tumors, which may be found in approximately 15% of breast cancer patients



A greater chance for early detection

3D Mammography is suitable for all women, but is particularly beneficial for women with dense breasts. Women with dense breasts have a higher risk of breast cancer than average. Dense breast tissue makes it more difficult to detect cancer on a 2D mammogram because of its masking effect. With 3D mammography, there is less chance for cancer to hide behind overlapping tissue.

Our imaging services include:

- 3D Tomosynthesis Mammography
- 2D Mammography
- Ultrasound
- X-Rays
- Minimally invasive breast biopsies

A comparison of 2D versus 3D images in identifying a malignancy

Now Available

Breast Imaging Services

at Berkeley Outpatient Center



A collaboration between John Muir Health and UCSF Health



Comprehensive breast care in one location

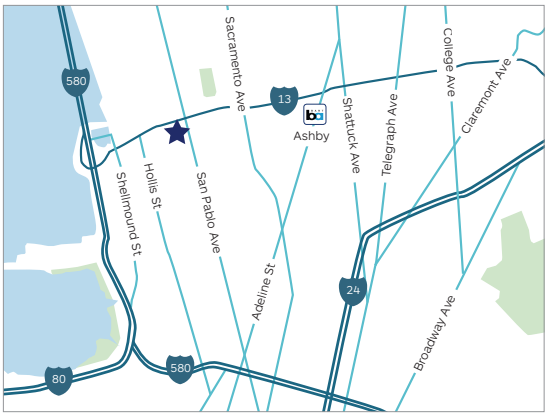
All breast imaging test results are reviewed and interpreted by a team of highly trained UCSF radiologists. For patients with breast cancer or benign conditions requiring surgery, breast surgeons offer evaluation and workup, as well as the latest minimally invasive techniques.



Dr. Kimberly Ray
Associate Chief, UCSF Breast Imaging

Conveniently serving women in the East Bay

- Close to several major highways and public transportation
- Free, validated onsite parking
- Many insurance plans accepted



Scheduling of services and hours

- No referral required
- Walk-in appointments available for X-Ray and Ultrasound
- Doctor orders may be faxed to 415.353.7299
- You can schedule mammography services directly by calling the Berkeley Outpatient Center at **415.353.3900**
 - UCSF patients can self-schedule mammograms through MyChart

X-ray hours:

Monday - Friday, 8:00 am - 8:00 pm
Saturday - Sunday, 8:00 am - 2:00 pm
Holidays, 9:00 am - 3:00 pm

Ultrasound hours:

Monday - Friday, 8:00 am - 8:00 pm
Saturday - Sunday, 8:00 am - 2:00 pm
Holidays, 9:00 am - 3:00 pm

3D/2D Mammography hours:

Monday - Friday, 8:00 am - 4:30 pm

Berkeley Outpatient Center Imaging Services

3100 San Pablo Avenue, Suite 330
Berkeley, CA 94702

General X-ray, Ultrasound, 3D/2D Mammography Information

Phone 510.985.5030 | Fax: 415.353.7299

3D/2D Mammography and Ultrasound scheduling

Phone 415.353.3900 | Fax: 415.353.7299

johnmuirhealth.com/goberkeley

Enter "Berkeley Outpatient Center" if using GPS.



FOR PATIENTS AND REFERRING PHYSICIANS

Cancer Genetics: Prevention, Screening and Early Detection



Powered by breakthrough cancer genetic research and unmatched expertise, our program offers patients and families a personalized approach for the prevention, screening and treatment of hereditary cancers.

UCSF Helen Diller Family
Comprehensive
Cancer Center



Who we are

With one of the first clinical programs in the world for cancer genetics and prevention, UCSF is home to numerous international leaders in cancer research and treatment. Our team includes genetic counselors, oncologists, medical geneticists, nurse practitioners, and other clinicians who work closely with laboratory scientists and researchers.

Through our cancer genetics programs, our experts provide comprehensive care for cancer patients and survivors, their relatives, and people who have a family history of cancer and want to get more information about potential genetic risk factors and options for cancer prevention.

Our programs have multiple procedures in place to protect the confidentiality of your genetic counseling and genetic testing information. The UCSF Notice of Privacy Practice booklet explains how we safeguard your privacy. Visit ohcp.ucsf.edu/patient-privacy-rights to review the UCSF Notice of Privacy Practice booklet.

What we do

There are many different causes of cancer. Most cancers are due to factors such as increasing age and environmental exposures. In 10% of cases, cancer is caused by a genetic risk factor, called a genetic mutation, that is passed through a family. Based on family history, genetic test results, and other risk factors, genetic counselors and physicians provide an individualized risk management program for each patient, which includes recommendations for screening and options for preventive measures.

Who should consider our services?

Our programs are for adults or children who have:

- Concern about a personal or family history of cancer, including a history of early-onset or multiple cancers, or multiple relatives with the same or related cancers
- A personal or family history of benign tumors associated with cancer risk, such as multiple colonic polyps, especially at a young age
- A genetic mutation linked to cancer risk



“I always tell myself that I have a piece of information that could save my life,” says Doreen. “Before, I tended to have my head in the sand, and get a colonoscopy every other year, but no more. I’ve determined that having a yearly screening is far more convenient than having cancer.”

Patient Perspective: Doreen DeSalvo

San Francisco writer Doreen DeSalvo has no regrets about getting tested for Lynch syndrome, a hereditary condition that carries a high risk for colon, endometrial, ovarian and other cancers, for which she tested positive. Doreen’s father and brother were diagnosed with colon cancer in their 40s, and she feels the knowledge she’s gained from being tested helps her be more proactive about monitoring her own health.



Cancer Genetics and Prevention Program

The Cancer Genetics and Prevention Program is the largest genetic testing center for cancer susceptibility in Northern California. Genetic counselors consult with families to assess their risk factors and provide guidance on options for genetic testing and interpretation of genetic test results. Following a review of family history and discussion of results with physicians, patients receive an individualized risk-management plan. Patients are encouraged to share information with other family members. Some of our patients already have cancer or are cancer survivors, while others are unaffected by cancer but may be at increased risk.

Hereditary Cancer Clinic

The UCSF Hereditary Cancer Clinic is a specialized program within Cancer Genetics that serves patients and families with genetic mutations linked to hereditary cancers – such as mutations in the BRCA1 or BRCA2 genes, Lynch syndrome genes (MLH1, MSH2, MSH6, PMS2, and others), *PALB2*, *ATM*, *CHEK2*, *TP53* and others. This clinic is staffed by physicians, nurse practitioners, and genetic counselors who provide personalized care and planning for their long-term health. Our services include:

- Genetic counseling and testing for patients and families
- Coordination of follow-up care, including cancer prevention and surveillance, with referrals to other specialty clinics at UCSF as needed

Our team of clinicians and investigators is dedicated to developing new treatments, improving patient outcomes and survival rates and providing more personalized care to families who carry mutations linked to hereditary cancers.

Pediatric Hereditary Cancer Clinic

Our Pediatric Hereditary Cancer Clinic provides care for children and their families who have a predisposition to cancer or tumors. We provide education, coordinate surveillance and prevention options and facilitate testing of other family members. Our team includes genetic counselors, a medical geneticist, pediatric oncologists and nurse practitioners who all specialize in the care of children. We follow patients with a variety of genetic conditions including: Li-Fraumeni (TP53), constitutional mismatch repair deficiency (*CMMRD*; *PMS2*, *MLH1*, *MSH2* or *MSH6*) Cowden syndrome (PTEN), Von Hippel Lindau (*VHL*), retinoblastoma (*RB1*), rhabdoid tumor predisposition syndrome (*RTPS*; *SMARCB1* or *SMARCA4*) and many others.

Center for BRCA Research

The Center for BRCA Research is home to an expert interdisciplinary team of care providers and researchers devoted to delivering personalized care to patients who carry genetic mutations linked to hereditary cancers. Led by Alan Ashworth, PhD, FRS, and Pamela Munster, MD, our team focuses on the following:

- Learning more about the cancer risk of genetic mutations such as *BRCA1* and *BRCA2*, and the impact of these mutations on health
- Innovating and accelerating new and novel cancer prevention, screening and treatment protocols to improve patient outcomes
- Answering genetic, pre-clinical and etiologic research questions
- Building awareness by leading educational events for the public and medical community

Our patient-focused clinical expertise and promising translational research projects are building an ideal model of care for hereditary cancers and enabling us to break new ground in areas of scientific and clinical knowledge. **Visit BRCA.ucsf.edu**

UCSF patients with a hereditary cancer syndrome also have access to Kintalk, an educational and family communication portal. **Visit Kintalk.org**



Alan Ashworth, PhD, FRS, president of the UCSF Helen Diller Family Comprehensive Cancer Center and senior vice president for cancer clinical services for UCSF Health, is a renowned leader in genetic cancer research. Dr. Ashworth was part of the research team that identified the *BRCA2* mutation.



Pamela Munster, MD, co-director of the Center for BRCA Research, is a highly regarded breast cancer oncologist with extensive experience in molecular and clinical research as well as patient care. As a survivor of breast cancer with a *BRCA* mutation, she is committed to finding a cure for *BRCA*-related cancers.

Long-term patient follow-up

We offer long-term follow-up of all patients undergoing genetic testing so they can stay up-to-date on the latest advancements in hereditary cancer risk. Our registry fosters nationwide collaborative research, leading to advancements in identifying and managing patients with hereditary cancer risk. The Center for BRCA Research offers participation in research and clinical trials.

To date, more than 22,000 patients have received cancer risk assessment and counseling. More than half of these patients are enrolled in a long-term follow-up protocol.

UCSF Bakar Precision Cancer Medicine Building

Located at UCSF Mission Bay in San Francisco, the Precision Cancer Medicine Building (PCMB) sets a new standard for cancer care and research. By bringing together researchers, clinicians and supportive care in one building, we are revolutionizing the prevention and treatment of cancer and providing patients with the latest, most personalized treatments more rapidly than ever before. Genetic counselors are key at the PCMB, delivering a patient-centered, concierge approach to cancer prevention and care.



A coordinated continuum of care

Experts who specialize in hereditary cancer – genetic counselors, medical geneticists, oncologists, surgeons, scientists and others – work together to provide personalized care in partnership with a patient’s primary care physician. Genetic counselors consult at breast, gynecologic, gastrointestinal, endocrine, pediatric and molecular tumor boards, as well as the weekly hereditary cancer tumor board.

Locations



UCSF Helen Diller Family
Comprehensive
Cancer Center

www.ucsfhealth.org/cancer

For patient referrals

Cancer Services Referral Center

Phone: (877) UCSF-CAN (877-827-3226)

Fax: (415) 514-8253

Cancer Genetics & Prevention Program

Phone: (415) 885-7779 | Fax: (415) 885-3787

Hereditary Cancer Clinic

Phone: (415) 353-9797 | Fax: (415) 353-8216

Center for BRCA Research

Phone: (415) 353-9797



UCSF Health strives to provide equal access to our facilities and services for our patients with disabilities. For more information or assistance, please call Patient Relations at (415) 353-1936 or visit www.ucsfhealth.org.

Global Cancer Program: 2021 in Review

Throughout 2021, the UCSF Helen Diller Family Comprehensive Cancer Center (HDFCCC) Global Cancer Program (GCP) continued to pursue our mission to reduce the global cancer burden through innovative research, education, and collaboration. Despite challenges created by the COVID-19 pandemic, we have successfully adapted approaches to carry out activities while maintaining safety of our team members. This productive year is a true testament to the strengths of our partners in East Africa, Latin America, and Asia. As we plan for continued, sustainable growth of our program, we reflect back on several highlights from the year!

KEY ACCOMPLISHMENTS



Research

- Launched a clinical trial for HPV-associated cancers among populations living with HIV in Puerto Rico, with plans to start in Mexico in early 2022
- Published 20+ articles in high impact, peer-reviewed journals
- Awarded two awards for pilot research projects led by Tanzanian investigators
- Awarded a Global Cancer Pilot Award to explore the role of diet, lifestyle and the microbiome among Latin-x patients with young-onset colorectal cancer in Mexico and California
- Secured five new grants to support research at international partner sites



Capacity Building

- Empowered nurse mentors through leadership training in Tanzania
- Hosted hybrid virtual and in-person training for nurses for palliative wound care in Tanzania
- Facilitated skills training workshops to support esophageal stents in Tanzania
- Hosted educational series of webinars for radiation therapy in Tanzania
- Expanded laboratory capabilities for point-of-care diagnostics for high-risk HPV in Mexico and Puerto Rico



Education

- Launched a five-year NIH D43 grant to establish a cancer research training program in Tanzania
- Mentored five Global Cancer Fellows who received numerous prestigious awards, including a Fulbright Fellowship, a Watson Scholarship, an NIH F32, and a Conacyt Scholarship.
- Hosted 11 trainees from international partner sites to take the “Designing Clinical Research” course
- A first-ever class of six Vietnamese fellows completed their training in pediatric oncology training




WITHOUT TRAVEL...HOW ARE WE WORKING?

COVID-19 has had a significant impact in Tanzania, Mexico, and Vietnam. However, despite being unable to travel, our projects have not slowed down! Leaders at each partner site have developed strategies to continue supporting the aims of each study while maintaining safety. For example, education and capacity building efforts have been moved to virtual platforms and research projects have limited patient contact. This continued productivity is due to the leadership, flexibility, and resilience of our international partners!

2021 HIGHLIGHTS

Cancer Research Training Program in Tanzania Selects First Cohort of Scholars

In 2021, the Global Cancer Program launched a D43 award to formally establish a cancer research training program in Tanzania, in partnership with Muhimbili University of Health and Allied Sciences (MUHAS). The overarching goal of this five-year program is to train and mentor a cadre of investigators in Tanzania who are capable of conceptualizing, achieving funding for, implementing, analyzing, and publishing original research focused on cancer. The program is comprised of three unique pathways for scholars, which were designed to allow trainees to pursue varied training opportunities that align with their individual career goals and personal circumstances. During 2021, the program selected two Doctoral scholars, eight clinician-researchers, and 11 post-graduate scholars. In November, we hosted a mentorship training for all Tanzanian mentors and scholars.

 Clinical Research Pathway	 MMed Cancer Research Pathway	 Doctoral-level Research Pathway
2 year program	3 year program	4 year program
Year 1: Summer and/or fall semester in residence at UCSF Year 2: Return to Tanzania to implement and publish pilot research projects	Year 1: Standard MMed curriculum at MUHAS Year 2-3: Works in progress sessions and completion of the MMed dissertation requirement	Year 1: Coursework in residence at UCSF Year 2-4: Return to Tanzania to complete the PhD dissertation requirement
Intensive Skills Workshops Mentorship from UCSF and MUHAS faculty		

Launch of CAMPO Study of HPV-affiliated Cancers in Puerto Rico

In November 2021, the UCSF Global Cancer Program launched the first study of the **California-Mexico-Puerto Rico** (“CAMPO”) Collaboration for Prevention of HPV-related cancer in populations living with HIV in Puerto Rico. This study is funded by a U54 grant from the NIH which is part of the National Cancer Institute Division of Cancer Prevention’s US-Latin American-Caribbean Clinical Trials Network for Prevention of HPV-related Cancers in People Living with HIV. This is the first clinical trial to be led by the HDFCCC Global Cancer Program and will examine innovative approaches to cervical and anal cancer prevention among populations living with HIV in Latin America. Given the high prevalence of both HPV-related cancers and HIV in Latin America, there is a key need to optimize approaches to screening, vaccination, and treatment in the region. This study is was developed in partnership with the University of Puerto Rico Comprehensive



CAMPO Team at team kickoff meeting in January 2020

Cancer Center in San Juan, and the National Cancer Institute and the National Institute for Public Health in Mexico. The study will launch in Mexico in early 2022. Congratulations to the entire CAMPO team!

UCSF Global Cancer Program Trains First Cohort of Pediatric Oncology Fellows in Vietnam

To address gaps in education and training for specialized pediatric oncologists, Dr. Michelle Hermiston leads UCSF’s collaboration with the University of Medicine and Pharmacy in Ho Chi Minh City to develop the first national pediatric hematology and oncology training program in Vietnam. In 2019, the program welcomed its first cohort of six fellows to start the curriculum focusing on improving research capacity and diagnostic and treatment practices in Vietnam through teaching and clinical rotations with and in five major hospitals in Ho Chi Minh City. Due to COVID-19, the fellowship training shifted to virtual platforms in early 2020. In November 2021, this first cohort of fellows completed the program, and all passed their final competency exams. Upon graduation, these fellows will become key leaders and mentors for future fellow cohorts.



2020 Vietnam Pediatric Oncology Fellows

Patient and Family Cancer Support Center

NOW OPEN

Tuesday – Thursday | 10am – 2pm
(Located on the 1st Floor next to the Gift Shop)

For All Cancer Patients and Survivors

We offer the following services, which are all free and are open to UCSF cancer patients and survivors and their caregivers, as well as Non-UCSF cancer patients and survivors:

- Information and resources specific to cancer types
- Exercise classes: Yoga, Core and More, and Restorative Movement/ Feldenkrais ®
- Meditation and Guided Imagery classes
- Support Groups
- Peer Support Program
- Online resources

We also host a workshop series on topics that are of interest to cancer patients, which are open to the public at large. These events are also free, but pre-registration is required, as space is limited. Some of these events are also recorded for later viewing on our website.



For UCSF Cancer Patients

The following services are available at no cost to UCSF cancer patients:

- Nutrition Counseling
- Exercise Counseling
- Art for Recovery
- Social Work
- Spa Infusion & Wellness Programs

Most insurance is accepted for the following services:

- Psycho-Oncology services, including group programs for current patients and survivors
- Symptom Management Services
- Integrative Cancer Care group visits

View our supportive service:

cancer.ucsf.edu/support-services

UCSF Patient and Family Cancer Support Center
1825 4th Street, Ste. M1210, San Francisco
415-885-3693
cancersupportcenter@ucsf.edu

Survivorship Wellness

Sponsored by UCSF Psycho-Oncology

Funded by the UCSF Mount Zion Health Fund

After cancer treatment, your health
is more important than ever

Join Us for an 8-week interdisciplinary
Group Program focusing on optimizing
health and wellness after cancer
treatment. This group is designed for
UCSF patients who are no longer in
active treatment for cancer.

Set personal goals and practice
skills in:

- Nutrition
- Exercise
- Managing Stress
- Sleeping Well
- Goal-Setting
- Sexual Wellness
- Emotional Wellness
- Spiritual Wellness

For more information:

<http://cancer.ucsf.edu/support/survivorship-wellness>



**Jump Start your path to
wellness!**

When: Mondays, 1:30-3pm

Where: The group is currently
hosted via telehealth on Zoom

**Please call to register and
to learn more: 415-353-3931**

Registration required.
Most insurance plans accepted.





Overview:

The Women's Cancer Resource Center improves equitable access to cancer information, support and care. We provide emotional support, education, information and referral, and practical support services to assist you through your cancer journey. All of our services are provided free of charge.

Emotional Support:

Support Groups (by phone or video)

Our groups are led by trained facilitators with experience pertinent to the focus of the group.

- Latina Women (in Spanish)
- Sister to Sister (African American women)
- Metastatic Cancer
- Holistic, Integrative, and Alternative Medicine

LatinX Services (by phone or video)

Amigas offers safe and welcoming support to LatinX women through weekly support groups, cancer education workshops, wellness programs and community outreach. Groups are facilitated in Spanish.

Sister to Sister (by phone or video)

Sister to Sister offers safe and welcoming support to African American women through bi-weekly support groups, cancer education workshops, wellness programs and community outreach.

Psychotherapy (by phone or video)

This one-of-a-kind psychotherapy program offers 12 sessions **free of charge** for low income women with cancer and caregivers who desire a safe place to discuss any issue related to cancer. Services are also available in Spanish, Mandarin.

Compassion Program (by phone)

Trained volunteers provide weekly, bi-weekly, or monthly emotional support calls to people in active treatment or survivorship, helping to connect them to additional resources, as needed.

Community Wellness:

Promoting healthy living, cancer risk-reduction and quality of life through creativity, movement, mindfulness and education.

- Educational Workshops (by video)
- Body Movement Workshops (by video)
- Creative Workshops (by video)
- Cooking Club (by video)
- Mindfulness Workshops (by video)

JanRae Art Gallery & Resource Library

Our art gallery and resource library will reopen in the Spring 2022.

Practical Assistance:

Financial Assistance Programs

The Faith Fancher Breast Cancer Emergency Fund provides one-time support to low-income people actively in treatment for breast cancer and living in Alameda and Contra Costa Counties.

The Lindy Fund provides one-time support to low-income people actively in treatment for all types of cancer (except breast) and living in Alameda and Contra Costa Counties.

All referrals must be made by a social worker where treatment is received.

Patient Navigation (by phone or video)

Our patient navigation program strives to reduce medical and treatment barriers via culturally-centered communication about a cancer diagnosis and treatment options; reduce loneliness through ongoing emotional support; and empower our clients to be advocates by working with their doctors and medical team.

We assist clients with cancer care coordination throughout their cancer experience. This includes accompanying women to medical appointments, providing interpretation services, helping with medical insurance issues, and coordinating referrals (for wigs, prostheses, nutritional assistance, financial assistance, legal advice, clinical trials, and second opinions,



YOU ARE NOT ALONE.

877.972.1011

youngsurvival.org

 /youngsurvivalcoalition

 @YSCBuzz

 YSC YoungSurvival

 youngsurvivalcoalition



– Tameka, diagnosed at 28

ABOUT YSC

Young Survival Coalition (YSC) was founded in 1998 by three young women who were under the age of 35 when diagnosed with breast cancer. They were discouraged by the lack of resources available and the underrepresentation of young women in breast cancer research. Today, YSC is the go-to organization for young adults facing a breast cancer diagnosis. **Among other services, YSC:**

- ▼ Provides information, resources and support, from diagnosis through long-term survivorship;
- ▼ Educates and empowers young adults to be their own best health advocates;
- ▼ Works with healthcare providers, researchers and legislators to educate them about the unique issues young adults face, and
- ▼ Advocates for more studies on breast cancer in young adults and access to quality care.

YSC is a powerful community fighting breast cancer in young adults.

– Amanda, diagnosed at 29



YSC PROGRAMS FOR YOUNG ADULTS AFFECTED BY BREAST CANCER



CONNECT TO OTHERS:

Find others who know what it's like to face breast cancer at a young age. There are three easy ways to connect.

- 1 **YSC Face 2 Face Networking**
Meet up in your community
- 2 **YSC SurvivorLink**
Get one-on-one peer support with a trained survivor volunteer
- 3 **Online Video Support Groups**
Talk monthly with other young adults with breast cancer from the comfort of your home
- 4 **Private Facebook Group**
Connect with fellow survivors 24/7

For more information, visit youngsurvival.org



TOOLS YOU CAN USE:

YSC offers free resources unique to young adults to help navigate the breast cancer experience.

Visit youngsurvival.org. Knowledge is Power.

It's the most comprehensive resource for and about young adults with breast cancer. Find information on medical research and updates on clinical trials. Download fact sheets, learn about upcoming educational offerings and access podcasts on past topics.

Newly Diagnosed Navigator

Your complete resource of key terms, questions to ask your healthcare team, insights and information for newly diagnosed young adults.

Metastatic Navigator

A guide to living with metastatic breast cancer, including treatment options, advice and tools to help you stay well informed and organized.

Post-Treatment Navigator

This comprehensive guidebook includes what to expect and how to manage your life after initial breast cancer treatment. Includes worksheets to create a survivorship care plan.

Long-Term Navigator

Developed specifically for young adults with a history of breast cancer, this resource includes tips and information on how to manage long-term side effects and move forward with life after diagnosis and treatment.

ResourceLink

Includes hundreds of national and local resources online. You can also call 877.972.1011 or email resourcelink@youngsurvival.org for assistance.

YSC Summit and Regional Symposia

Whether you're newly diagnosed, living with metastatic disease or several years out from diagnosis, these conferences are meant for you. Workshops address the unique issues faced by young adults with breast cancer and their co-survivors. You'll also have the opportunity to connect with a community of other young survivors and co-survivors. Find out more at youngsurvival.org/conferences.

**YSC PROGRAMS CONNECT, EDUCATE AND SUPPORT
YOUNG ADULTS AFFECTED BY BREAST CANCER.**



Shared knowledge creates **global** solutions

PROJECT528

Your voice **matters**



Take the survey



Patricia

diagnosed at age 26, United States

Learn more at project528.youngsurvival.org | Email: project528@youngsurvival.org



Saltanat

diagnosed at age 27, Kyrgyzstan

PROJECT528 is a comprehensive global survey to identify and understand the most pressing needs of **young women** diagnosed with breast cancer, their **caregivers**, and the **providers** who serve them.

An estimated 528,018 young women around the world are living with breast cancer. To serve and support them all, the world must hear their needs in their own words.

Results will be shared in a multi-part series to share with government policymakers, healthcare providers and researchers around the world.

Available in English, Spanish, Chinese, French, German, Italian, Japanese, and Portuguese

**Take the
Project 528
survey**



Learn more at project528.youngsurvival.org | Email: project528@youngsurvival.org

Memory and Thinking Problems After Breast Cancer

Facts for people who have had breast cancer and those who care for them

“

It is real and you are not alone.



Have you heard the term Chemo Brain? Until the last decade, when women who had been treated for breast cancer reported memory and thinking changes, they were often ignored. Now we know that cancer and cancer treatment can cause such problems and research is progressing on how to help people who have Chemo brain, also known as Cancer-Related Cognitive Impairment (CRCI). We can take heart that most of us will recover our brain function and that there are things we can do to deal with memory/thinking problems.

It is real and you are not alone

Perhaps the most important thing for some of us is to know that real, physical changes have taken place and that others have gone and are going through the same thing. For Karen (diagnosed at 39 years old when she had 3 children under age 9), memory issues started a couple of months after chemotherapy.

“One day I was going somewhere in the car and suddenly was not sure if my one-year old son was in the car; I did not remember buckling him into the car seat. This is frightening for a mom, but thankfully he was right there.”

zero
breast cancer



CRCI is often scary. It affects memory, decision-making, attention, and processing speed. Some breast cancer patients report problems beginning at diagnosis, possibly linked to physical symptoms, fatigue, and emotional distress or worry. One study found that women who received chemotherapy performed worse on memory tests than other breast cancer patients, and that their brains were working much harder.

Imaging studies suggest that the brain changes with cancer treatment, including the structure and way it is organized, reducing the ability to process information. Hormone and targeted therapies can also cause cognitive problems. Knowing the cause of our CRCI can be a relief, but how do we deal with these changes?

Managing memory/thinking problems

CRCI may be caused by treatable conditions or by medication. Scientists are studying ways to recover memory and cognition after cancer. Some ways we can manage fatigue include healthy eating, good sleep, aerobic exercise, meditation/deep breathing, and stress reduction (check out Kaiser Permanente's [Cancer: Home Treatment for Fatigue](#)).

For ongoing CRCI, there are things we can do to cope. Karen was frustrated with her memory changes. "I have slowed down and simplified," she said. This is in line with CRCI advice:

1. **Allow more time** to do things than you did in the past
2. **Avoid multi-tasking**
3. **Reduce clutter** and keep important things in a designated place (like your phone)
4. **Follow a routine**
5. **Find ways to organize yourself** — a checklist, notes, a calendar, smart phone apps or alarms, etc.

For Karen, an online calendar was invaluable.

"I found that using Google calendar for every little thing helped... I use reminders on the calendar for the day before and then the hour before."

“

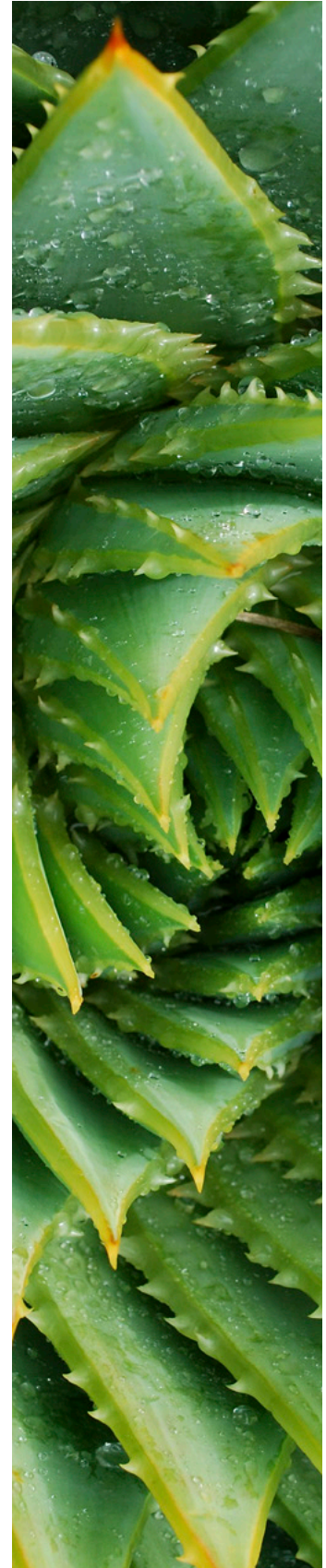
Friends don't realize that memory loss is actually a thing.

Alarms and reminders are really useful for remembering when to take medications and to avoid missing medical and other appointments. They can also help to establish healthy habits, like setting a time for exercise and getting together with friends.

Getting support

The people in our lives are also critical for providing support and keeping our brains working. Karen's family noticed cognitive changes and they were confused by it. However, it isn't always something that others can see—we may need to tell them what we are going through. "Friends don't realize that memory loss is actually a thing," Karen told us. Letting family and friends know that this is normal after cancer treatment and that it should get better with time can make both of you feel better! ASCO's [Cancer.net has tips](#) for talking about these things with friends and family, including kids and teens.

For those of us with jobs when diagnosed with cancer, returning to work can pose challenges but can also be a source of socializing and self-esteem. Some moms in Karen's support group said that going back to work helped their memory. One survivor was supported by her employer and co-workers as she built back up to full-time. Another said she could no longer handle two different computer systems and, luckily, was able to retire. For some, the loss of social interaction is as big a problem as the loss of income.



What is Breast Cancer-Related Neuropathy?

Facts for people who have had breast cancer and those who care for them



It's strange that although I can't feel my feet, I can feel the pain.



Many people who have had breast cancer experience pain or discomfort caused by damage to the nerves, known as neuropathy. Nerves control our sense of touch, how we feel pain and temperature, and our muscle strength. Nerve damage can impact our quality of life after cancer.

Neuropathy is different for each person. It depends on which nerves and how many are damaged. It can start during cancer treatment or shortly after. Nerve problems may stop or get worse after treatment.

Neuropathy symptoms can include:

- Numbness, tightness, and tingling
- Burning, shooting, or stabbing pain
- Weakness and loss of balance
- A change in sensitivity to touch or temperature

Paula is a [Pathways breast cancer survivorship study](#) participant who never had pain or neuropathy; "I always wondered why they asked me about pain when I went in for my visits." Another study member said that her fingers and toes were tingly and sometimes painful, but "not so much that I couldn't continue on with my normal routine." Sue and Linda, however, have fairly severe nerve problems that have lasted for years.

Most often neuropathy affects the hands, arms, feet, and legs. For both Sue and Linda, feet are most affected and it's worse at night.

zero
breast cancer



For Sue, on the nights when it flares up, it is difficult to sleep. “I can’t stand anything on my feet,” she said. “It’s strange that although I can’t feel my feet, I can feel the pain.”

For Linda, the numbness and dull, aching pain has gotten worse over time, which limits what she can do. Sue had an electrical shock feeling in her feet and hands that would go into her legs and arms. Because of the neuropathy, she can’t drive or ski now. She said, “It was tougher giving up things I can no longer do than it was finding out I had cancer.”

Who gets neuropathy?

Chemotherapy is the most common cause of neuropathy in breast cancer patients. Doctors adjust treatments to reduce side effects like neuropathy and maintain quality of life. Advanced breast cancer, surgery, radiation, and newer immunotherapies can also damage nerves.

“

It was tougher giving up things I can no longer do than it was finding out I had cancer.

Researchers are continuing to investigate who is most likely to have severe and lasting nerve problems. So far, we know that neuropathy is more likely to last for two or more years in patients who are older, have had a mastectomy, are overweight or obese, had more lymph nodes with cancer cells, have a relative with neuropathy, or already had neuropathy or a related condition like diabetes.

Treatment for Neuropathy

Nerve problems can be addressed in several ways and what works varies by person.

- **Medications**, like anti-inflammatories, painkillers, or antidepressants, and topical pain-relief creams or patches
- **Physical therapy or exercise programs** designed for people with neuropathic pain and balance problems
- **Transcutaneous electrical nerve stimulation (TENS)**
- **Acupuncture and massage**
- **Deep breathing and mindfulness**
- **A healthy diet**
- **Avoiding alcohol and tobacco smoking/vaping**

Sue's care team tried different medications to find the combination that works for her. Linda found that painkillers didn't help her. Sue found that she could modify her old activities. For her, a step-through bike gave her a better sense of control than walking. She isn't comfortable riding on streets and can't go as far as she used to on a mountain bike. Still, she says, "It makes me feel alive! To get out and do this is wonderful."

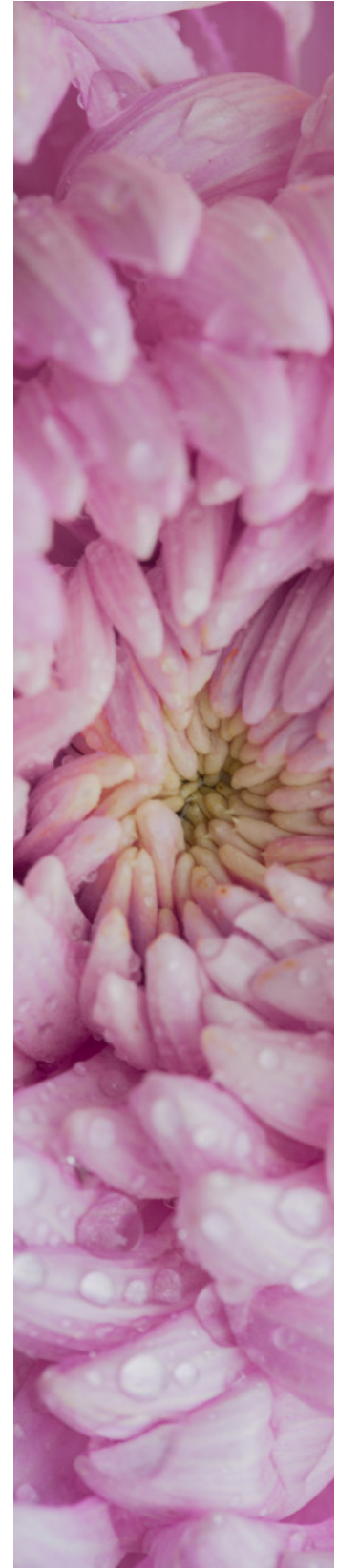
In the beginning, Sue said she would put her feet "in a tub of iced cold water to help relieve some of the pain." While massage brings relief to some, being touched was too painful for her.

Yoga made Maria feel better. Many exercises that can help with nerve symptoms are available online, including stretching, deep breathing, mindfulness, meditation, balancing, self-massage, qi gong, tai chi, and yoga. Low impact exercise, like biking, swimming, or gentle walking, may help. Check with your health care provider about your condition to be sure you can safely do a new activity.

Coping with nerve problems

Keeping safe is critical for people with neuropathy. Lack of feeling increases the risk for burns in bathing, cleaning, and cooking. Researchers have also found that people with neuropathy have a greater risk for bad falls. Wearing shoes or slippers will protect our feet and a cane or walker helps with balance. Check for more tips on managing neuropathy [here](#).

For Linda, it is hard to predict when the pain or numbness will hit her. "I have to be careful how far I walk or how long I stand."





While it doesn't take the pain away, "I meditate every day for stress and relaxation and keep my mind focused on good things." Spirituality and spending time in nature help Maria with her pain.

In the beginning, Sue had trouble with many daily tasks and walking, even with a cane, was difficult. Now she is doing better and rarely uses a cane. "I've learned to cope with the help of the medications; it's been 7 years. It is still more painful at night. I do things that need to be done in the morning and take it easy in the later afternoon."

Having help can also be critical. Sue's sister who has neuropathy and a friend who is a nurse have been great resources for her. "It takes a lot of people to get your life back on track as best that you can."

We each must find what works for us. If you have nerve problems, talk to your health care provider about your symptoms, especially if they are severe or affect your daily life.



Zero Breast Cancer is a 501(c)3 non-profit organization based in San Rafael, CA.

We envision a world with zero breast cancer.

Learn more at zbclink.org/Factsheets
or contact us at info@zerobreastcancer.org

This factsheet was developed in collaboration with breast cancer survivors and Kaiser Permanente scientists.



If you would like to support our work, including developing additional resources for breast cancer survivors, please consider donating at zerobreastcancer.org/donate.

Diversity in **CLINICAL TRIALS**

is key to our ability to improve cancer care
and survival for everyone.



BE PART OF THE SOLUTION.

Turn this card over to learn more about how
you can participate in clinical trials.

UCSF Helen Diller Family
Comprehensive
Cancer Center



umojahealth.org

FREQUENTLY ASKED QUESTIONS

ABOUT CLINICAL TRIALS

What are clinical trials (CTs)?

Clinical trials are research studies with people who volunteer to help find safe and better ways to prevent, find, diagnose, treat, manage symptoms, improve care and quality of life.

Why are clinical trials important?

Clinical trials are final step in a long research process. People benefit from the progress made through past clinical trials - prevent diseases, find earlier, live longer and better quality of life. Clinical trials need everyone, and often do not represent minority and underserved populations, so study results may not apply to everyone. Minority population representation in clinical trials is important.

How do clinical trials work?

There are many types of clinical trials. Some examples include trials on cancer prevention, screening, treatment, supportive care and natural history studies. Every type of clinical trial helps to learn more and help people in the future. Clinical trials are available for people who are healthy or who may have a health problem. They are not a last option. Clinical trials are done in steps called phases. Each phase has a different purpose. Clinical trials start with a

small number of people and increase with each phase. Participants receive close attention and follow-up throughout the study. A participant may stop being in the clinical trial at any time for any reason. Clinical trials are reviewed by a group of research experts and community members who make sure the study is safe & follows rules to protect people in the study. Before joining a clinical trial, informed consent will be discussed to make sure participants know their rights and understand the details of the study.

Where can I learn more about clinical trials?

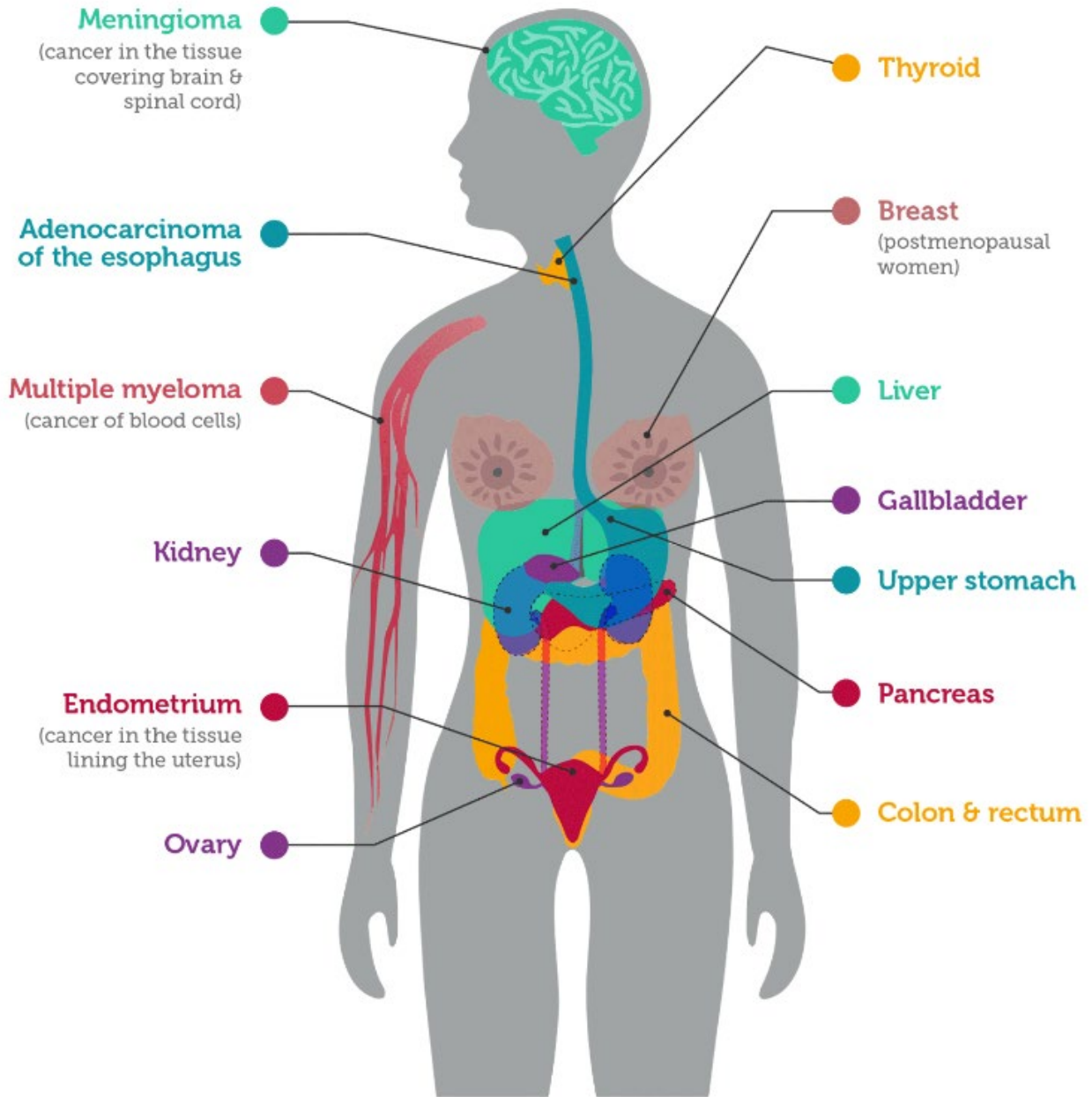
Talk with your doctor, nurse or UCSF Cancer Center Office of Community Engagement about clinical trials. Contact us: hdfcccoce@ucsf.edu.

Find a clinical trial for yourself or loved one at clinicaltrials.ucsf.edu or clinicaltrials.gov

Supported by NIH/NCI CHE-NON3P30CA082103-22

VISIT : <https://www.ucsfhealth.org/education/healthy-lifestyles-healthy-outlook>

Cancers Associated with Overweight & Obesity



cancer.gov/obesity-fact-sheet

Adapted from Centers for Disease Control & Prevention

cancer.ucsf.edu/community-engagement
hdfccoce@ucsf.edu
linktr.ee/UCSFCancerCenterOCE

Daily Stretching Exercises

1. Relax into each stretch 2. Do not bounce 3. Hold each stretch for 30 seconds

Back



Front Bend: Feel stretch in lower back & legs

- Bend forward at waist
- Keep hands on thighs
- Relax head, neck, and shoulders



Standing Knee to Chest: Feel stretch in upper leg

- Use wall or chair for support
- Raise knee toward chest
- Hold knee with free hand(s)



Standing Hip Flexor: Feel stretch in hips

- Slide one leg behind you; knee bent, heel raised
- Bend front knee
- Push hips forward



Standing Hamstring: Feel stretch in back of leg

- Stand with one leg in front, toes flexed
- Place weight on back leg
- Rest palms on rear leg to support body weight
- Bend forward at waist

Neck & Shoulders



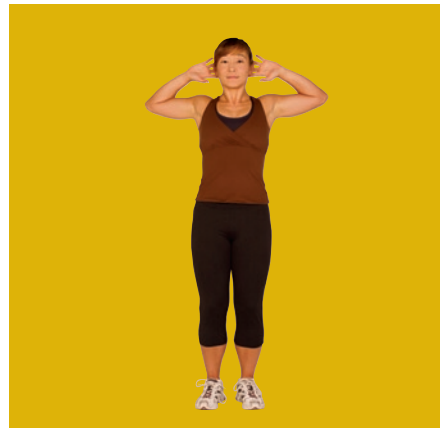
Head Side Bend: Feel stretch along side of neck

- Bend neck gently to one side
- Relax shoulders
- Use light support from hand, if needed



Head Front Bend: Feel stretch in back of neck

- Let your head hang forward, toward chest
- Relax shoulders
- Use light support from hand, if needed



Chest Opener: Feel stretch in chest & shoulders

- Place both hands gently behind head
- Stretch elbows wide to each side
- Pull shoulder blades together



Side Bend: Feel stretch along side of the body

- Raise hands overhead
- Interlace fingers, if possible
- Slowly lean to one side

Hips & Legs



Hip Circles: Feel increased movement in hips

- Place hands on hips
- Slowly make 10 circles in one direction
- Repeat 10 circles in opposite direction



Cross Over: Feel stretch along side of leg & hip

- Cross one foot in front of the other
- Slowly lean toward the rear foot
- Press hips to the side
- Switch feet to repeat on opposite side



Quad Stretch: Feel stretch in front of bent leg

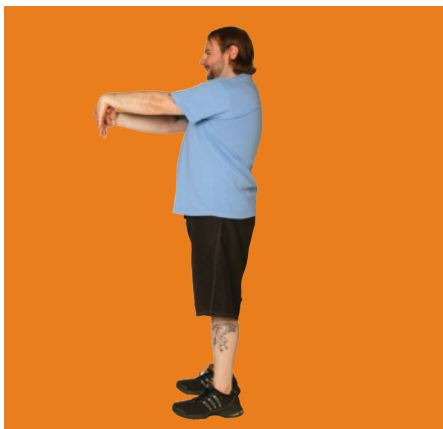
- Use a wall or chair for support, if needed
- Stand on one foot and bend other leg back
- Grasp top of ankle or forefoot with hand
- Gently pull heel towards body



Side Lunge: Feel stretch in inner thigh

- Take a wide step to one side
- Shift your weight by bending one knee
- Keep other leg straight, and feet flat on the ground

Arms & Hands



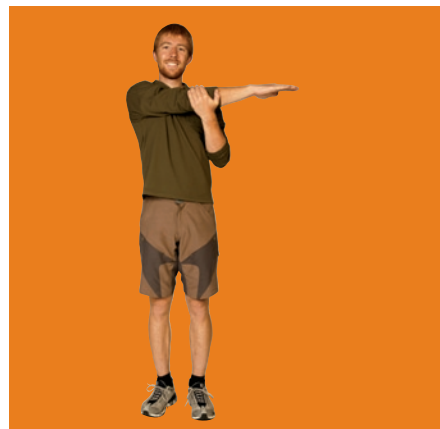
Wrist Flexion/Extension: Feel stretch in wrist & forearm

- Extend arm at length
- Turn palm downward
- Apply light pressure with opposite hand
- Can be repeated with palm facing upward



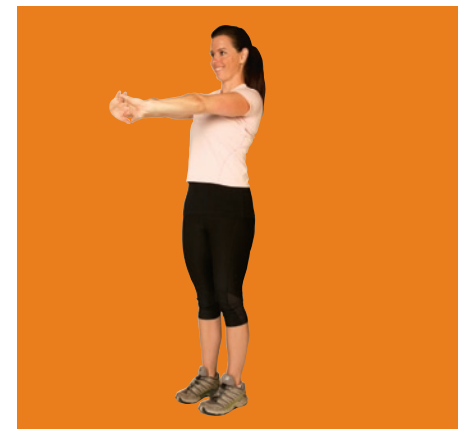
Shoulder Circles: Feel increased movement in back & shoulders

- Let arms relax at sides
- Slowly make 10 large circles by pulling shoulders up, back, and down



Shoulder Cross Over: Feel stretch in shoulder & upper arm

- Lengthen arm in front of chest
- Use free hand to gently press arm closer to body
- Keep shoulders relaxed
- Repeat on opposite side



Extended Arm Stretch: Feel stretch in upper back & arms

- Interlace fingers and reach arms in front of body
- Palms should be facing forward
- Keep shoulders relaxed and even