

# Breast Cancer



UCSF Helen Diller Family  
Comprehensive  
Cancer Center

The **UCSF Patient and Family Cancer Support Center** is the hub of support, information and resources for people with cancer at the **Helen Diller Family Comprehensive Cancer Center**. Learn more about UCSF's supportive care programs at <https://cancer.ucsf.edu/support/crc/patient-support-center>

The **Cancer Support Center at Mission Bay** is located at 1825 4th St., 1st Floor, Room M-1210. The **Cancer Support Center at Mt. Zion** is located at 1600 Divisadero St., 1st Floor, Room B-101. (MZ. Zion location is currently not open for walk-ins)

The complete list of Patient Education Resource Pages is available to view at <http://cancer.ucsf.edu/support/crc/patient-education-resources>

## Overview

Breast cancer is the second most common cancer among women in the United States. Breast cancer begins with abnormal cells developing in the breast tissue. It can be confined to the breast or may spread beyond your breast into other parts of your body through blood vessels and lymph vessels. The kind of breast cancer depends on which cells become cancerous. A breast is made of three main parts: lobules, ducts, and connective tissue. Most cancers begin in the ducts or lobules of the breast. For more information on symptoms, diagnosis, treatment, and resources/support click on the link provided. Website: <https://www.ucsfhealth.org/conditions/breast-cancer>

## UCSF Resources

### UCSF Carol Franc Buck Breast Care Center

UCSF Health's breast care clinics provide preventive, diagnostic and treatment services in a warm, caring environment. We address all breast health concerns and conditions, including all types of breast cancer. We are committed to delivering innovative, comprehensive care that's tailored to each patient's needs, wishes and type of cancer. As a national leader in breast care research, we also focus on discovering safer and more effective prevention and treatment approaches. Our patients are among the first to benefit from new discoveries. To make it easier for patients to access advanced breast care wherever they live, we have locations throughout the Bay Area. Website: <https://www.ucsfhealth.org/clinics/breast-care-center>  
Phone Number: 415-353-7070



## UCSF Advanced Breast Cancer Support Group

A support group for those diagnosed with stage IV breast cancer.  
1st and 3rd Tuesday of the month, 5:00-6:30 pm  
Telehealth format. Call for information and availability.  
Contact: (415) 476-3315

## UCSF General Breast Cancer Support Group

A support group for those diagnosed with stages I-III breast cancer.  
3rd Thursday of the month, 1:00-2:30 pm  
Telehealth format. Call for information and availability.  
Contact: (415) 353-9874

## Publications

American Cancer Society: “What’s New in Breast Cancer Research?”

Researchers around the world are working to find better ways to prevent, detect, and treat breast cancer, and to improve the quality of life of patients and survivors.

Website: <https://www.cancer.org/cancer/breast-cancer/about/whats-new-in-breast-cancer-research.html>

### Cancer Support Community

“Frankly Speaking About Cancer” Series: These books provide information about a variety of topics important to people with breast cancer. Download or order for free:

Website: <https://orders.cancersupportcommunity.org>

### Living Beyond Breast Cancer

“Guides to Understanding Breast Cancer” Series: These books and brochures for women newly diagnosed with early-stage breast cancer and women with metastatic (advanced) breast cancer.

Read online or order for free: Website: <https://www.lbbc.org/get-support/print/guides-to-understanding>

### National Cancer Institute (NCI)

“Breast Cancer Treatment”: <https://www.cancer.gov/types/breast/patient/breast-treatment-pdq>

” Surgery Choices for Women with DCIS or Breast Cancer.”

Website: <https://www.cancer.gov/types/breast/surgery-choices>

“Cancer Stats Facts”: <https://seer.cancer.gov/statfacts/html/breast.html>

### National Comprehensive Cancer Network (NCCN)

NCCN Guidelines for Patients”: These publications by NCCN are easy-to-understand resources based on the same clinical practice guidelines used by health care professionals to treat a patient with cancer. Available in French Canadian, Russian, Spanish, and Ukrainian.

Website: <https://www.nccn.org/patients/guidelines/cancers.aspx#breast>

- DCIS Breast Cancer: <https://www.nccn.org/patientresources/patient-resources/guidelines-for-patients/guidelines-for-patients-details?patientGuidelineId=30>



- Invasive Breast Cancer: <https://www.nccn.org/patientresources/patient-resources/guidelines-for-patients/guidelines-for-patients-details?patientGuidelineId=16>
- Metastatic Breast Cancer: <https://www.nccn.org/patientresources/patient-resources/guidelines-for-patients/guidelines-for-patients-details?patientGuidelineId=22>

## UCSF Cancer Resource Center

“Nutrition & Breast Cancer”

Website: [http://cancer.ucsf.edu/docs/crc/nutrition\\_breast.pdf](http://cancer.ucsf.edu/docs/crc/nutrition_breast.pdf)

## Organizations

### ABCD (After Breast Cancer Diagnosis)

Features Match Mentoring, a one-on-one peer support program for patients, families and friends by telephone.

Website: <http://www.abcdbreastcancersupport.org> Phone Number: 800-977-4121

### American Cancer Society (ACS) – Breast Cancer

At the American Cancer Society, we're on a mission to free the world from cancer. Until we do, we'll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better.

Website: <https://www.cancer.org/cancer/breast-cancer.html> Phone Number: 800-227-2345

### Bay Area Cancer Connections

BACC provides education and personalized support services such as support groups, classes, “The Boutique,” buddy program and helpline. Located in Palo Alto, but services are available to anyone. All services are free.

Website: <http://bcconnections.org> Phone Number: 650-326-6686

### Bay Area Young Survivors (BAYS)

A support and action group for young women in the Bay Area living with breast cancer. BAYS sponsors monthly support group meetings, online connections and local events.

Website: <http://www.baysnet.org>

### Breast Cancer Action

Grassroots education and advocacy group which works toward more effective and less toxic treatments; decreasing environmental exposures that put people at risk for breast cancer; creating awareness of causes leading to disparities in outcomes

Website: <http://bcaction.org> Phone Number: 877-278-6722

### Breastcancer.org

Provides reliable, complete and up-to-date information about all aspects of breast cancer. Website: [www.breastcancer.org](http://www.breastcancer.org)



## BreastCancerTrials.org

Helps people find studies that are right for them. Lists all US-based clinical trials that are currently open. Website: <http://www.breastcancertrials.org> Phone Number: 415-476-5777

## Cancer Support Community – Breast Cancer

As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Website: <https://www.cancersupportcommunity.org/breast-cancer> Phone Number: 888-793-9355

## CDC – Center for Disease Control and Protection

The nation's leading science-based, data-driven, service organization that protects the public's health. For more than 70 years, we've put science into action to help children stay healthy so they can grow and learn; to help families, businesses, and communities fight disease and stay strong; and to protect the public's health. Website: <https://www.cdc.gov/cancer/breast/index.htm>

## HERS Breast Cancer Foundation

HERS stands for Hope, Empowerment, Renewal, and Support, and is an all-encompassing compassionate and inclusive service for those in the Fremont area, regardless of financial status. Ongoing community events, post-surgical products, and more are what HERS Breast Cancer Foundation wonderfully excels at, boasting a neighborhood reputation as a remarkably "soft place to fall." They provide post-mastectomy products, compression garments, and wigs..

Website: <https://hersbreastcancerfoundation.org> • Phone Numbers: Fremont - 510-790-1911, San Leandro- 510-969-7758, Livermore - 925-273-7000

## Living Beyond Breast Cancer

LBBC focuses on providing trusted breast cancer information and creating community both online and through events. Helpline calls are answered by people who have experienced breast cancer. Website: <http://www.lbbc.org> Phone Number: 888-753-5222

## Metastatic Breast Cancer Network

MBCN is an all-volunteer patient advocacy group focused on the concerns of women and men living with metastatic breast cancer. Website: <http://mbcn.org>  
Phone Number: 888-500-0370

## My BC Team

My BC Team is a social network for women facing breast cancer.

Website: [www.mybcteam.com](http://www.mybcteam.com)

## Medline Plus: Trusted Health Information for You – Breast Cancer

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

Website: <https://medlineplus.gov/breastcancer.html>



## National Cancer Institute – Breast Cancer

The National Cancer Institute (NCI) is the federal government's principal agency for cancer research and training. NCI is deeply committed to the core values of equity, diversity, and inclusion that allow all staff to reach their potential and fully contribute to the Institute's cancer mission. Website: <https://www.cancer.gov/types/breast>

## National LGBTQIA+ Cancer Network

The National LGBTQIA+ Cancer Network works to improve the lives of LGBTQIA+ cancer survivors and those at risk by: EDUCATING the LGBTQIA+ community about our increased cancer risks and the importance of screening and early detection; TRAINING health care providers to offer more culturally-competent, safe and welcoming care; and ADVOCATING for LGBTQIA+ survivors in mainstream cancer organizations, the media and research.

Website: <https://cancer-network.org/about/> Phone Number: 212-675-2633

## National Lymphedema Network

NLN provides education and guidance to lymphedema patients, health care professionals, and the general public. Website: [www.lymphnet.org](http://www.lymphnet.org) Phone Number: 646-722-7410

## San Francisco Women's Cancer Network

The San Francisco Women's Cancer Network was founded as a coalition of committed health care professionals, caring community members, informed consumer health advocates, and more in 1987 to raise funds for low-cost mammograms for low-income or marginalized women in either San Francisco who are under or uninsured. Available at Zuckerberg SFGH, this is a premier group that is highly skilled at navigating cultural or linguistic differences..

Website: <https://sfwcn.org>

## Sharsheret

Sharsheret supports Jewish women facing breast cancer.

Website: [www.sharsheret.org](http://www.sharsheret.org) Phone Number: 866-474-2774

## Triple Negative Breast Cancer Foundation

Helpline, forums, news, tips and information. Website: <https://tnbcfoundation.org>

Phone Number: 877-880-8622

## YSC (Young Survival Coalition)

Information, support and networking for young women facing breast cancer

Website: <http://www.youngsurvival.org> Phone Number: 877-972-1011



## Books

**Dr. Susan Love's Breast Book** by Susan M. Love, MD (6th edition, 2015)

**Sexy after Cancer: Meeting Your Inner Aphrodite on the Breast Cancer Journey**  
by Barbara Musser (2012)

**Whole-Food Guide for Breast Cancer Survivors** by Ed Bauman and Helayne Waldman  
(2012)

**The Breast Cancer Book: A Trusted Guide for You and Your Loved Ones** by  
Kenneth D. Miller, Melissa Camp, Kathy Steligo (2021)

**B is for Breast Cancer** by Christine Hamill (2014)

**Mummy's Lump** by Gillian Forrest (2008)

"Even though I am an experienced child psychiatrist, I was very unsure how to talk to my children about my diagnosis. Nobody asked if I had any problems with explaining what was happening to my children, everything was focused on my condition."

*This information is intended to offer credible and reliable education resources for patients who want to learn more about their diagnosis. It is not intended to be a comprehensive list of all resources available.*



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