

# 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.

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 begins with abnormal cells developing in breast tissue. It can be confined to the breast or may spread beyond your breast or into other parts of your body. The most common type of breast cancer begins in the ducts designed to carry milk to the nipple. But cancer also may occur in the small sacs that produce milk, called lobules, or in other breast tissue. Breast cancer varies widely and the treatment options are selected to match your individual needs.

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



## Publications

### 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

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

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

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

### National Comprehensive Cancer Network:

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

### 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://bccconnections.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

## 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 LGBT Cancer Network

The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk by: EDUCATING the LGBT 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 LGBT 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

## 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)

*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.*

