

# BREAST CANCER RESOURCES

## Organizations

### Cancer Information Service

800-4-CANCER (800-422-6237)  
www.cancer.gov

A free service sponsored by the National Cancer Institute providing information in both English and Spanish. Available information includes cancer types, symptoms, screening, treatment, treatment side-effect management, and clinical trials. The CIS also interprets and explains research findings in a clear and understandable manner. Free publications. Callers are not solicited for donations. Names, addresses, and telephone numbers are not kept in a data bank.

### American Cancer Society

800-ACS-2345  
www.cancer.org

Provides information about cancer prevention, detection, treatment, chemotherapeutic drugs, and resources; headquartered in Atlanta, Georgia, with state divisions and units. Also provides information, assistance with transportation for doctor visits, equipment loans (e.g., wheelchairs, wigs, and prostheses).

### Bay Area Breast Cancer Network (Y-Me/San Jose Affiliate)

408-261-1425  
www.babcn.org

Provides education, support and advocacy. Programs and services include the BABCN hotline, support groups, newsletters, open door educational forums, and a speaker program. BABCN is an affiliate of the Y-Me National Organization, the California Breast Cancer Organizations (CABCO) and the National Breast Cancer Coalition (NBCC).

### Breast Cancer Action

55 Montgomery Street, Suite 323  
San Francisco, CA 94105  
415-243-9301  
www.bcaction.org

An advocacy and educational organization working at local, regional and national levels. Newsletter available. Spanish spoken.

### Breast Cancer Early Detection Program California Department of Health Services

*(Cancer Detection Section)*

**Information Line 800-511-2300**  
(Operated by Northern California Cancer Center)

#### State Office

601 North 7th Street, MS #428  
P.O. Box 942732  
Sacramento, CA 94234-7320  
800-511-2300; 916-445-4176  
www.dhs.ca.gov/cancerdetector

Offers free breast and/or cervical cancer screening, including mammography to women over age 40 with certain eligibility requirements. Individuals can call to find out if they qualify for free services and to receive a referral to a participating provider. Multilingual.



This is an abbreviated list of the many organizations available to help employers and employees in their search for breast cancer information.

Resources were selected from the Northern California Cancer Center's Bay Treatment Cancer Guide.



**California Women's Law Center**

**Breast Cancer Legal Clinic**

6300 Wilshire Boulevard, Suite 1102  
Los Angeles, CA 90048  
323-951-1041  
www.cwlc.org

Secures and advances the civil rights of women and girls in the areas of sex discrimination, health and reproductive rights, child care, violence against women, and family law. Provides free legal assistance on issues that arise from the diagnosis and treatment of breast cancer. Spanish spoken.

**CancerCare Inc.**

212-712-8080  
www.cancercares.org

Provides free professional information to people with cancer. Counseling, education, information, and referrals are provided. Some financial assistance available.

**Community Breast Health Project (CBHP)**

390 Cambridge Avenue  
Palo Alto, CA 94306  
650-326-6686  
www-CBHP.org

Provides educational and support programs as well as financial assistance for breast cancer diagnostic funding for low-income, uninsured women under age 40 in San Mateo and Santa Clara Counties.

**Latino Coalition for a Healthy California**

1225 Eighth Street, Suite 500  
Sacramento, CA 95814  
916-448-3234  
www.lchc.org

Dedicated to ensuring the health and well being of Latino communities. Provides in-depth policy and research reports. Spanish spoken.

**Mothers Supporting Daughters with Breast Cancer**

21710 Bayshore Road  
Chestertown, MD 21620-4401  
410-778-1982  
www.mothersdaughters.org

Offers free services designed to help mothers who have daughters with breast cancer. Services include one-on-one support, distribution of a mother's handbook and daughter's companion brochure and education about treatment.

**National Asian Women's Health Organization**

One Embarcadero Center, Suite 500  
San Francisco, CA 94111  
415-773-2838  
www.nawho.org

Provides programs about breast and cervical cancer, sexual and reproductive health, tobacco control, leadership development, heart disease, labor, mental health and youth. Breast cancer materials are free and available in Asian languages. Languages spoken include Cantonese, Korean, Laotian, and Vietnamese.

**National Breast Cancer Coalition (NBCC)**

1101 17th Street, NW, Suite 1300  
Washington, DC 20036  
202-296-7477  
www.natlbcc.org

Represents breast cancer survivors, families, friends and professionals. Lobbies for increased money for breast cancer research, access to quality health care for underserved women, increased influence over decision-making for women with breast cancer, and increased involvement and participation in individual treatment. Spanish spoken.

**National Cancer Institute**

*NCI Public Inquiries Office*

Suite 3036A  
6116 Executive Boulevard, MSC8322  
Bethesda, MD 20892-8322  
800-4-CANCER (800-422-6237)  
www.cancer.gov

An institute within the National Institutes of Health. Established in 1937 NCI is the Federal Government's principal agency for cancer research and training.

**National Center For Complementary and Alternative Medicine**

*NCCAM Clearinghouse*

P.O. Box 7923  
Gaithersburg, MD 20898  
888-644-6226  
info@nccam.nih.gov  
www.nccam.nih.gov

An institute within National Institutes of Health. Supports research on complementary and alternative medicine, trains researchers, and provides information to the public and health professionals about complementary and alternative medicine.

**National Coalition for Cancer Survivorship (NCCS)**

1010 Wayne Avenue, Suite 770  
Silver Spring, MD 20910  
www.canceradvocacy.org

The only patient-led organization advocating on behalf of survivors of all types of cancer. Offers a wide-range of publications and resources for people with cancer on topics such as employment rights, health insurance and improving patient/doctor communications. Most publications are available in Spanish.

**National Hispanic Council on Aging (NHCOA)**

*Breast and Cervical Cancer Screening Project*

734 Fifteenth Street, NW  
Washington, DC 20005  
202-347-9733  
www.nhcoa.org

Educates midlife and older Latina women about risk factors, screening, early detection, diagnostic methods and treatment options. Services are free. Spanish spoken.

**National Lymphedema Network (NLN)**

1611 Telegraph Avenue, Suite 1111  
Oakland, CA 94612  
800-541-3259  
www.lymphnet.org

Provides education, support, information and resource guides, equipment, etc. to assist individuals who have lymphedema.

**National Partnership for Women and Families**

1875 Connecticut Avenue, N.W.  
Suite 650  
Washington, DC 20009  
202-986-2600  
www.nationalpartnership.org

Uses public education and advocacy to promote fairness in the workplace, quality health care and policies that help women and men meet the dual demands of work and family.

**Northern California Cancer Center**

2201 Walnut Avenue, Suite 300  
Fremont, CA 94538  
510-608-5000  
www.nccc.org

Conducts research; provides information services and educational programs; also operates the Bay Area Cancer Incidence Registry, the Family Registry for Breast Cancer, and the California statewide, multilingual Breast and Cervical Cancer Early Detection Program hotline. (800-511-2300).

## Employment and Legal Resources

### Federal Government

#### *U.S. Department of Labor Employment Standards Administration*

www.dol.gov.esa  
1-800-4-USADOL (1-866-487-2365)

#### *Pacific Region Office*

90 Seventh Street, Suite 18-300  
San Francisco, California 94103  
415-557-7878

Administers and enforces the Family and Medical Leave Act (FMLA) for all private, state and local government employees and some federal employees.

### Equal Employment Opportunity Commission (EEOC)

1801 L Street, N.W.  
Washington, D.C.20507  
202-663-4900  
www.eeoc.gov

800-669-4000 to be automatically connected with the nearest EEOC field office.

Aims to ensure equality of opportunity by enforcing federal legislation prohibiting discrimination in employment.

### Department of Fair Employment and Housing

www.dfeh.ca.gov

Protects the Enforce California laws dealing with discrimination in employment, housing and public accommodations, and perpetration of acts of hate violence.

#### *Commission Office*

455 Golden Gate Avenue, Suite 10600  
San Francisco, CA 94102  
415-557-2325  
info@fehcc@ca.gov

#### *Employment/Public*

#### *Accommodations/Hate Violence:*

800-884-1684 (Within CA)  
916-227-0551 (Outside CA)

#### *Housing:*

800-233-3212 (Within CA)  
510-622-2945 (Outside CA)

#### *Hate Violence:*

866-460-HELP (4357)

#### *Employment/Public*

#### *Accommodations:*

800-884-1684 (Within CA)  
916-227-2859 (Outside CA)

#### *Housing:*

510-622-2956



Support groups can be located by contacting local hospitals, the American Cancer Society, the Northern California Cancer Center (www.nccc.org) Bay Area Breast Cancer Network, and many of the resources listed here.



## Other Resources

### **BenefitsLink**

[www.benefitslink.com](http://www.benefitslink.com)

Provides free compliance information and tools about employee benefit plans.

### **Job Accommodation Network (JAN)**

[www.jan.wvu.edu](http://www.jan.wvu.edu)

800-526-7234

P.O. Box 6080

Morgantown, West Virginia 26506

TTY: 877-781-9403

Provides free information about job accommodations and the employability of people with disabilities and the Americans with Disabilities Act (ADA).

### **Americans with Disabilities Act Technical Assistance Program**

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

800-949-4232

A comprehensive resource for information on the Americans with Disabilities Act (ADA).

### **National Partnership for Women and Families**

1875 Connecticut Avenue, N.W.,  
Suite 650

Washington, DC 20009

202-986-2600

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

Uses public education and advocacy to promote fairness in the workplace, quality health care and policies that help women and men meet the dual demands of work and family.

### **U.S. Department of Health and Human Services**

#### *Office for Civil Rights*

200 Independence Avenue, S.W.

Room 509F, HHH Building

Washington, D.C. 20201

800-368-1019

TDD: 800-537-7697

OCR Hotline: 877-696-6775

[ocrmail@hhs.gov](mailto:ocrmail@hhs.gov)

[www.hhs.gov/ocr/index.html](http://www.hhs.gov/ocr/index.html)

Promotes and ensures that people have equal access to and opportunity to participate in and receive services in all HHS programs without facing unlawful discrimination. Through prevention and elimination of unlawful discrimination, the Office for Civil Rights helps HHS carry out its overall mission of improving the health and well-being of all people affected by its many programs.

## Books

### ***After Mastectomy: Healing Physically and Emotionally***

By Rosalind Dolores Benedet, Shannon Abby I (Illustrator)

Addicus Books, April 2003

A practical guide with easy to understand information including questions for your doctor, getting back to normal routines, emotional recovery, lymphedema, and more. (also available in Spanish)

### ***Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer***

By Michael Lerner, MIT Press, 1994

A comprehensive guide that discusses the science and politics of cancer therapy and describes alternative therapies as well as the spiritual aspects of coping with the disease.

### ***Dr. Susan Love's Breast Book***

By Susan M. Love, MD with Karen Lindsey, Da Capo Press, 2005

Probably the most widely read book on the market addressing breast disease, including breast cancer. A practical, straightforward discussion of the types of breast cancer, diagnostic tests, treatments, reconstructive surgery, breast pain, and more.

### ***Living Beyond Breast Cancer***

By Marisa Weiss, MD, and Ellen Weiss, Times Books/Random House, 1998

Provides practical and timely information, sound guidance, comfort, and a few laughs to help one live as well as possible beyond breast cancer. Addresses issues such as an intimacy and sexuality, fatigue, treatment and side effects, weight control, nutrition, health insurance, fear of recurrence, menopause, talking with doctors, and more.

### ***Managing the Side Effects of Chemotherapy and Radiation***

By Marilyn J. Dodd, Englewood Cliffs, NJ: Prentice-Hall, revised 2001

An easy-to-use resource for cancer patients and their families. It gives a review of chemotherapy drugs and radiation therapy, potential side effects and specific suggestions about how to minimize or alleviate the side effects.

### ***The Alternative Medicine Handbook***

By Barrie R. Cassileth, Ph.D., W. W. Norton & Co., 1999

A review of more than 50 different types of alternative and complementary medicine and techniques, the scientific research available for each, usage, etc., as well as practical advice for decision-making.

### ***Understanding Lumpectomy: A Treatment Guide for Breast Cancer***

By Rosalind Benedet & Mark C. Rounsaville, Addicus Books, August 2003

Information to help prepare you for surgery and for physical and emotional recovery in the hospital and at home.