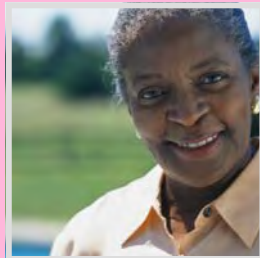


# WAKE County



## BREAST CANCER RESOURCE GUIDE

### *Condado de Wake Guía de Recursos para Cáncer del Seno*

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**Compilation by Healthy Women, Healthy Wake Staff**

*Una compilación del personal del Programa Mujeres Saludables, Condado Wake*

**Information taken from Breast Cancer Resource Directory of North Carolina**

*Información proveída por el Cancer Resource Directory of North Carolina*

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*Revised April 2008*

*Reviso Abril 2008*



Greetings, Wake County Breast Health Advocates.

In order to provide a comprehensive and concise listing of resources available to women in need of mammography services or diagnosed with breast cancer in Wake County, we, of *Healthy Women, Healthy Wake*, have compiled this guide to assist in managing issues related to their diagnosis, treatment and care. Special thanks to Norma Marti for her contributions of the Spanish translation throughout this guide.

The development of this directory has been made possible through a generous grant by the NC Health & Wellness Trust Fund, and in appreciation to the Statewide Breast Cancer Directory of North Carolina.

The information has been condensed to give an at-a-glance view of resources specific to women in our area. For a more inclusive list of resources for women diagnosed with breast cancer, please consult the Breast Cancer Resource Directory of North Carolina. Books are available by calling: **1-800-514-4860** or visiting their website at [www.bcresourcedirectory.org](http://www.bcresourcedirectory.org). For more information regarding this manual contact Emmeline Weber 919-784-7200 or Sarah Plentl - 919-250-4731. Reproduction of any part of this manual is permitted for the education of your clients and/or community partners.



*Saludos a todos quienes promueven la defensa de la salud del seno en la mujer a través del Condado de Wake,*

*Para poder proveer un listado de recursos disponibles a las mujeres con necesidad de servicios de mamografías o diagnóstico con cáncer del seno en el Condado de Wake, Healthy Women, Healthy Wake, ha recopilado esta guía para asistir en manejar asuntos relacionados con su diagnóstico, tratamiento y cuidado de salud del seno. **Damos muchas gracias a Norma Marti por su contribución a la traducción en Español de esta guía.***

*Este directorio ha sido posible gracias a fondos generosos dado por el NC Health & Wellness Trust Fund y recopilada con agradecimiento al Statewide Breast Cancer Directory of North Carolina.*

*Ha sido condensada para proveerle un mejor "vistazo" a los recursos que estén a su alcance local. Para un listado más inclusivo con todos los recursos para mujeres diagnosticadas con cáncer del seno, favor de consultar al Breast Cancer Resource Directory of North Carolina. El directorio (libro) se consigue llamando al teléfono: 1-800-514-4860 o a través de su página Web al **www.bcresourcedirectory.org**. Para más información acerca de este manual, favor de llamar a Lidia Tiller al 919-250-3876. Se permite copiar cualquier parte de este manual si es para educar a sus clientes y/o la sociedad comunitaria.*



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## Breast Cancer Action Network (BCAN)

*PURPOSE:* A strategic networking group comprised of community leaders/stakeholders, advocates and health care representatives whose mission is to analyze existing breast cancer screening/treatment services and identify new community resources to assist undeserved women with breast cancer treatment & follow-up care in Wake County.

### Coordinators

Emmeline Weber - Manager, Rex Cancer Outreach & Support Services

Sarah Plentl - Wake County Human Services - Health Promotion Chronic Disease Prevention

### Network Members

Latanja Avery - Rex Cancer Center

Posie Belden - Urban Ministries (Open Door Clinic)

Jennifer Carillo - Urban Ministries (Open Door Clinic)

Pam Carpenter - Project Access (WakeMed)

Dana Conte - Wake County Human Services - Women's Health Clinic

Deanna Figgins - Pretty in Pink Foundation

Darlene Gardner - Lovely Lady

Sumera Hayat MD – Mariam Clinic

Patricia Herrera, MD - Private Practice Physician

Deborah Howell - Wake County Human Services - Prenatal Clinic

Mary Margaret Manlove - Susan G. Komen for the Cure, NC Triangle (Volunteer)

Norma Marti - DHHS - Women's and Children's Health

Yolanda McMillan - Wake County Human Services - Health Promotion Chronic Disease Prevention

Julie McQueen - Duke Cancer Center Raleigh

Ricardo Moreno, MD - Triangle Surgical Associates

Deborah Norton, MD - Wake County Human Services - Women's Health Clinic

Shamon Nwaebube - YWCA of the Greater Triangle

Esperanza Ordonez, MD - Carolina Immediate Care

Miriam Rogers, PhD - WakeMed (Oncology)

Florence Siman - El Pueblo, Inc.

Alicia Soler-Cancio PA - Duke Oncology

Patty Spears - Triangle Breast Cancer Support

Tammi Stephens - Mid-Carolina Ob/Gyn

Lidia Tiller - Wake County Human Services - Health Promotion Chronic Disease Prevention

Susan Weaver, MD - Alliance Medical Ministry

Pam Williams - Women Helping Women

## **BREAST CANCER FACTS**

### **Who's at risk?**

The exact causes of breast cancer are unknown. However, the risk of breast cancer increases as a woman gets older. Older women are much more likely to get breast cancer than young women. Breast cancer is very uncommon in women under the age of 40 (less than 5% of cases). Most breast cancers occur in women over the age of 50 (about 77% of all breast cancer cases), and the risk is highest for women over age 60.

### **What are the risk factors for breast cancer?**

Risk factors for breast cancer include:

- Older age (especially after age 50)
- Early age at menarche (menstruation before age 12)
- Older age at first birth (30+) or never having given birth
- A personal history of breast cancer or certain types of benign (non-cancer) breast disease
- A mother or sister with breast cancer (especially if they had it prior to age 50)
- Treatment with radiation therapy to the breast/chest (especially if at a young age)
- Breast tissue that is dense on a mammogram
- Hormone use (such as combined estrogen or progesterone, as hormone replacement therapy)
- Drinking alcoholic beverages.

## **REDUCING YOUR RISK**

### **What can you do to reduce some of the risks of developing breast cancer?**

- Maintain a healthy weight.
- Exercise
- Reduce alcohol intake. Limit yourself to one drink per day or less.
- Breastfeed for 12 months or more, if possible (combined over all pregnancies).
- Don't Smoke/Quit smoking
- Participate in age appropriate screenings (breast exams, mammograms, self-breast-exams)

## **HECHOS DEL CANCER DEL SENO**

### **¿Quiénes están a riesgo?**

Las causas precisas del cáncer del seno no se conocen. Aun se sabe que el riesgo aumenta según aumenta de edad la mujer. Mujeres mayores tienen más incidencias con cáncer del seno que mujeres más jóvenes. Cáncer del Seno no es común en mujeres menores de 40 años (menos de 5% de los casos). El cáncer del seno ocurre con más frecuencias a las mujeres mayores de 50 años de edad (casi 77% de todos los casos del cáncer del seno), y la incidencia es mucho más alta en mujeres mayores de los 60.

### **¿Cuales son los riesgos del cáncer del seno?**

Los factores de riesgos para el cáncer del seno incluyen:

- Ser mayor de edad (especialmente después de los 50 años de edad).
- Haber tenido el período temprano (antes de tener 12 años de edad).
- Haber dado a luz su primer bebé a una edad avanzada (30+) o nunca haber tenido hijos.
- Tener un historial personal del cáncer del seno o algún tipo de enfermedad del seno (benigno; no-cancerosos).
- Tener una madre o hermana con cáncer del seno (especialmente si diagnosticada antes de tener 50 años).
- Haber recibido tratamiento de radiografía en el pecho/seno (especialmente durante su juventud).
- Tener una alta densidad del tejido del seno visible en una mamografía.
- Haber recibido tratamientos con hormonas (tales como la combinación del estrógeno y progesterona como parte de un tratamiento de reemplazar las hormonas).
- Tomar bebidas alcohólicas.

## **REDUCIR SU RIESGO**

### **¿Que puede usted hacer para reducir su riesgo al cáncer del seno?**

Los siguientes cambios a su estilo de vida se han comprobado en bajar la probabilidad que una mujer desarrolle cáncer del seno:

- Mantenga un peso saludable.
- Exercise
- Reduzca el consumo de bebidas alcohólicas. Límitese a una bebida al día o menos.
- Amamante a sus bebés por 12 meses o más si es posible (a través de todos sus embarazos).
- No fume/deje de fumar.
- Participe en actividades de prevención según su edad (exámenes del seno, mamografías, auto-exámenes del seno)

## SCREENINGS - (BREAST SELF-EXAMS, CLINICAL BREAST EXAMS, MAMMOGRAMS)

### **What is screening for breast cancer, and will it reduce the risk of breast cancer?**

Screening will not reduce your risk, but it will help find cancer early, when it is most treatable.

Three tests are commonly used to screen for breast cancer

### **Breast Self-Exam (BSE)**

Breast self-exam is something almost all women can do for themselves. It involves checking the breasts for lumps or other abnormalities. If you do BSE, learn how to do it correctly, and practice it on a regular basis. Doing regular monthly BSE will help you to be familiar with your breasts. This will help you to recognize lumps that are new. A healthcare provider can give you guidance about how to do breast self-exam BSE may help detect some tumors that are not found on mammograms. The majority of lumps are found by women and their partners rather than by clinical breast exam or mammograms.

### **Clinical Breast Exam (CBE)**

A clinical breast exam is an exam of the breast by a doctor or other health professional. CBE may be done during a routine physical exam or in conjunction with a mammogram. Your doctor or health professional will carefully feel the breasts and under the arms for lumps or other abnormalities.

### **Mammograms**

A screening mammogram is an X-ray of the breast. A mammogram may find tumors that are too small to feel. The ability of the test to find breast cancer may depend on the size of the tumor, how dense the breast tissue is, and the skill of the radiologist reading the mammogram.

## SCREENING RECOMENDATIONS

### **American Cancer Society (ACS) has the following current screening guidelines:**

- Women 40 years of age and older should have a mammogram every year.
- Women age 40 and older should have a clinical breast exam (by a healthcare professional) every year, close to and preferably before a mammogram.
- Women age 20-39 should have a clinical breast exam (by a healthcare professional) every three years.
- Monthly breast self-exam is an option for women beginning in their 20s; women should report any breast changes to their healthcare professional right away.

The above recommendations are for women who are at **average risk** of breast cancer. Women who are at **higher than average risk** for breast cancer, such as women with a family history, should seek expert medical advice about whether they should begin screening before age 40, and how often.

## MÉTODOS BÁSICOS DE CHEQUEO - (AUTO-EXAMEN DE SENOS, EXAMEN SENOS CLÍNICOS , MAMOGRAFÍAS)

### **¿Cuales son los métodos básicos de chequeo para el cáncer del seno y cómo podría reducir el riesgo?**

Estos métodos básicos de chequeo no reducen su riesgo, pero les ayudarían a encontrar el cáncer más temprano lo cual le daría mas opciones de tratamientos para tomar en cuenta. Hay tres métodos básicos de chequeo más comunes: auto-examen, examen clínico, y mamografía.

#### **Auto-examen del Seno (Breast Self-Exam—o BSE en signas de inglés)**

Un auto-examen es algo que toda mujer puede hacerse a sí misma. Requiere tocar sus senos buscando bultos (bolitas) u otros cambios. Si se hace el auto-examen, aprenda a sárselo correctamente y practíquelo regularmente. Hágase su auto-examen mensualmente para llegar a conocer mejor sus senos. Esto le ayudará a conocer bultos (bolitas) que sean nuevos. Un proveedor de salud le puede ayudar en aprender como hacerse un auto-examen. El auto-examen puede resultar en encontrar tumores que no sean visibles en una mamografía. La mayoría de bultos se dan a conocer por la mujer o su pareja al hacer un auto-examen y no a través de su examen clínico o una mamografía.

#### **Exámenes Clínicos del Seno (Clinical Breast Exam—o CBE en signas de inglés)**

Un examen clínico es un examen del seno hecho por su médico o algún profesional de salud (i.e., enfermera). Exámenes clínicos pueden ser parte de una visita rutina al hacerse un examen físico o en conjunto con una mamografía. Su doctor o algún profesional de salud le tocara cuidadosamente sus senos y debajo de sus brazos para ver si siente algún bulto u otra anormalidad.

#### **Mamografías**

Una mamografía es una imagen de su pecho hecha con rayo-X. La mamografía puede identificar tumores que estén muy pequeños para sentirse. Este tipo de examen, para ser efectivo en detectar el cáncer en el seno, depende del tamaño del tumor, la densidad del tejido del seno, y la habilidad de la persona (radiólogo) que lea la mamografía.

### RECOMENDACIONES PARA USAR MÉTODOS BÁSICOS DE CHEQUEO:

#### **La Sociedad Americana del Cancer (American Cancer Society ACS) recomienda las siguientes pautas para la detección temprana:**

- Mujeres de 40 años o mayores deben hacerse una mamografía cada año.
- Mujeres de 40 años o mayores deben obtener un examen clínico del seno (hecho por un profesional de salud) cada año, días antes de o preferible al mismo tiempo que se hace la mamografía.
- Mujeres entre las edades de 20-39 deben obtener un examen clínico del seno (hecho por un profesional de salud) cada tres años.
- Auto-exámenes del seno son una opción para mujeres comenzando en sus 20s; cualquier cambio requiere una consulta con su profesional de salud inmediatamente.

Las recomendaciones anotadas arriba son para mujeres con un riesgo medio. Mujeres quienes tengan un **alto o mas riesgo** para el cáncer del seno (mujeres con parentescos diagnosticados con cáncer) deben pedirle a su médico que les recomienden cuando deberían empezar si antes de los 40 años, y con que frecuencia.

## FINANCIAL ASSISTANCE WITH SCREENINGS (ASISTENCIA ECONÓMICA PARA LOS CHEQUEOS)

### **If you can't afford a mammogram.**

North Carolina has many programs in place to help women obtain a free or low cost mammogram. Some of these program are listed below. You may call directly to see if you qualify or see your provider for other recommendations.

### ***Si no le alcanzan los recursos económicos para una mamografía.***

*El estado de Carolina del Norte tiene muchos programas públicos que puedan ayudarle a las mujeres pagar por sus mamografías. Algunos de estos programas están listados a continuación. Debería llamarlos directamente para ver si usted califica o hable con su proveedor de servicios de salud para alguna otra recomendación.*

### **Breast and Cervical Cancer Control Program (BCCCP)**

**Denise Hicks, RN - BCCCP Coordinator - 919-212-9310**

The BCCCP provides free screening for breast or cervical cancer at no cost for women **ages 40-64**, who have limited or no insurance and who do not have Medicare or Medicaid All women must meet income guidelines. If your breast cancer is diagnosed through the Breast and Cervical Cancer Control Program (BCCCP) at your health department, you may be eligible for your treatment costs to be covered through BCCM Medicaid. To be eligible, diagnosis of the cancer **must not** have been made prior to being seen through the BCCCP.

### **Educate Our Women (EOW)**

**Lidia Tiller - 919 250-3876**

**EOW** is an educational breast health program that targets African-American and Latina women, **ages 30 and older**, who do not have insurance but who have a health care provider. The program is funded by Susan G. Komen for the Cure and sponsored by Wake County Human Services Health Promotion Chronic Disease Prevention Program. Qualified participants may receive a free mammogram. EOW provides: Mammogram Screenings and Diagnostics; Breast Health Education/BSE Instruction and Lay Health Advisor (LHA) Training.

### **ENCOREplus - Hargett Street YWCA**

**Eloise Best - 919-834-7386 - Shamon Nwaebube - 919 934-7386 - ext. 16**

The program focuses outreach efforts on low-resource, medically underserved women **ages 40 and over** who face barriers to adequate health care. ENCOREplus educates women on the three keys to breast cancer early detection.

### **Healthy Women, Healthy Wake**

**Latanja Williams Avery (Appointments) - Cancer Outreach Specialist**

**Rex Cancer Center - 919-784-6247**

Healthy Women, Healthy Wake provides baseline, diagnostic, and ultrasound mammography services to eligible women, **ages 30-64** in Wake County (only). All patient referrals must have a physician of record. Program staff also offers breast health seminars/presentations (for Wake County groups) especially for those at greatest risk for breast cancer. The outreach coordinator would be happy to schedule a training session for your community group (including churches). Requests will be honored on a first-come, first-serve basis. For information call:

Lidia Tiller (Education/Training) -Outreach Coordinator - Wake County Human Services - 919-250-3876

### **Pretty in Pink Foundation**

**Deanna Figgins - 919-280-8858**

Provides uninsured and underinsured women with breast cancer the treatment, education and support. For more information call the number listed.

**North Carolina Cancer Control Program North Carolina Division of Public Health  
1915 Mail Service Center, Raleigh, NC 27699  
919-715-3369 - No Spanish Translation Available**

Provides financial assistance for diagnostic or treatment services to qualified applicants. Applicants must be North Carolina residents, meet financial requirements (currently, at or below 115% of Federal Poverty Guidelines) and medical eligibility requirements. Patient's doctor must submit a letter for the patient. Services must be pre-approved; there is a maximum per pre-approved claim of \$25,000. The program approves up to 30 days of treatment/year. Call for more information.

**OTHER FINANCIAL RESOURCES (OTROS RECURSOS FINANCIEROS)**

These agencies may assist with costs related to treatments.  
*Estas agencias pueden ayudarle con gastos relacionados con su tratamiento.*

**Co-Pay Relief**

**866-512-3861 - [www.copays.org](http://www.copays.org)**

**For Information in Spanish go to: [www.copays.org/espanol.html](http://www.copays.org/espanol.html) or Call 866-512-3861**

**Para información en español vea: [www.copays.org/espanol.html](http://www.copays.org/espanol.html) o llame a 866-512-3861.**

A patient assistance program offered through the Patient Advocate Foundation, [www.patientadvocate.org](http://www.patientadvocate.org). It provides co-payment assistance for pharmaceutical products to insured Americans who financially and medically qualify.

**Disability Benefits—Social Security - Social Security Administration**

**800-772-1213 - Information is available in Spanish - Información en español esta disponible.**

**[www.ssa.gov](http://www.ssa.gov)**

If you cannot work, regardless of your age, you may be eligible for Social Security disability benefits if your disability has lasted or will last for six months or longer. See the web site or call the toll-free number above to apply. Social Security pays disability benefits under two programs:

- **Social Security Disability Income (SSDI):**

If you have been working and contributing to Social Security for several years, you may qualify for SSDI. However, you must meet the government's definition of disabled. If you get turned down, it is best to reapply. You may need to reapply more than once; some cases are more likely to be approved after 2-3 denials and a subsequent hearing before an administrative law judge. When approved, benefits do not begin until the sixth full month of disability. Your income has nothing to do with whether you qualify for SSDI.

- **Supplemental Security Income (SSI):**

If you have not worked much or your income is very low before you became unable to work, you may be eligible for SSI. This program helps people who are disabled, over age 65 and/or blind. To qualify, your income and assets must be below a certain level. If you do qualify, SSI will pay you a monthly income.

**Veterans Health Administration Cancer Program - Department of Veteran Affairs**

**800-827-1000 or 800-733-8387 Information is available in Spanish - Información en español esta disponible. [www.va.gov](http://www.va.gov)**

Eligible veterans and their dependents may receive cancer treatment at a Veterans Administration Medical Center at no cost. CHAMPVA is an additional healthcare benefits program for dependents or survivors of veterans meeting certain criteria. Call the above number or see the web site for more information.

**Resources for Seniors, Inc**

**1110 Navaho Drive, Suite 400, Raleigh, NC 27609**

**919-872-7933 - No Spanish translation available. Información en español no esta disponible.**

Resources for Seniors' mission is to provide home and community based services so that disabled and senior adults can maximize their independence for as long as possible while remaining in their homes.

**Caring Community Foundation "Pay it Forward"**

**PO Box 1364, Cary, NC 27512 - No Spanish translation available. Información en español no esta disponible.**

Provides financial support to breast cancer patients in need . For more information contact:

Diane Boswell - 919-469-3662 or email [diane.boswell@sas.com](mailto:diane.boswell@sas.com)

FINANCIAL ASSISTANCE WITH MEDICATION (*ASISTENCIA FINANCIERA CON MEDICAMENTOS*)

These agencies may assist with costs related to medication.

*Estas agencias pueden ayudarle con gastos relacionados con medicamentos.*

**American Cancer Society (ACS)**

**8300 Health Park, Suite 10, Raleigh, NC 27615**

**800-ACS-2345 - Information is available in Spanish - Información en español esta disponible.**

**[www.cancer.org](http://www.cancer.org)**

Has up to \$150 per patient per year financial assistance available for transportation or medication.

In Raleigh, call 800-227-2345 (press 1 at the prompt) to hear a listing of services.

**American Pain Foundation**

**201 North Charles Street, Suite 710, Baltimore, MD 21201**

**888-615-PAIN (7246) (Automated information)**

**[www.painfoundation.com](http://www.painfoundation.com) - Information is available in Spanish via the website**

***Información en español esta disponible en su página Web: [www.painfoundation.com](http://www.painfoundation.com)***

This web site has information and tips about financial issues related to pain medication. Click on patient information to the left, then page down and click on financial information.

**Pharmaceutical Research & Manufacturers of America (PhRMA)**

**1100 15th Street NW, Washington, DC 20005**

**800-762-4636 - Information is available in Spanish. Información en español esta disponible.**

**[www.phrma.org/patients](http://www.phrma.org/patients)**

Publishes the Directory of Prescription Drug Patient Assistance Programs. This is a list of drug companies offering their prescription products free to physicians whose patients cannot afford them. Most major drug companies do this. Patients cannot apply to the pharmaceutical companies directly - physicians must apply for their patients, but patients can call the pharmaceutical companies listed to obtain applications and information in order to speed the process for their physicians. Eligibility requirements vary from program to program.

**Senior PHARMAssist**

**123 Market Street, Durham NC 27701**

**919-688-4772**

**[www.seniorpharmassist.org](http://www.seniorpharmassist.org) - For information in Spanish, visit the website**

***Información en español esta disponible en su página Web: [www.painfoundation.com](http://www.painfoundation.com)***

A program in Durham County that helps older adults (65+) with limited incomes purchase medications and coordinates with their healthcare providers to ensure effective and affordable medications for them.

FINANCIAL ASSISTANCE WITH LODGING (ASISTENCIA FINANCIERA CON ALOJAMIENTO)

Ask the social worker or nurse at the hospital where you receive treatment if local hotels and motels offer a discount to those receiving treatment at the hospital. Some also offer free transportation to the hospital. *Pregúntele a la trabajadora/consejera social o a la enfermera del hospital donde reciba su tratamiento si hay hoteles locales que hagan ofertas de descuentos para personas que estén recibiendo tratamientos en ese hospital. Algunos hoteles ofrecen transportación gratis al hospital si están usando el hotel como su hogar durante su tratamiento.*

**National Association of Hospital Hospitality Houses, Inc.**

**Post Office Box 18087, Asheville, NC 28814**

**828-253-1188 or 800-542-9730 - No Spanish translation available. Información en español no esta disponible.**

**www.nahhh.org**

Helps provide free or low-cost family-centered lodging and support services to people needing medical treatment away from home and their families. Call the toll-free number or see the web site for updated listing and contact info for North Carolina houses.

**Corporate Angel Network, Inc.**

**914-328-1313 or toll-free 866-328-1313**

**www.corpangelnetwork.org - No Spanish translation available. Información en español no esta disponible.**

Provides free air transportation to cancer patients traveling to and from cancer treatment centers, using empty seats on corporate aircraft. No financial requirements. Call for more information and register within three weeks of a specific appointment at a recognized cancer treatment center.

**National Patient Travel Center**

**c/o Mercy Medical Airlift**

**4620 Haygood Road, Virginia Beach, VA 23455**

**757-318-9174 or 800-296-1217 - No Spanish translation available. Información en español no esta disponible.**

**www.patienttravel.org**

Call the toll-free helpline number above or see the web site for assistance with long distance travel for medical evaluation, diagnosis or treatment. Makes referrals to organizations based on distance needed to travel and medical condition of patient.

ASSISTANCE WITH MEALS (AYUDA CON SUS ALIMENTOS)

These agencies may assist with meals for you and/or your family.

*Estas agencias pueden ayudarle con comida para usted y/o su familia.*

**Meals on Wheels of Wake County**

**1001 Blair Drive, Raleigh NC 919-833-1749**

**www.wakemow.org**

Provides meals to those in need. If you need to have meals delivered to your home or the home of a loved one call the number listed. **Information is available in Spanish - Información en español esta disponible.**

ASSISTANCE WITH UTILITIES (AYUDA CON SU PAGOS DE UNIDADES PUBLICAS—AGUA, LUZ, GAS)

Contact Wake County Department of Social Services office for assistance 919-212-7000. They often have information on programs to help with heating and cooling costs and other utility expenses.

*Contacte el Departamento de Servicios Sociales en el Condado de Wake para lograr ayuda. A veces tienen información sobre programas que le puedan ayudar pagar por su calefacción y otros gastos.*

ASSISTANCE WITH CHILD CARE OR HOME CARE (AYUDA CON CUIDADO DE NIÑOS O PARA TRATAMIENTOS EN SU HOGAR)

**AVONCares Program, CancerCare, Inc.**

**275 Seventh Avenue, New York, NY 10001**

**800-813-HOPE (4673) - Información en español esta disponible por teléfono o a través de la página Web.**

**www.cancercare.org**

CancerCare Inc., sponsors this program, funded by Avon, that provides limited financial assistance to women nationwide with breast, cervical, or ovarian cancers. There are two types of funding available: a limited amount for home care, child care and transportation needs; and funds for uninsured women to help pay for diagnostic services, such as biopsy, ultrasound, or diagnostic mammogram, after a woman has already been screened.

OTHER RESOURCES FOR GUIDANCE (OTROS RECURSOS PARA MAYOR INFORMACIÓN)

**The University of North Carolina at Chapel Hill, “Get REAL and HEEL” Breast Cancer Program**

Dr. Diane Groff - Program Director- 919-962-0534

**For information in Spanish call - Para información en español llame - Dr. Claudio Battaglini - 919-843-6045**

“Get REAL & HEEL” (Get Recreation-Get Exercise-Get active-Get Living), provides post-treated breast cancer patients individualized prescriptive exercise and recreational therapy to assist in the management of cancer treatment-related symptoms. This program is free to qualified individuals. Call the number listed for more information.

**National Cancer Institute: Support and Resources**

**800-4-CANCER - Information is available in Spanish by phone or via the website**

**www.cancer.gov/cancerinfo/support**

This page offers an overview of support and financial assistance resources for people with cancer. If you do not have Web access, call the toll-free number for information.

INFORMATION AND REFERRAL SERVICES IN NORTH CAROLINA

*INFORMACION Y SERVICIOS DE REFERENCIAS EN CAROLINA DEL NORTE*

These groups can refer you to agencies and organizations that provide: clothing, credit counseling, and budget help, assistance with adult and child day care, death and dying services, elder services, financial assistance and information, home health services, legal aid, free medical clinics, translators, transportation and more.

*Estos grupos pueden referirlas a agencias u otras organizaciones que les puedan proveer ropa, aconsejaría/abogacía, ayuda con sus pagos de crédito y como manejar sus ingresos, cuidado de niño o adultos, servicios fúnebres, comidas, servicios para personas ancianas, asistencia e información financiera, servicios médicos disponibles en su hogar, ayuda legal, clínicas médicas gratis, transportación y mucho mas.*

REGIONAL & STATEWIDE INFORMATION AND REFERRAL SERVICES (SERVICIOS REGIONALES Y A TRAVES DEL ESTADO)

**CARELINE (statewide information)**

**800 - 662-7030 - Information is available in Spanish - Información en español esta disponible.**

Has Spanish-speaking operators and TDD for callers with hearing impairment

**United Way**

Nationwide United Way Information & Referral Service

**919-834-5200**

**United Way 2-1-1, Triangle**

Dial 211 or toll-free 800-831-1754

**www.unitedwaytriangle.org**

(Serves Chatham, Durham, Orange and Wake counties)

**Information is available in Spanish - Información en español esta disponible.**

BREAST CANCER WEBSITES (SITIOS EN LA INTERNET SOBRE CÁNCER DEL SENO)

Listed is a sampling of the many wonderful sites that address breast cancer.

*Este listado es solo unos cuantos de la variedades de sitios maravillosos que se encuentran en la Web ofreciéndoles información sobre el Cáncer del Seno.*

- [www.acor.org](http://www.acor.org) - Association of Cancer Online Resources
- [baction.org](http://baction.org) - Breast Cancer Action.
- [www.breastcancer.org](http://www.breastcancer.org) - Breast Cancer.org
- [www.natlbcc.org](http://www.natlbcc.org) - National Breast Cancer Coalition
- [Breastcancerfund.org](http://Breastcancerfund.org) - The Breast Cancer Fund
- [www.bcrfcure.org](http://www.bcrfcure.org) - The Breast Cancer Research Foundation
- [www.thebreastcancersite.org](http://www.thebreastcancersite.org) - The Breast Cancer Site
- [www.komen.org](http://www.komen.org) - Susan G. Komen for the Cure
- [www.lympnet.org](http://www.lympnet.org) - National Lymphedema Network
- [www.nabco.org](http://www.nabco.org) - National Alliance of Breast Cancer Organizations'
- [www.nationalBreastCancer.org](http://www.nationalBreastCancer.org) - The National Breast Cancer Foundation
- [www.oncolink.org](http://www.oncolink.org) - Abramson Cancer Center of the University of Pennsylvania
- [www.sistersnetworkinc.org](http://www.sistersnetworkinc.org) - Sisters Network, Incorporated
- [www.4woman.gov](http://www.4woman.gov) - The National Women's Health Information Center



## Wake County Hospitals and Cancer Centers

### Duke Raleigh Hospital

3400 Wake Forest Road  
Raleigh, NC 27609  
(919) 954-3000  
www.dukeraleigh.org

#### Contact for breast cancer services:

Duke Hematology-Oncology (919) 954-3050, or  
Radiation Oncology (919) 954-3096  
Patient Navigators - (919) 954 3587

#### Breast Screening Mammography: Yes

Low Cost Mammography: No

#### Treatment Breast Surgery

Surgeon Who Specializes in Breast Surgery: Yes  
Oncologists: Yes  
Chemotherapy: Yes  
Radiation Therapy: Yes

#### Specialized/Advanced Treatment

Sentinel Node Biopsy: Yes  
Clinical Trials: Yes  
Bone Marrow or Stem Cell Transplant: No  
Breast Reconstruction: Yes

#### Post-Treatment Support

Rehabilitation Programs/Physical Therapy: Yes  
Nutritional Support or Dietitian: Yes  
Lymphedema Management: Yes  
Complementary Therapies: No  
Support Groups: Yes

#### Counseling

Supportive or Pastoral: Yes  
Insurance Claims: Yes  
Genetic Risk: Yes

#### Educational Resources

Patient Resource Room: No  
Resources Specific to Breast Cancer: Yes  
Resource Staff: Yes

### Rex Healthcare

**Rex Cancer Center**  
4420 Lake Boone Trail  
Raleigh, NC 27607  
(919) 784-3100  
www.rexhealth.com

#### Contact for breast cancer services:

Cancer Center - 919 - 784-3105 or  
Breast Cancer Center - 784-3042

#### Breast Screening Mammography: Yes

Low Cost Mammography: Yes  
(no cost based on eligibility)

#### Treatment Breast Surgery

Surgeon Who Specializes in Breast Surgery: Yes  
Oncologists: Yes  
Chemotherapy: Yes  
Radiation Therapy: Yes

#### Specialized/Advanced Treatment

Sentinel Node Biopsy: Yes  
Clinical Trials: Yes  
Bone Marrow or Stem Cell Transplant: Yes  
Breast Reconstruction: Yes

#### Post-Treatment Support

Rehabilitation Programs/Physical Therapy: Yes  
Nutritional Support or Dietitian: Yes  
Lymphedema Management: Yes  
Complementary Therapies: Yes  
Support Groups: Yes

#### Counseling

Supportive or Pastoral: Yes  
Insurance Claims: Yes  
Genetic Risk: Yes

#### Educational Resources

Patient Resource Room: Yes  
Resources Specific to Breast Cancer: Yes  
Resource Staff: Yes

**WakeMed**

3000 New Bern Avenue  
 Raleigh, NC 28610  
 (919) 250-8000  
 www.wakemed.org

**Contact for breast cancer services:**

Miriam Rogers, Director of Oncology  
 Phone: (919) 350-7987

**Breast Screening Mammography: Yes**

Low Cost Mammography: Yes

**Treatment Breast Surgery**

Surgeon Who Specializes in Breast Surgery: Yes  
 Oncologists: Yes  
 Chemotherapy: Yes  
 Radiation Therapy: No

**Specialized/Advanced Treatment**

Sentinel Node Biopsy: Yes  
 Clinical Trials: Yes  
 Bone Marrow or Stem Cell Transplant: No  
 Breast Reconstruction: Yes

**Post-Treatment Support**

Rehabilitation Programs/Physical Therapy: Yes  
 Nutritional Support or Dietitian: Yes  
 Lymphedema Management: Yes  
 Complementary Therapies: Unknown  
 Support Groups: Unknown

**Counseling**

Supportive or Pastoral: Yes  
 Insurance Claims: Yes  
 Genetic Risk: No

**Educational Resources**

Patient Resource Room: Yes  
 Resources Specific to Breast Cancer: Yes  
 Resource Staff: Yes

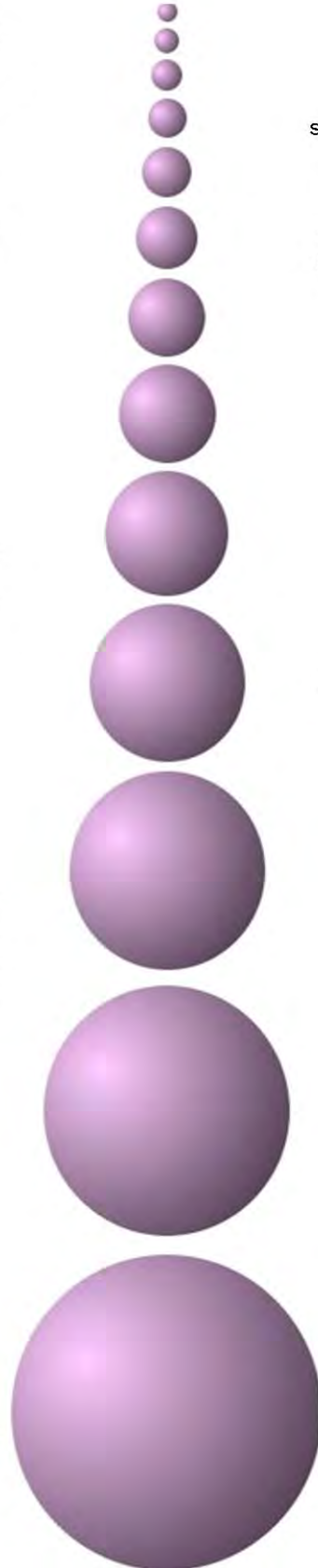
Average-size lump  
 found by getting  
 regular yearly  
 mammograms

Average-size lump  
 found by first  
 Mammogram

Average-size lump  
 found by women  
 practicing regular  
 BSE (Breast Self  
 Exams

Average-size lump  
 found by women  
 practicing  
 occasional  
 BSE

Average-size lump  
 found by women  
 untrained in BSE



El tamaño típico de una masa que se encuentra durante una mamografía si se hacen cada año.

El tamaño típico de una masa que se encuentra durante la primera mamografía.

El tamaño típico de una masa que una mujer detecta cuando se hace el auto-examen de los senos cada mes.

El tamaño típico de una masa que una mujer detecta cuando se hace el auto-examen de los senos de vez en cuando.

El tamaño típico de una masa que una mujer detecta si no sabe hacer el auto-examen de los senos.

ASSISTANCE WITH PROSTHESES, WIGS AND MEDICAL SUPPLIES (ASISTENCIA CN PRÓTESIS, CABALLERAS POSTIZAS, Y OTROS EQUIPOS MÉDICOS)

**Access Ability, Inc.**

962 Trinity Road, Raleigh, NC 27607

919-851-1335 or 800-542-2670 - [www.accessabilityinc.com](http://www.accessabilityinc.com)

**Information is available in Spanish by phone Información en español esta disponible por teléfono**

Hours: Monday-Friday 8:00 am - 4:30 pm, Saturday by appointment

Products: Breast prostheses, trained fitters, bras Lymphedema products: Pumps, sleeves

Other: Files insurance

**Alexander Health Services, Inc.**

500 East Wait Avenue, Suite 1, Wake Forest, NC 27587

919-556-8934 or 800-606-7655 - [www.reidsleeve.com](http://www.reidsleeve.com)

**No Spanish translation available. Información en español no esta disponible.**

Hours: Monday-Friday 9:00 am - 5:00 pm

Lymphedema products: Compression garments, bras Other: Senior Citizens discounts; files insurance

**Angel Hair Wig Gallery**

Stonehenge Market Shopping Center, 7478 Creedmoor Road, Raleigh, NC 27613

919-841-9447 - [www.angelhairwiggallery.com](http://www.angelhairwiggallery.com)

**No Spanish translation available. Información en español no esta disponible.**

Hours: Monday-Friday 10:00 am - 5:00 pm, Saturday 11:00 am - 4:00 pm

Products: wigs, hats, turbans

**Cancer Resource Center-Rex Cancer Center**

4420 Lake Boone Trail, Raleigh, NC 27607

919-784-1641 - [www.rexhealth.com](http://www.rexhealth.com)

**Information is available in Spanish by phone Información en español esta disponible por teléfono**

Hours: Monday-Friday 8:30 am - 4:30 pm

Products: Breast prostheses, bras, hats, turbans, wigs; limited programs help women obtain other products like lymphedema supplies, lending library Other: Everything is free, based on donations

**Dianne's Selections**

Six Forks Office Center

8364 Six Forks Road, Suite 103, Raleigh, NC 27615

919-845-0234

**No Spanish translation available. Información en español no esta disponible.**

Hours: Monday-Friday 10:00 am - 4:00 pm, Saturday by appointment

Products: Breast prostheses, trained fitters, bras, swimwear, nightgowns, workout clothes, hats, turbans, wigs

Other: Works with local agencies for financial assistance, files insurance

**Family Medical Supply**

311-A Asheville Avenue, Cary, NC 27511

919-233-0202 or 800-892-3435

**Information is available in Spanish by phone Información en español esta disponible por teléfono**

Hours: Monday-Friday 9:00 am - 5:30 pm

Products: Breast prostheses, trained fitters, bras, swim forms, Maddox Oncology Products

Lymphedema products: Sleeves, gloves, compression garments, pumps

Other: Discounts available, files insurance

### **Family Medical Supply**

720 North Main Street, Fuquay-Varina, NC 27526  
919-552-5222 or 800-543-0930

**Information is available in Spanish by phone. Información en español esta disponible por teléfono**

Hours: Monday-Friday 9:00 am - 6:00 pm Products: Breast prostheses, trained fitters, bras, Maddox Oncology

Products Lymphedema products: Sleeves, pumps

Other: Discounts available, files insurance

### **Hair Productions**

Olde Raleigh Village Shopping Center  
3201 Edwards Mill Road, Suite 133, Raleigh, NC 27612  
919-881-9801

**No Spanish translation available. Información en español no esta disponible.**

Products: Wig stylists

### **Hanger Prosthetics and Orthotics East, Inc.**

301-A Keisler Drive, Cary, NC 27511  
919-233-0170 - [www.hanger.com](http://www.hanger.com)

**No Spanish translation available. Información en español no esta disponible.**

Hours: Monday-Friday 8:30 am - 5:00 pm

Products: Breast prostheses, trained fitters, bras, swimwear, soft T-shirts

Other: Files insurance

### **Hanger Prosthetics and Orthotics East, Inc.**

23 SunnyBrook Road, Suite 185, Raleigh, NC 27610  
919-231-3132 or 800-394-6362 - [www.hanger.com](http://www.hanger.com)

**No Spanish translation available. Información en español no esta disponible.**

Hours: Monday-Friday 9:00 am - 5:00 pm

Products: Breast prostheses, trained fitters, bras, swimwear, soft T-shirts

Lymphedema products: Sleeves, gloves, compression garments

Other: Files insurance

### **Lovely Lady**

404 East Chatham Street, Cary, NC 27511  
919-469-4688

**No Spanish translation available. Información en español no esta disponible.**

Hours: Monday 10:00 am - 1:00 by appointment, Tuesday--Thursday 10:00 - 4:30 pm,

Friday 10:00 am - 4:00, Saturday 10:00 am - 2:00 pm

Products: Breast prostheses, trained fitters, bras, hats, turbans, wigs, wig stylists

Other: Files insurance

### **McCauley Natural Hair Co., Inc**

5404 Western Blvd., Raleigh, NC 27606  
919-380-7221 or 888-624-2882

**No Spanish translation available. Información en español no esta disponible.**

Hours: Tuesday-Friday 10:30 am - 6:00 pm, Saturday 10:30 am - 5:30 pm

Products: Wigs and wig supplies, wig stylists, hair/bang pieces, hats, turbans, custom wig designs

Other: Works with local agencies for financial assistance

**Orthopedic Service Company**

2521 Noblin Road, Raleigh, NC 27604  
919-878-7183 or 800-662-7572

**No Spanish translation available. Información en español no esta disponible.**

Hours: Monday-Friday 8:00 am - 5:00 pm Products: Breast prostheses, trained fitters, bras lymphedema  
Products: Sleeves, gloves, pumps Other: Senior citizen discounts, files insurance

**Second To Nature**

5105 Moss Hill Dr, Raleigh, NC 27616  
(919) 954-0297 or 888-263-6288

**Information is available in Spanish - Información en español esta disponible.**

Hours: Call for appointment anytime  
Products: Breast prostheses, trained in-home fitters, bras, swimwear, hats, turbans  
Other: Files insurance, including Medicare

**Tom Jones Drug**

107 Vandora Springs Road, Garner, NC 27529  
919-772-4737 or 800-311-7546 - [www.tomjonesdrug.com](http://www.tomjonesdrug.com)

**No Spanish translation available. Información en español no esta disponible.**

Hours: Monday-Friday 9:00 am - 6:00 pm, Saturday 9:00 am - 2:00 pm  
Products: Hats, turbans, Maddox Oncology Products Other: Files insurance  
OTHER RESOURCES (OTROS RECURSOS)

**Women Helping Women**

2301 Stonehenge Dr., Suite 109  
Raleigh, NC 27615  
919-846-1203

[pmwilliams@nc.rr.com](mailto:pmwilliams@nc.rr.com)

Pam Williams, President and Executive Director

Assist low-income, uninsured, or underinsured women financially with the purchase of prosthetic devices, wigs, hats and turbans. Assist with emergency medical funds. Provides information about follow-up care and available resources.

SERVICES FOR AFRICAN-AMERICAN WOMEN (SERVICIOS PARA MUJERES AFRO-AMERICANAS)

**Save Our Sisters**

**Rex Cancer Center**

**Contact: Latanja Williams Avery**

**919-784-6247**

4420 Lake Boone Trail, Raleigh, NC 27607

Offers free outreach and education on breast care. Provides education about early detection through Lay Health Advisors and special community outreach programs

**African American Breast Cancer Alliance (AABCA)**

**612-825-3675**

**[www.geocities.com/aabcainc](http://www.geocities.com/aabcainc)**

Founded by African American women who have had breast cancer.

Call to request brochure, "Being There!" about breast health for African American women.

**Black Women's Health Imperative (formerly the National Black Women's Health Project)**

**202-548-4000**

**[www.blackwomenshealth.org](http://www.blackwomenshealth.org)**

An African American health education, research and advocacy organization that has health information, products and programs for African American women.

**Breast Cancer Resource Committee**

**202-463-8040**

**[www.bcresource.org](http://www.bcresource.org)**

Mission is to reduce incidence and mortality from breast cancer among African American women, particularly for those who have little or no access to adequate healthcare and treatment.

**Celebrating Life: African American Women Speak Out About Breast Cancer**

**800-207-0992**

**[www.celebratinglife.org](http://www.celebratinglife.org)**

Promotes breast cancer awareness and information for African American women and women of color. Contact to order "Celebrating Life: African American Women Speak Out About Breast Cancer."

**Educate Our Women**

**Contact: Lidia Tiller**

**919-250-3876**

Assists low-income, uninsured African American and Latino women in Wake County with mammograms.

Provides education about breast health through Lay Health Advisors. Call for details and eligibility requirements.

**Office of Minority Health Resource Center**

**800-444-6472**

**[www.omhrc.gov](http://www.omhrc.gov)**

Call the toll-free number to order the free "Breast Cancer Resource Guide for Minority Women."

Also available online at [www.omhrc.gov/assets/pdf/checked/bcrg2005.pdf](http://www.omhrc.gov/assets/pdf/checked/bcrg2005.pdf)

**SERVICIOS FOR LATINO AMERICAN WOMEN(SERVICIOS PARA LATINAS/HISPANAS)**

**RECURSOS**

**CancerCare**

212-221-3300 or 800-813-HOPE (4673) (Línea de Asistencia)

[www.cancercare.org/EnEspanol/EnEspanolmain.cfm](http://www.cancercare.org/EnEspanol/EnEspanolmain.cfm)

CancerCare tiene trabajadores sociales especializados en oncología varios son bilingües en inglés/español, quienes pueden hablarle a usted por teléfono. Tiene información acerca del cáncer y el tratamiento y orientación financiera esta disponible. Todos los servicios son gratuitos.

**Careline**

800-662-7030

Para todas preguntas relacionadas de salud, pregunte por operadora que habla español. Llame a CARE LINE para que les informen sobre cualquier servicio de salud que usted necesite en su área.

**Eduquemos a Nuestras Mujeres**

919-250-3876

Lidia Tiller Coordinadora del programa. Un programa para mujeres latinas y afro-americanas con 35 años o mas, que no tienen seguro médico. Servicios que proveemos: Mamografía y instrucción en el auto-examen de los senos.

**El Pueblo**

919-835-1525 - [www.elpueblo.org](http://www.elpueblo.org)

El Pueblo, Inc. es una organización de abogacía y política pública en Carolina del Norte que se dedica al fortalecimiento de la comunidad Latina. Tiene programas y información para los Hispanos y Latinos.

**La Alianza Nacional para La Salud de Hispanos (The National Alliance for Hispanic Health)**

202-387-5000 0 866-783-2645 - [www.hispanichealth.org](http://www.hispanichealth.org)

Tiene información de salud en español y para su familia a través de una línea telefónica. Es un Teléfono de Ayuda Nacional Para Familias Latinas (866 - Su.Familia 0 866-783-2645)

**Sociedad Americana del Cáncer (American Cancer Society)**

800-ACS-2345 - [www.cancer.org](http://www.cancer.org)

Tiene mucha información sobre de los distintos cánceres y el cáncer del seno. Muchas folletos gratis sobre del cáncer en español. Llame 24 horas al día.

**Y-ME Organizacion Nacional Para Cancer del Seno (Y-ME National Breast Cancer Organization)**

800-986-9505 (Teléfono de Asistencia para Latinos) [y-me.org/espanol](http://y-me.org/espanol)

Información y apoyo 24 horas al día que contestan sobrevivientes de cáncer del seno.

**GRUPO DE APOYO PARA LATINAS CON CANCER DEL SENO**

Fe, Amor, y Esperanza – Un Grupo de Apoyo (Soporte) para Latinas con Cáncer del Seno. Se reúnen cada segundo sábado del mes. Desde las 12:00 del medio día hasta las 2:00pm. El grupo se reúne en las oficinas de la organización El Pueblo 4 N. Blount Street, Raleigh, NC NOTA: Se les provee cuidado para los niños de 3 años o mas de edad que vengan con usted. Todo niño debe de ya saber usar el baño.

SERVICES FOR VIETNAMISE WOMEN IN WAKE COUNTY  
(SERVICIOS PARA MUJERES VIETNAMITAS EN EL CONDADO DE WAKE)

**BOAT PEOPLE S.O.S**

3801 Computer Drive, Suite 110 - Raleigh, NC 27609

919 - 786-4486; Fax: 919 - 787-6423

email: Raleigh@bpsos.org

www.bpsos.org

**Health Awareness Program for Immigrants (HAPI) Goals and Objectives:**

The overarching goal of HAPI is to eradicate breast and cervical cancer as leading causes of death among Vietnamese women. Two main objectives are standard: 1.) Increase the level of breast and cervical cancer awareness among the Vietnamese, and 2.) Increase the rate of breast and cervical cancer awareness among Vietnamese women. Depending on branch office capabilities, a third objective may be included: Improve the capacity of the local community to implement a long-term effort to fight cervical cancer among Vietnamese women.

**HAPI Activities:**

The HAPI uses a combination of activities to achieve the objective above. To raise awareness we use mass media using print, radio, and TV. The HAPI also uses one-on-one education, workshops, health fairs and community events.

To increase the screening rate, they provide wrap-around services, including appointment set-up, translation/interpretation, transportation, and follow-up. In order to meet their third objective, they collaborate with other faith or community based organizations, and service providers forming coalitions and awareness teams. The HAPI provides cultural training to service providers and works with councilmen to assist in advocacy.

**National HAPI Program Manager**

Caroline C. Lancaster, BSW

Boat People SOS, Inc.

6066 Leesburg Pike, Suite 100

Falls Church, Virginia 22041

703-538-2190

Caroline.Lancaster@bpsos.org

**INFORMATION FOR HEALTH CARE PROVIDERS**

**(INFORMACIÓN PARA LOS PROVEEDORES DE CUIDADO DE SALUD)**

**Medline Plus: Hispanic American Health**

[www.nlm.nih.gov/medlineplus/hispanicamericanhealth.html](http://www.nlm.nih.gov/medlineplus/hispanicamericanhealth.html)

Covers news, nutrition, screening, organizations, statistics and other issues relevant to Hispanic Americans.

**Nueva Vida**

**202-223-9100**

[www.nueva-vida.org](http://www.nueva-vida.org)

This organization - a support network to inform, support and empower Latinas affected by cancer can provide Spanish language resources to anyone in need.

**Redes en Accion:**

**The National Hispanic/Latino Cancer Network**

**210-348-0255**

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

This National Cancer Institute-funded, nationwide network of community-based organizations, research institutions, government health agencies and the public was developed to combat cancer among Latinos.

INTERPRETATION AND TRANSLATION SERVICES

*(SERVICIOS DE INTERPRETACION Y TRADUCCIONES)*

**Carolina Association of Translators and Interpreters**

**Call 919-577-0840**

[www.catiwehorg](http://www.catiwehorg)

Professional association for translators and interpreters in different languages. Publishes a yearly membership directory by language and field of expertise.

**Interpreter Training**

**919-715-0992**

Coordinated by the North Carolina Office of Minority Health and North Carolina Interpreter Task Force.

Various interpreter-training programs are provided at various locations and times throughout the state.

**Refugee Health Program**

**919-715-3119**

Provides health departments access to the AT&T language line for services for newly arrived refugees.

**SUPPORT GROUPS IN WAKE COUNTY**  
**(GRUPOS DE APOYO EN EL CONDADO DE WAKE)**

**African America Women Breast Cancer Support Group**

**Support a Sister Location: Rex Cancer Center, hosted by Save Our Sisters of Rex**

4420 Lake Boone Trail, Raleigh, NC 27607

www.rexhealth.com

Meets first Tuesday of the month at 6:00 pm

Provides support, advocacy, education and fellowship. Contact: Latanja Avery 919-784-6247

**Latina Women Breast Cancer Support Group**

**FE AMOR, Esperanza** - Latina Breast Cancer Support Group. Meets the 2nd Saturday of every month 12:00 noon - 3:00pm. Meetings are held at: El Pueblo 4 N. Blount Street, Raleigh, NC

NOTE: Childcare is provided for children ages 3 years and older. All children must be potty trained

Contact: Lidia Tiller 919-250-3876

**Breast Friends - Support Group**

a new support group for young women 40 and under. Meets at Rex Cancer Center second Tuesday of each month in the evening. Contact: Jeanne Poole 919-784-1056

**OTHER BREAST CANCER SUPPORT GROUPS**

(OTROS GRUPOS DE APOYO PARA EL CÁNCER DEL SENO)

**Breast Surgery Class for the Newly Diagnosed Rex Cancer Center**

4420 Lake Boone Trail, Raleigh, NC 27607

Held before surgery to help discuss treatment options and post-op recovery needs, information on prostheses, drains and reconstruction options and lymphedema. Significant others welcome. Open to community members. Offered every Tuesday at 1:00 pm and by appointment. Contact: Joan Freeborn 919-784-3378

**Duke Health Raleigh Breast Cancer Support Group**

Duke Health Raleigh Cancer Center, Lower Level 3404 Wake Forest Road, Raleigh, NC 27609

Meets second and fourth Tuesday at 6:30 - 8:00 pm Informal discussion, open group, new patients and survivors welcome, refreshments provided.

Contact: Julie McQueen 919-954-3587 or julie.mcqueen@duke.edu

**Triangle Breast Cancer Support Group**

Rex Cancer Center Auditorium

4420 Lake Boone Trail, Suite 200, Raleigh, NC 27607 www.rexhealth.com

Meets third Tuesday of the month from 7:00 - 9:00 pm Rex Cancer Center Conference Room

Contact: Patty Spears 919-513-6356 or 919-513-0720

**Look Good ... Feel Better**

Duke Health Raleigh Cancer Center

3404 Wake Forest Road, Raleigh, NC 27609

Meets third Tuesday of each month at 7:00 pm

Make-up, hairstyling and grooming techniques to help women throughout chemotherapy and radiation to enhance appearance and self-esteem. Free, but registration required. Contact: Julie McQueen at 919-954-3587 or email @ julie.mcqueen@duke.edu

**Look Good ... Feel Better**

Rex Cancer Center

4420 Lake Boone Trail, Raleigh, NC 27607

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

Meets first Monday of the month

Make-up, hairstyling and grooming techniques to help women throughout chemotherapy and radiation to enhance appearance and self-esteem. Contact: Patient Navigation Center 888-227-6333 to register or call Rex Cancer Resource Center 919-784-1641

CANCER GROUP

**Gatherings Lovely Lady**

404 East Chatham Street, Cary, NC 27511 Meets second Tuesday of the month at 7:00 pm *Call to confirm.*

Contact: Darlene Gardner at 919-469-4688

LYMPHEDEMA GROUP

**Lymphedema Support Group, Wellness One**

2418 Blue Ridge Road, Suite 100, Raleigh, NC 27607 [www.wellnessone.com](http://www.wellnessone.com)

Meets first Tuesday of the month Contact: Michelle Sydnor at 919-782-5954

METASTATIC CANCER GROUP

**Sharing Hope**

Rex Cancer Center

4420 Lake Boone Trail, Raleigh, NC 27607

Meets second and fourth Friday each month at 11:00 -12:30 pm

For people dealing with recurrent or metastatic cancer. Contact: Terri Kuczynski at 919-784-3492 or Rex Cancer Center Resource Center at 919-784-1641

CHILDRENS GROUP

**KidsCan!**

Rex Child Development Center, Rex Hospital Campus 4420 Lake Boone Trail, Raleigh, NC 27607

[www.rexhealth.com/centers/cancer/kidscan.htm](http://www.rexhealth.com/centers/cancer/kidscan.htm) Meets first Monday each month at 6:00 - 8:00 pm

For children ages 6-18 who have a parent with cancer. Parents meet at same time in separate room.

Contact: Rex Cancer Resource Center at 919-784-1641 or Jill Shipman at 919-784-6455

**Information is available in Spanish by request**

## Health Care Resource List - Wake County

### **Wake Health Services, Inc. - [www.whsi.org](http://www.whsi.org)**

Community Health Center offering complete primary care services. Accepts Medicare, Medicaid, and private insurance

- Rock Quarry Family Medicine, 1001 Rock Quarry Road, Raleigh, NC 27610, 919-833-3111
- Apex Family Medicine, 212 S. Salem St., Apex, NC, 27502, 919-362-5201
- Southern Wake Family Medicine, S. Regional Center, 103 N. Judd Parkway NE, Fuquay-Varina, 919-557-1110
- Horizon Health Center. 102 N. Tarboro Road, Raleigh NC, 27610, 919-743-3315  
Serves homeless, men, women, and children.

### **Alliance Medical Ministry - [www.alliancemedicalministry.org](http://www.alliancemedicalministry.org)**

Faith-based medical clinic, offering an affordable primary care home for working adults without health insurance who live in Wake County. Fees are based on your income.

- 101 Donald Ross Drive Raleigh, NC, 27610, , Raleigh, NC, 27610, 919-250-3320

### **Open Door Clinic - [www.urbanmin.org/services/opendoor.php](http://www.urbanmin.org/services/opendoor.php)**

Free medical and pharmacy services. Accept low-income patients who have no insurance and do not qualify for Medicaid or Medicare. Bring current income information and an identification card. Open Monday, Wednesday and Thursday  
Evenings 9:00 am - 8:00 am. - Tuesday 9:00 am - 12:00 and 5:00 pm - 8:00 pm.

- 1390 Capital Blvd. Raleigh, NC, 27603, 919-836-1642 ext. 336

### **Access Healthcare, Dr. Brian Forrest - <http://www.acchealth.com>**

Low-cost primary care services - pay at time of service

- 1031 W. William St., Suite 106, Apex, NC, 27502, 919-363-0190

### **QuikMed Urgent Care - [www.johnstonmemorial.org/facilities/quikmed.cfm](http://www.johnstonmemorial.org/facilities/quikmed.cfm)**

Urgent Care center for immediate needs such as acute illnesses, infections, and injuries. Pay at time of service, accepts many private insurance, will see Medicaid patients on a one-time basis.

- 133 Glen Road, Garner, NC 27529, 919-662-0058 fax 919-661-1309

### **Planned Parenthood - [www.plannedparenthood.org](http://www.plannedparenthood.org)**

Affordable reproductive health care for women of all ages - family planning, colposcopy, physical exams, hormone replacement therapy. Accepts Medicaid, many types of insurance - sliding scale fee based on income.

- 100 S. Boylan Avenue, Raleigh, NC, 27603, 919-833-7526

### **Rapid Response Urgent Care - Garner**

Urgent Care center for immediate needs such as acute illnesses, infections, and injuries. Pay at time of service, accepts many private insurances, will see Medicaid patients on a one-time basis.

- 220 Hwy 70W, Garner, NC 27529, 919-779-7890

### **WakeTeen - [www.waketeen.org](http://www.waketeen.org)**

Comprehensive services for patients age 10 - 23, including primary health care for acute and chronic problems, treatment for stress and depression. Accepts Medicaid, many types of insurance— sliding scale fee based on income.

- Located upstairs, above the Post Office on 505 Oberlin Road Suite 204, Raleigh, NC, 27605, 919-828-0035

### **Wake County Human Services - Women's Health Clinic - [www.wakegov.com](http://www.wakegov.com)**

Women's Health Clinic and Prenatal Clinic - provides family planning, prenatal care, physical exams, breast exams, and mammogram referrals when needed for women who have not gone through menopause or had a tubal ligation. Sliding scale fee based on income and family size. Accepts Medicaid and NC Health Choice.

- Public Health Center, 10 Sunnybrook Road, Raleigh, NC, 27610, 919-212-7000
- Southern Regional Center, 103 N. Judd Pkwy NE, Fuquay-Varina, NC 27526, 919-557-2501
- Eastern Regional Center, 1002 Dogwood Dr., Zebulon, NC 27597, 919-404-3900
- Northern Regional Center, 247 S. Allen Rd, Wake Forest, NC 27587, 919-562-6300

### **Mariam Clinic - [www.mariamclinic.org](http://www.mariamclinic.org)**

Free medical visits, discounted laboratory and X-ray services for adults who work and do not have health insurance.

Call on Thursday afternoon to schedule an appointment for Sunday afternoon clinic. Provides: Arabic, Hindi, Urdu, Bengali, Bosnian, Croatian, Serbian interpreters.

- 3126 Blue Ridge Road, Raleigh, NC 27612 (919) 824-4672

## Recursos para cuidado médico en Condado de Wake

### **Alliance Medical Ministry - [www.alliancemedicalministry.org](http://www.alliancemedicalministry.org)**

Servicios médicos a bajo costo para los adultos que estén trabajando y que no tengan seguro médico. Se habla español.

- 101 Donald Ross Drive Raleigh, NC, 27610, , Raleigh, NC, 27610, 919-250-3320

### **Open Door Clinic - [www.urbanmin.org/services/opendoor.php](http://www.urbanmin.org/services/opendoor.php)**

Servicios médicos y farmacéuticos gratuitos. Se aceptan pacientes de bajo ingreso económico que no tengan seguro médico y no califiquen para Medicaid o Medicare. Se habla español. Debe traer información de ingreso actual y una identificación. La clínica está abierta los Lunes, Miércoles, Jueves de 9:00 am-8:00 pm y los Martes de 9:00 am - 12:00 y de 5:00 pm - 8:00 pm.

- 1390 Capital Blvd. Raleigh, NC, 27603, 919-836-1642 x 336

### **Dra. Esperanza Ordoñez, Carolina Immediate Care**

Servicios médicos a bajo costo para toda las personas mayores de dos años, especialmente para la gente que no habla inglés. Los servicios incluyen problemas urgentes y crónicos. Se habla español. Se acepta varios seguros médicos, o se puede pagar al momento de recibir los servicios.

- 4822 Six Forks Road, Suite 104, Raleigh, NC 27609 919-334-0245 ubicados en el North Forks Professional Center

### **Rapid Response Urgent Care**

Servicios para problema urgentes. Se acepta varios seguros médicos, o se puede pagar al momento de recibir los servicios. Se habla español.

- 220 Hwy 70 W. Garner, NC 27529 919-779-7890

### **Wake Health Services. Inc. - [www.whsi.org](http://www.whsi.org)**

Centro Comunitario de Salud que ofrece servicios completos de cuidados de salud básicos. Se aceptan Medicaid, Medicare y seguros médicos. Si usted lo pide, le hacen una escala de pago basada en ingresos. Debe traer los talones de cheque de los dos últimos meses.

- **Rock Quarry Family Medicine;** 1001 Rock Quarry Rd., Raleigh, NC 27610 919-833-3111
- **Apex Family Medicine;** 212 S. Salem St., Apex, NC 27501 919-362-5201
- **Southern Wake Family Medicine- Southern Regional Center;**  
103 N. Judd Parkway NE, Fuquay-Varina, NC 919-557-1110
- **Horizon Health Center; Servicios a deambulantes.**  
102 N. Tarboro Rd. Raleigh, NC 27610 919-743-3315

### **Carolina Family Practice and Sports Medicine - [www.cfpsm.com](http://www.cfpsm.com)**

Servicios completos de cuidados de salud básicos. Se aceptan seguros médicos; se habla español.

3700 N.W. Cary Parkway, Cary, NC 27513 919-238-2000

### **Planned Parenthood - [www.plannedparenthood.org](http://www.plannedparenthood.org)**

Cuidados económicos de salud para mujeres en edades reproductivas. Se habla español los lunes. Planificación Familiar, Colonoscopia, exámenes físicos, terapia de reemplazo hormonal, etc. Se acepta Medicaid y varios seguros médicos. Escala de pago basada en los ingresos y el número de personas en la familia.

- 100 S. Boylan Ave. Raleigh, NC 27604 919-833-7526

### **Wake County Human Services - La Clínica para la Salud de las Mujeres - [www.wakegov.com](http://www.wakegov.com)**

La Clínica para la Salud de las Mujeres y la Clínica Prenatal - proveen servicios de planificación familiar, cuidado prenatal, exámenes físicos, exámenes de los senos y recomendaciones para mamografías. Los servicios se ofrecen a mujeres de edad reproductiva que no están operadas (ligadura de trompas) y que no han pasado por su cambio de vida (la menopausia). El costo es basado en los ingresos y cuantos son en la familia. Se aceptan Medicaid y NC Health Choice.

- Public Health Center, 10 Sunnybrook Road, Raleigh, NC, 27610, 919-212-7000
- Southern Regional Center, 103 N. Judd Pkwy NE, Fuquay-Varina, NC 27526, 919-557-2501
- Eastern Regional Center, 1002 Dogwood Dr., Zebulon, NC 27597, 919-404-3900
- Northern Regional Center, 247 S. Allen Rd, Wake Forest, NC 27587, 919- 562-6300

### **Dr. Patricia Herrera - [gpatriciaherreramd.com](http://gpatriciaherreramd.com)**

- 2501 Atrium Dr., Suite 310, Raleigh, NC 27607 919-783-8334

### **Mariam Clinic - [www.mariamclinic.org](http://www.mariamclinic.org)**

Servicios médicos gratuitos para los adultos que están trabajando y que no tienen seguro médico. Llame los Jueves en la tarde, para una cita. Las horas de clínica son los Domingos de 1-5 de la tarde. Se habla español.

- 3126 Blue Ridge Road, Raleigh, NC 27612 (919) 824-4672



healthy women  healthy wake

Empowering uninsured women through breast care education & early detection



Human  
Services



care  
to act **nc**  
best health care for all

## Wake County Breast Cancer Resource Directory Condado de Wake Guía de Recursos para Cáncer del Seno

### **About The NC Health And Wellness Trust Fund**

The NC Health and Wellness Trust Fund makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested \$143 million to support preventive health initiatives and \$102 million to fund prescription drug assistance programs.

**For more information, please visit [www.HealthWellNC.com](http://www.HealthWellNC.com).**

### **Información sobre el NC Health and Wellness Trust Fund:**

El NC Health and Wellness Trust Fund hace que la Carolina Norte sea más fuerte, tanto físicamente como económicamente dando fondos para programas que promueve la salud preventiva. Creada por la Asamblea General en el 2000 para distribuir la porción asignada a Carolina Norte de la parte recibida del acuerdo nacional de tabaco, HWTF ha invertido \$143 millones para apoyar las iniciativas de salud preventivas y \$102 millones en fondos para el programa de ayuda con medicamentos.

**Para más información, visite a : [www.HealthWellNC.com](http://www.HealthWellNC.com).**

### **For more information regarding this manual contact:**

Emmaline Weber - 919-784-7200 or via email [Emmaline.Weber@rexhealth.com](mailto:Emmaline.Weber@rexhealth.com).

Sarah Plentl - 919-250-4731 or via email [sarah.plentl@co.wake.nc.us](mailto:sarah.plentl@co.wake.nc.us).

Reproduction of any part of this manual is permitted for the education of your clients and/or community partners.

### **Para más información acerca de este manual favor de llamar a**

Lidia Tiller al 919-250-3876.

Se permite copiar cualquier parte de este manual si es para educar a sus clientes y/o la sociedad comunitaria.

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