

# WHERE TO GET HELP

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Your local hospital, breast cancer organization, or cancer center will usually have patient education materials they will send you if you call them for information. Your health care provider, local health department, tribe or the organizations listed below can help you get information about available resources. Your local library or bookstore may have books and publications about breast cancer written by women survivors and health care providers. Breast cancer organizations can also give you up-to-date lists of suggested books for further reading.

## **Breast Cancer Organizations and Services**

The following national, statewide and community organizations can provide you with information, materials and services related to breast cancer. They also may be able to refer you to other resources and support groups in your area. In addition, we have included Internet addresses wherever possible.

## **Organizations in Oregon**

**The American Cancer Society/NW Division-Southern Region**, 0330 SW Curry St., Portland, OR 97201, 1-800-ACS-2345, [www.cancer.org/or](http://www.cancer.org/or). ACS Area Offices are located in Eugene, Medford and Portland. Provides free support, information and programs for cancer patients and their families. The Reach To Recovery program offers emotional support to women diagnosed with breast cancer, before, during and after treatment. Breast health educational materials and programs are available. ACS supplies free wigs, prostheses and lists of local support groups and patient service programs. Free brochures on treatment, reconstruction, sexuality and other topics are available.

**Columbia River Oncology Program (CROP)**, 5050 NE Hoyt, Suite 418, Portland, OR 97213, (503) 216-6264 ext. 66264. CROP conducts clinical trials sponsored by the National Cancer Institute; sponsors the Breast Cancer Prevention Trial testing the use of Tamoxifen.

**Oregon & SW Washington Affiliate of the Susan G. Komen Breast Cancer Foundation**, 1130 SW Morrison, Suite 400, Portland, OR 97205, 1-800-404-8241, (503) 552-9160. Sponsors the largest women-only Race for the Cure®; offers educational materials and funds the Komen Breast Screening Program; community grant program funds education in Oregon and SW Washington; cosponsors “Issues After Breast Cancer” conference.

**Northwest Portland Area Indian Health Board**, 527 SW Hall, Suite 300, Portland, OR 97201, (503) 228-4185, [www.npaihb.org](http://www.npaihb.org). Provides technical assistance to nine tribes in Oregon regarding early detection of breast and cervical cancer. Maintains list of tribes and other resources for American Indian women.

**National Black Leadership Initiative on Cancer II - Oregon Chapter (NBLIC)**, c/o African American Health Coalition, 2800 N. Vancouver, Suite 100, Portland, OR 97227, (503) 413-1850, [www.aahc-portland.org](http://www.aahc-portland.org). One of thirty-three regional offices established nationwide to develop community-based strategies aimed at increasing cancer awareness, knowledge, and screening in the African American community. The Oregon Chapter is a test site for the “Stay Beautiful, Stay Alive” demonstration project, conducting breast health outreach in beauty salons that serve African American women.

**Oregon Breast and Cervical Cancer Program**, Department of Human Services, Health Services, 800 NE Oregon St., Suite 730, Portland, OR 97232, (503) 731-4273, [www.ohd.hr.state.or.us/bcc/](http://www.ohd.hr.state.or.us/bcc/). Provides a list of early detection, education and screening resources in Oregon. Offers breast and cervical cancer screening for eligible uninsured women in various locations throughout Oregon. Administers the Komen Breast Screening Program.

**Cancer Information Service for the Pacific Northwest**, Fred Hutchinson Cancer Research Center, 1100 Fairview Ave. N., MP-1700, PO Box 19024, Seattle, WA 98109, (206) 667-3009, [www.fhcrc.org](http://www.fhcrc.org). A public service of the National Cancer Institute. Offers free state-of-the-art information in English and Spanish on stages of cancer, treatment, clinical trials, cancer genetics, eating hints, and services and resources in your area.

**Young Women’s Christian Association ENCORE Program**, YWCA Portland (503) 294-7413, [www.ywca-pdx.org](http://www.ywca-pdx.org); YWCA Salem (503) 581-9922, [www.open.org/ywsalem](http://www.open.org/ywsalem). Provides support and rehabilitative exercises for breast cancer patients.

**The Hambleton Project**, 1112 NE 21st Ave., Portland, OR 97232, (503) 331-6591, [www.hambletonproject.org](http://www.hambletonproject.org). Cancer support network for lesbians. Provides support groups for lesbians with cancer and their partners, bereavement groups, referrals to lesbian-friendly health care providers, assistance with shopping, transportation and other services.

### National Organizations

**American Cancer Society**, National Headquarters, 1599 Clifton Road, NE, Atlanta GA 30329-4251, 1-800-ACS-2345. [www.cancer.org](http://www.cancer.org)

**The Susan G. Komen Breast Cancer Foundation, National Help Line** 1-800-462-9273. (I’M AWARE). Dedicated to advancing research, education, screening and treatment of breast cancer. [www.breastcancerinfo.com](http://www.breastcancerinfo.com)

**Mary-Helen Mautner Project for Lesbians with Cancer**, 1707 L St. N.W., Suite 1060, Washington, D.C. 20036, (202) 332-5536, [www.mautnerproject.org/](http://www.mautnerproject.org/)

*Lesbians & Cancer* pamphlet available in English and Spanish, focus on early detection.