

Advocacy Resource Guide

We've compiled a collection of resources that include self-care tips, educational resources, and more from some of the most recognized breast cancer advocacy groups. Whether you are someone with breast cancer or a caregiver, these resources can help boost your confidence and help motivate you to become an active participant throughout your journey

Know that Knowledge is Power

Learn about the risks of developing breast cancer:

- *Hereditary Cancer/Genetic Testing:*
<https://www.facingourrisk.org/info/hereditary-cancer-and-genetic-testing/hereditary-cancer/genes-and-cancer>
- *Black women and genetic counseling:*
<https://www.tigerlilyfoundation.org/black-women-and-genetic-counseling/>
- *Know ALL Your Genes:*
<https://sharsheret.org/know-all-your-genes-on-your-mothers-side-and-your-fathers/>

Learn more about breast cancer:

- *Susan G. Komen - About Breast Cancer:*
<https://www.komen.org/breast-cancer/>
- *Breastcancer.org – About Breast Cancer:*
<https://www.breastcancer.org/about-breast-cancer>
- *Young Survival Coalition - Breast Cancer in Young Women:*
<https://www.youngsurvival.org/learn/resources-and-tools/educational-materials>

Know your body:

- *Breast Self-Awareness:*
<https://www.komen.org/breast-cancer/screening/self-awareness/>
- *You Know Your Body Best:*
<https://realpink.komen.org/you-know-your-body-best/>
- *Signs and Symptoms:*
<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/breast-cancer-signs-and-symptoms.html>
- *Breast Cancer Recurrence:*
<https://www.breastcancer.org/types/recurrent>

Take Care of ALL of you

Nutrition:

https://www.lbbc.org/programs-events/webinar-series-living-well-optimizing-nutrition-detoxifying-kitchen-july-2022?gclid=EA1aIQobChMI8e2n6NrL-QIVXmxvBB13bwoaEAMYAiAAEgJwjfD_BwE

Healthy Living and Survivorship:

<https://sharsheret.org/resource/healthy-living-and-surviving-cancer/>

Wellness Programs and Integrative Therapy:

<https://uniteforher.org/wellness-programs/>

Do Your Research on the Treatment Option(s) for you

Triage Cancer's Checklist to Understanding Biomarker Testing:

<https://trriagecancer.org/checklist-biomarkertesting>

Breast Cancer Clinical Trials:

<https://www.breastcancertrials.org/BCTIncludes/index.html>

Reconstruction/Going Flat:

<https://www.komen.org/blog/going-flat-self-advocacy-is-key/>

Fertility and Family Planning After Breast Cancer Diagnosis:

<https://www.youngsurvival.org/learn/living-with-breast-cancer/fertility-and-family-planning>

Find the Right Healthcare Team

Choosing Your Treatment Team:

<https://www.cancer.org/treatment/treatments-and-side-effects/choosing-your-treatment-team.html>

Five things to look for:

<https://www.breastcancer.org/treatment/planning/finding-the-right-doctor>

Become an Active Member of your Health Care Team:

<https://www.cancersupportcommunity.org/cancer-diagnosis-what-you-need-know#becoming-a-n-active-member-of-your-health-care-team>

Susan G. Komen – Questions to Ask your Doctor:

<https://www.komen.org/support-resources/tools/questions-to-ask-your-doctor/>

American Cancer Society – Questions to Ask Your Doctor:

<https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-diagnosis/questions-to-ask-your-doctor-about-breast-cancer.html>

Living Beyond Breast Cancer – Questions to Ask the Oncologist:

<https://www.lbbc.org/learn/basics/questions-to-ask-oncologist>

Build a Personal Support System

What is Social Support

<https://www.komen.org/support-resources/support/social-support/>

Caring for Caregivers of those living with MBC:

<https://blog.komen.org/blog/caring-for-caregivers-of-those-living-with-mbc/>

Caregivers of Young Women Diagnosed with Breast Cancer:

<https://www.youngsurvival.org/learn/co-survivors>

10 Tips for Dealing with Caregiver Stress:

<https://sharsheret.org/10-tips-for-dealing-with-caregiver-stress/>

Being an Empowered Advocate

Being an empowered advocate means feeling confident in knowing how to approach breast cancer. These additional articles, podcasts, and resources may help prepare you for the next doctor's appointment and help you feel more in control of your care.

You are Your Best Advocate:

<https://realpink.komen.org/you-are-your-best-advocate/>

Advocating for Yourself:

- Part 1:
<https://3blackdocs.simplecast.com/episodes/advocating-for-yourself-with-jamil-rivers-part-1>
- Part 2:
<https://3blackdocs.simplecast.com/episodes/advocating-for-yourself-with-jamil-rivers-part-2>

Be your Best Advocate:

<https://www.tigerlilyfoundation.org/5070-2/>

Advocating for Men with Breast Cancer:

[Advocating for Men With Breast Cancer | Cancer.Net](#)

Additional Resources

Self-Advocacy Handbook:

https://canceradvocacy.org/wp-content/uploads/Self_Advocacy.pdf

Financial Resources & Navigating Insurance:

- The Pink Fund:
<https://pinkfund.org/>
- CancerCare:
https://www.cancercare.org/financial_assistance
- Triage Cancer:
<https://triagecancer.org/cancer-resources-and-educational-information>
- Susan G. Komen:
<https://www.komen.org/treatment-assistance-program/>
- Sharsheret:
<https://sharsheret.org/resource/handling-finances-navigating-insurance/>

Additional Resources

Helplines:

- FORCE:
<https://www.facingourrisk.org/support/helpline>
- SHARE:
<https://www.sharecancersupport.org/breast-cancer/helpline/>
- Susan G. Komen:
<https://www.komen.org/support-resources/breast-cancer-helpline/>
- Cancer Support Community:
<https://www.cancersupportcommunity.org/cancer-support-helpline>

Support Groups & Counseling:

- CancerCare:
<https://www.cancercare.org/services>
- SHAREs:
<https://healthunlocked.com/share-breast-cancer-support>

Peer Support and Navigation:

- SHARE:
<https://www.sharecancersupport.org/outreach/survivor-patient-navigator/>
- The Chrysalis Initiative:
<https://thechrysalisinitiative.org/one-on-one-coaching/>
- Patient Empowerment Network:
<https://powerfulpatients.org/2022/05/12/five-ways-the-pen-empowerment-lead-program-can-support-your-cancer-journey/>

Overcoming Barriers to Care:

- Tigerlily Foundation's Barrier Toolkits:
<https://www.tigerlilyfoundation.org/barrier-toolkits/>
- The Chrysalis Initiative BC Navi App:
<https://www.bcnavi.com/bcnavi/s/>
- Susan G. Komen - Stand for HER:
<https://www.komen.org/about-komen/our-impact/breast-cancer/stand-for-her/>