

EARLY DETECTION SAVES LIVES

Breast Health Resource Guide

Information, Support and Resources to Use and Share



What is the Avon Breast Cancer Crusade?

The *Avon Breast Cancer Crusade*, launched in 1992, has raised and awarded more than \$640-million worldwide to support the breast cancer cause and includes programs in more than 50 countries. The *Crusade*

programs are advancing access to care and finding a cure, with a focus on the medically underserved – including uninsured, low-income, or minority women, women in rural areas – and the programs strive to enable all women to access high-quality breast cancer screening and treatment.

Beneficiaries of the *Crusade* range from leading cancer research and clinical centers to community-based, non-profit breast health education programs, creating a powerful international network of research, medical, social service and community-based organizations focused on defeating breast cancer and ensuring access to care.

The Avon Foundation Breast Cancer Crusade has:

- Educated 100,000,000 women worldwide on breast health through community-based and grassroots outreach since 1992
- Linked 14,000,000 women worldwide to early detection programs and mammography screening
- Provided \$158-million to breast cancer research projects since 1999, including most recently more than \$22 million for 41 research projects focused on primary prevention, understanding the etiology and potential causes of breast cancer and developing a blood or saliva test for early detection
- Forged new collaborations among nonprofit groups, government and industry by hosting the first-ever Collaborative Summit on Breast Cancer
- Launched the Love/Avon Army of Women to accelerate the pace of prevention research by enlisting 1 million women – healthy women who have never had breast cancer and survivors – in this effort

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AVON Foundation for Women

What is the Avon Foundation for Women?

The Avon Foundation for Women was founded in the U.S. in 1955 to improve the lives of women and their families. Today the *Avon Foundation* is a 501 (c)(3) public charity that brings this mission to life through

two key initiatives: the *Speak Out Against Domestic Violence* program and the *Avon Breast Cancer Crusade*. The Foundation also supports disaster relief in times of national and international emergencies. Through 2009 Avon philanthropy has raised and awarded more than \$725 million worldwide. Many initiatives are supported by Avon Independent Sales Representatives, by selling *Avon Pink Ribbon Products* and *Avon Products, Inc.* provides generous direct resources and support to the *Avon Foundation*. Major sources of support include:

- **Avon Walk for Breast Cancer** – To walk, crew, volunteer, or to pledge financial support for the Avon Walk for Breast Cancer, visit www.avonwalk.org or call 888-541-WALK.
- **Direct Donations** by supporters of Avon’s causes, visit www.avonfoundation.org.
- **Pink Ribbon Products** – Call your local Avon Representative (or find one at 800-FOR-AVON) or visit www.avonfoundation.org.
- **Other Events** – For additional special events and opportunities to get involved, or details on our beneficiaries, visit www.avonfoundation.org.

What everyone should know about breast cancer

Breast Cancer Facts:

- More than 240,000 women, and 1,000 men, will be diagnosed with breast cancer in the U.S. in 2010.
- More than 40,000 women and 400 men die each year from the disease.
- There are more than 2 million breast cancer survivors in the United States.
- One person is diagnosed approximately every 3 minutes, and one person dies of breast cancer approximately every 14 minutes.
- People over the age of 50 account for 76% of breast cancer cases; while only 5% of breast cancer diagnoses are in people under the age of 40 and 18% are in their 40s.
- The majority of breast cancers found today are “hormone receptor positive,” and excellent treatments exist. Nearly 1 out of 5 breast cancers diagnosed will be HER2-positive breast cancer, a form that tends to grow and spread more aggressively than other breast cancer.

Reducing the Risk of Breast Cancer

All are at risk of getting breast cancer, but there are some factors that affect your risk:

- **Reduce Alcohol Use** – Regular consumption of one or more drinks a day for women is associated with an increased risk of breast cancer.
- **Diet and Nutrition** – Being overweight is linked to a higher risk of breast cancer, especially after menopause. It is best to stay at a healthy weight, eat more vegetables and fruits, and limit consumption of red meats.
- **Exercise** – Brisk walking for 1 hour a day can reduce risk by more than 15%. The American Cancer Society recommends that you engage in 45 minutes to 1 hour of physical activity at least 5 days each week.
- **Family History of Breast Cancer** – Risk is increased by any family member with breast cancer, especially if close relatives are diagnosed before the age of 50. A first-degree relative (mother, sister, daughter) with breast cancer at any age approximately doubles the risk of breast cancer.
- **Hormone Replacement Therapy** – Use only if absolutely necessary; use for as short a time as possible, and discuss alternatives with your doctor.
- **Reproductive History** – Breast cancer risk is increased by onset of menstruation before age 12, menopause after 50, and first child after 30 or no children. If you do have children, consider breast feeding for the first year and beyond as long as mutually desired by mom and child.
- **Don't Smoke or Quit Smoking** – Tobacco smoke is a known human carcinogen and is an established risk factor for lung cancer. Exposure to smoking and secondhand smoke should be avoided, particularly during childhood, puberty, pregnancy and when breast feeding.

You can learn more about reducing your risk by visiting

- American Cancer Society www.cancer.org
- National Cancer Institute www.cancer.gov
- Silent Spring Institute www.silentspring.org
- Zero Breast Cancer www.zerobreastcancer.org

Early Detection

Symptoms, Abnormalities and Changes:

Early breast cancer usually does not cause pain. In fact, when breast cancer first develops, there may be no symptoms at all. You should get to know your body, and if you find even a small change call your doctor or health care provider. Some symptoms that may indicate breast cancer include, but are not limited to:

- Lumps in breast/underarm area, nipple discharge or tenderness
- Visual change, including:
 - Size of the breast, including swelling
 - Inverted nipple
 - Pitting or scaling of the breast skin

Breast Health and Early Detection:

Early detection and treatment can help save lives. There is a 97%, 5-year survival rate when breast cancer is caught before it spreads to other parts of the body. Talk to your doctor about what age to start mammography screening and how frequently to get screened. If there is a history of breast cancer in your family, consult your doctor or health care provider as you may be advised to start earlier than others or to secure specialized screening.

Early Breast Cancer Detection:

In the fall of 2009, the U.S. Preventive Services Task Force recommended changing mammography screening guidelines, which was met with mixed reviews from medical experts, advocates and the public.

The Avon Foundation for Women advocates for empowering women of all ages by ensuring they have access to medical experts with whom to discuss breast health and the knowledge to make informed decisions with their doctors on breast health care, early detection screening for breast cancer, breast cancer risk and risk reduction strategies.

The Avon Foundation continues to support the guidelines recommended by expert groups – American Cancer Society, American College of Radiology and others – including:

- Women of average risk should begin annual screening mammography at age 40, and continue annual screening mammography for as long as the woman is in good health. (Programs to link you to mammography providers can be found by visiting www.avonbreastcare.org)

- Women in their 20's and 30's should have a clinical breast exam (CBE) as part of their periodic health exam by a health professional, preferably every 3 years (Community based groups that can help link you to CBE can be found at www.avonbreastcare.org)

- Breast self exam (BSE) – Experts now recommend BSE as optional but encourage all women to become familiar with their own bodies and watch for changes. BSE is an option for women starting in their 20s. You should report any changes in your breast health to your medical provider right away.

Different Types of Breast Cancer:

- **Ductal Carcinoma In Situ (DCIS):** Abnormal breast cells that involve only the lining of a milk duct and that have not spread outside the duct into the surrounding normal breast tissue. Also called intraductal carcinoma.
- **HER2-Positive Breast Cancer:** An aggressive form of breast cancer caused by too much of a gene called HER2 in tumor cells (overexpression). Women with breast cancer whose tumors test positive for HER2 overexpression are potential candidates for Herceptin® (chemical name trastuzumab).
- **Hormone Receptor Positive:** Breast cancer cells that have receptors (proteins) that bind to the hormones estrogen and/or progesterone and depend on estrogen or progesterone to grow. Anti-estrogen therapies, such as tamoxifen or aromatase inhibitors, work effectively against this type of cancer cell.
- **Inflammatory Breast Cancer:** Occurs in sheets or nests rather than in a solid, confined tumor. Mammograms or ultrasounds often cannot detect inflammatory breast cancer. Women should monitor their breast for skin changes, lumps, discharge and notify their doctor of any changes.
- **Invasive Breast Cancer:** Cancer that has spread beyond the layer of tissues in which it developed into surrounding, healthy tissues. Also called infiltrating cancer.
- **Page's Disease:** Paget's disease of the nipple starts in the breast ducts and spreads to the skin of the nipple and then to the areola, the dark circle around the nipple. It is rare, accounting for only 1% of all breast cancer cases.
- **Triple Negative:** Breast cancer cells that do not express the hormone estrogen or progesterone receptors or HER2/neu and do not respond well to anti-estrogen therapy, tamoxifen or aromatase inhibitor, nor to anti-HER2 therapy, trastuzumab.

Possible Treatment Options:

Surgery

- For many types of cancer, surgery is the best option. It is typically used to remove a tumor, decrease its size or limit discomfort. Two common surgical procedures are a lumpectomy and mastectomy.
 - **Reconstructive Surgery:** Procedure to replace the breast that is removed (mastectomy) with tissue that is symmetric with the other breast. Reconstruction can be done with an implant, or with tissue moved from another part of the woman's body. The reconstruction of the breast can frequently be done during the same operation when the breast is removed, and is done by a specialist in plastic and reconstructive surgery.
 - **Sentinel Lymph Node Biopsy:** A diagnostic tool to determine if cancer has spread. Dye is injected near the cancer cells to trace the nearest lymph node. The lymph node is removed to reduce the risk of the cancer cells spreading, and it is examined to determine if there are any cancer cells present.

Chemotherapy

- Chemotherapy is treatment with cancer-killing drugs that may be given intravenously (injected into a vein) or by mouth. The treatment(s) travel throughout the body by the bloodstream to reach and destroy cancer cells and to other locations where the cancer may have spread.

Radiation Therapy

- Radiation is high-energy rays aimed at the area surrounding the tumor to kill or shrink cancer cells. Radiation is applied to the area where the cancer started or another part of the body to which the cancer has spread.

Hormone Therapy

- Hormone therapy is used to treat cancer tumors that are identified as hormone receptor positive. It is most often used after surgery to help reduce the risk of cancer recurrence, although it may also be used for more advanced breast cancers. Examples include:
 - **Aromatase Inhibitor:** A class of drugs that can slow or stop the growth of cancer that requires estrogen to grow by lowering the amount of estrogen made in the body. These drugs also can reduce the risk of cancer coming back. Brand names of this type of drug include Arimidex®, Femara® and Aromasin®.
 - **Tamoxifen:** A drug that can reduce the risk of a new breast cancer and delay the return of breast cancer. It blocks estrogen receptors on breast cancer cells, and this can stop or slow the progression of cancers that require estrogen to grow.

Targeted Therapy

- Targeted therapies are designed to target specific functions of a cancer cell, such as a protein or blood vessels attached to the cancer cell. Compared to chemotherapy, targeted therapy typically does not harm healthy cells. Herceptin® (trastuzumab) is an example of an approved targeted therapy for HER2-positive breast cancer. Avastin® (bevacizumab), another targeted therapy, works by targeting and blocking a specific protein and effectively then “starves” the cancer of the oxygen and nutrients needed for it to grow and spread.
 - **FISH (Fluorescent In Situ Hybridization):** A test used to detect the increased expression of the HER2 gene on the inside of a tumor cell, making the tumor HER2-positive.
 - **HER2/neu:** A gene involved in how cells grow and multiply. In breast cancer cells that express HER2/neu, the drug Herceptin® (with a chemical name of trastuzumab) is an effective treatment.
 - **IHC (ImmunoHistoChemistry):** The most common test used to detect the overexpression of the HER2 protein on the outside of a tumor cell, making the tumor HER2-positive.

Anti-Angiogenesis

- Anti-Angiogenesis is the blocking of angiogenesis, which is the development of blood vessels by cancer cells to provide oxygen and nutrients the cancer needs to grow and spread. Targeted therapy such as Avastin® can stop the growth of new blood vessels, thereby starving the tumor.

Fertility

- There are many chemotherapy drugs that can affect the reproductive system and fertility. If you are still menstruating and concerned about fertility, talk to your doctor about the best options and about fertility preservation measures.

Sources: American Cancer Society (www.cancer.org), breastcancer.org, and Fertile Hope (www.fertilehope.org)

Breast Cancer Recurrence:

Breast cancer can recur (return) after a first diagnosis. Patients at a higher risk of recurrence include those whose cancers had previously spread to the lymph nodes and whose tumor was larger in size. Estrogen receptor status, HER2 status, menopausal status and family history are also factors.¹

Approximately one-third of women with estrogen-receptor positive early breast cancer experience a recurrence, and over half of those recurrences occur more than 5 years after surgery.² Those diagnosed with HER2-positive breast cancer are at increased risk of recurrence even after initial treatment with surgery and/or radiation therapy.

Reducing the Risk of Recurrence:

Guidelines from the American Society of Clinical Oncology (ASCO), a leading physicians' association, recommend that post menopausal women diagnosed with early breast cancer use an aromatase inhibitor (Femara® or Arimidex®) as up-front therapy or following tamoxifen treatment, even if tamoxifen has been given for 2–3 years (Aromasin®) or 5 years (Femara®).^{3,4}

In addition, guidelines from the National Comprehensive Cancer Network (NCCN) suggest two treatment recommendations based on the stage at which a HER2-positive breast cancer is diagnosed:⁵

1. For women diagnosed with early stage HER2-positive breast cancer that is greater than 1 cm in size, NCCN recommends a HER2 targeted agent Herceptin® (trastuzumab) be given along with other treatments for breast cancer to reduce the risk of recurrence. Herceptin® has been shown in clinical trials to reduce the risk for cancer recurrence by approximately 50%.
2. For women diagnosed with later stage or metastatic HER2-positive breast cancer, ASCO recommends a HER2 biologic, targeted therapy Herceptin® (trastuzumab) be given either alone or in combination with other treatments for metastatic breast cancer. Use of Herceptin® in individuals with metastatic breast cancer has been shown in clinical trials to improve overall survival.

Whether surgery was recently completed or undertaken several years ago, women concerned about a relapse, and what options may be available to them, should talk to their doctor.

1. Saphner T. Annual Hazard Rates of Recurrence for Breast Cancer after Primary Therapy. *J. Clin. Oncol.* 1996; 14: 2738-2746.
2. Introduction and methods sections reproduced from: Early Breast Cancer Trialists' Collaborative Group "Treatment of Early Breast Cancer, Volume 1. Worldwide Evidence 1985-1990." Oxford University CTSU. <http://www.ctsu.ox.ac.uk>. Accessed: August 21, 2004. Goss PE, Ingle JN, Martino S, et al. Updated Analysis of the NCIC CTG MA. 17 randomized placebo (P) controlled trial of *Clin Oncol.* 2004;23:87 [Abstract 847].
3. Winer E. American Society of Clinical Oncology Technology Assessment on the Use of Aromatase Inhibitors As Adjuvant Therapy for Postmenopausal Women With Hormone Receptor-Positive Breast Cancer: Status Report 2004. *J. Clin. Oncol.* 2004; 23: 1-11.
4. Pronzato P. American Society of Clinical Oncology Factors influencing the switch from Tamoxifen (TAM) to Aromatase Inhibitors (AIs) as adjuvant therapy in early breast cancer (EBC) patients (pts). Results from the NORA study. *J. Clin. Oncol. (Meeting Abstracts)* 2006; 24: 10633 [Abstract]
5. Breast Cancer: NCCN Clinical Practice Guidelines in Oncology, 2008. www.nccn.org

Resource Listings:

Do you need help, support or guidance? These selected organizations funded by the Avon Foundation offer lifesaving information and direct services. For more information on these and other organizations, visit www.avonfoundation.org.

National Programs

- **AVONCares program at CancerCare.** Support services nationwide. 800-813-HOPE (4673), www.cancercares.org
- **Breast Cancer Network of Strength.** Community education and support. 800-221-2141, www.networkofstrength.org
- **"Cancer and Careers" Web site for working women with cancer.** 212-685-5955, www.cancerandcareers.org
- **"Look Good...Feel Better" program** offering free seminars to help overcome the appearance-related effects of cancer and cancer treatment. 800-395-LOOK, www.lookgoodfeelbetter.org
- **National Breast Cancer Coalition Fund/Project LEAD** training for breast cancer advocates on legislative and medical developments. 800-622-2838, www.stopbreastcancer.org
- **Young Survival Coalition for women 40 and under with breast cancer.** 877.YSC.1011, www.youngsurvival.org

Avon Foundation Centers of Excellence

The Avon Foundation Centers of Excellence are currently eight institutions that have either named Avon facilities or named programs with which Avon has a longstanding relationship. The Avon Foundation supports Avon Centers in both their breast cancer research efforts and patient access to care programs, with a focus on medically underserved populations.

- **Massachusetts General Hospital Cancer Center**, Boston, MA, 617-726-5130 or 877-726-5130, www.massgeneral.org/cancer
- **New York Presbyterian Hospital/Columbia University Medical Center, Herbert Irving Comprehensive Cancer Center**, New York, NY, 212-305-9335 or 212-851-4516, www.ccc.columbia.edu
- **Robert H. Lurie Comprehensive Cancer Center of Northwestern University**, Chicago, IL, 866-587-4322, www.lurie.northwestern.edu
- **Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins**, Baltimore, MD, 410- 955-5222, www.hopkinskimmelcancercenter.org/
- **UCLA Jonsson Comprehensive Cancer Center**, Los Angeles, CA, 310-825-5268, www.cancer.ucla.edu
- **University of California, San Francisco General Hospital/San Francisco Comprehensive Cancer Center**, San Francisco, CA, 415-885-7777, www.cancer.ucsf.edu
- **University of Colorado Cancer Center at the University of Colorado Hospital**, Denver, CO, 720-848-0300, www.uccc.info
- **Winship Cancer Institute of Emory University School of Medicine and Grady Memorial Hospital**, Atlanta, GA, 404-778-1900 or 888-WINSHIP (888-946-7447), www.winshipcancerinstitute.org

Avon Foundation Breast Care Fund

The Avon Foundation Breast Care Fund supports 125 programs (at least one in nearly every state) to link medically underserved women to breast health education and screening services. Through this project, the Avon Foundation has made the largest contribution ever provided to community-based breast cancer programs. 212-244-5368, www.avonbreastcare.org

Resources by Region

The selected organizations listed below provide breast health and support services. Programs include Safety Net Hospitals and other organizations that have traditionally cared for uninsured, at-risk, low-income, and minority patients to enable medically underserved women to access high quality care.

Northeast

- **BayState Medical Center**, Springfield, MA, 413-794-2727, www.baystatehealth.com/bmc
- **Bellevue Hospital Center**, New York, NY, 212-562-1000, www.nyc.gov/html/hhc/html/facilities/bellevue.shtml
- **Boston Medical Center**, Boston, MA, 617-638-7970 or 617-414-5951, www.bmc.org
- **Cambridge Health Alliance**, Cambridge, MA, 617-665-2300, www.challiance.org
- **Community Hospital of Dobbs Ferry**, Dobbs Ferry, NY, 914-693-0700, www.riversidehealth.org/body.cfm?id=152
- **Community Servings**, Jamaica Plain, MA, 617-522-7777, www.servings.org
- **Dana Farber Cancer Institute**, Boston, MA, 877-332-4294, www.dana-farber.org
- **God's Love We Deliver**, New York, NY, 212-294-8100, www.glwd.org
- **Jacobi Medical Center**, Bronx, NY, 718-918-5000, www.nyc.gov/html/hhc/jacobi/
- **Kings County Hospital Center**, Brooklyn, NY, 718-245-3627, www.nyc.gov/html/hhc/html/facilities/kings.shtml
- **Lincoln Medical & Mental Health Center**, Bronx, NY, 718-579-5000, www.nyc.gov/html/hhc/html/facilities/lincoln.shtml
- **Lutheran Family Health Center Network**, Brooklyn, NY, 718-630-7000, www.lutheranmedicalcenter.com
- **Metropolitan Hospital Center**, New York, NY, 212-423-6262, www.nyc.gov/html/hhc/html/facilities/metropolitan.shtml
- **New York University Cancer Institute/Bellevue Hospital Collaborative**, New York, NY, 888-769-8633, www.med.nyu.edu/nyuci/
- **Newark Beth Israel Medical Center**, Newark, NJ, 973-926-7000, www.sbhcs.com/hospitals/newark_beth_israel/
- **Northern Westchester Hospital**, Mount Kisco, NY, 914-242-7640, www.nwhc.net
- **Rhode Island Hospital/Miriam Hospital, Lifespan**, Providence, RI, 866-401-0002, www.lifespan.org
- **Silent Spring Institute**, Newton, MA, 617-332-4288, www.silent.spring.org
- **St. Mary's Regional Medical Center/Sisters of Charity**, Lewiston, ME, 207-777-4445, www.stmarysmaine.com/womens-health/breast-health/
- **St. John's Riverside Hospital**, Yonkers, NY, 914-964-4330, www.riversidehealth.org/body.cfm?id=18

Mid-Atlantic

- **Adventist HealthCare**, Rockville, MD, 301-315-3030, www.adventisthealthcare.com
- **Antietam Healthcare**, Hagerstown, MD, 301-790-8631, www.antietamhealthcare.org
- **Capital Breast Care Center**, Washington, DC, 202-784-2700, www.capitalbreastcare.org
- **Food and Friends**, Washington, DC, 202-269-6825, www.foodandfriends.org
- **Franklin Square Hospital Center**, Baltimore, MD, 877-715-HOPE, www.franklinsquare.org/
- **George Washington University**, Washington, DC, 202-715-4907, www.gwhospital.com/hospital-services-A-N/breast-care-center
- **Georgetown Medical Center, Lombardi Comprehensive Cancer Center**, Washington, DC, 202-444-4000, <http://lombardi.georgetown.edu/>

- **Thomas Jefferson University Hospital**, Philadelphia, PA, 800-JEFF-NOW, www.jeffersonhospital.org/
- **University of Maryland Baltimore**, Baltimore, MD, 800-492-5538, www.umm.edu/
- **Winchester Medical Center**, Winchester, VA, 540-536-8000, www.valleyhealthlink.com/Default.aspx?tabid=469

Southeast

- **Blumenthal Cancer Center, Carolinas Medical Center**, Charlotte, NC, 704-355-2884, www.carolinamediacalcenter.org
- **Duke University**, Durham, NC, 888-ASK-DUKE, www.cancer.duke.edu/
- **Medical University of South Carolina, Hollings Cancer Center**, Charleston, SC, 843-792-9300, hcc.musc.edu
- **North Broward Hospital District**, Fort Lauderdale, FL, 954-759-7400, www.browardhealth.org/
- **North Carolina Baptist Medical Center, Wake Forest University**, Winston-Salem, NC, 336-716-2255, www.wfubmc.edu/cancer
- **Palmetto Health**, Columbia, SC, 803-296-8888, www.palmettohealth.org
- **Presbyterian Cancer Center**, Charlotte, NC, 704-384-4177, www.presbyterian.org
- **University of Miami/Sylvester Comprehensive Cancer Center**, Miami, FL, 800-545-2292, www.sylvester.org
- **University of Tennessee Medical Center**, Knoxville, TN, 865-305-9753, www.UTMedicalcenter.org

Midwest

- **Advocate Trinity Hospital**, Chicago, IL, 773-967-2000, www.advocatehealth.com/trin/
- **City of Chicago / Department of Public Health**, Chicago, IL, 312-747-9155, www.cityofchicago.org/Health/
- **The Cleveland Clinic**, Cleveland, OH, 216-444-3024, www.clevelandclinic.org/breastcenter
- **Cook County Bureau of Health Services**, Chicago, IL, 312-864-4436, www.cchil.org
- **John H. Stroger, Jr. Hospital of Cook County/Hektoen Institute for Medical Research**, Chicago, IL, 312-633-6000, www.cchil.org
- **Marion General Hospital**, Marion, IN, 765-662-4000, www.mgh.net/skins/ServicesRadiology.aspx?ID=113
- **Mercy Hospital & Medical Center**, Chicago, IL, 312-567-2273, www.mercy-chicago.org/mercyCMS/
- **Mount Sinai Hospital**, Chicago, IL, 773-542-2000, www.sinai.org
- **Rush - Copley Medical Center**, Aurora, IL, 630-978-4950, www.rushcopley.com
- **Siteman Cancer Center, Washington University St. Louis**, St. Louis, MO, 800-600-3606, www.siteman.wustl.edu
- **Southern Illinois Hospital Services**, Carbondale, IL, 618-457-2281, www.memorialhospitalofcarbondale.org/home.nsf/mhc/thebreastcenter?Open&type=mhc
- **St. Francis Hospital**, Milwaukee, WI, 414-647-5000, www.mywheaton.org/location/st_francis/index.asp
- **Truman Medical Center**, Kansas City, MO, 816-404-1000, www.trumed.org

Southwest

- **Alamo Breast Cancer Foundation**, San Antonio, TX, 800-692-9535, www.alamobreastcancer.org
- **Baylor College of Medicine**, Houston, TX, 713-798-4951, www.bcm.edu
- **The Children's Treehouse Foundation**, Denver, CO, 303-322-1202, www.childrenstreousefdn.org
- **Denver Health & Hospitals Corp**, Denver, CO, 303-436-4949, www.denverhealth.org
- **LBJ Hospital / MD Anderson Cancer Center**, Houston, TX, 877-MDA-6789, www.mdanderson.org/

- **Memorial Hospital Foundation**, Colorado Springs, CO, 719-365-2900, www.memorialhealthsystem.com
- **Nevada Cancer Institute**, Las Vegas, NV, 702-822-5433, www.nevadacancerinstitute.org
- **Project Angel Heart**, Denver, CO, 303-830-0202, www.projectangelheart.org
- **The Rose**, Houston, TX, 281-484-4708, www.the-rose.org
- **University of Texas MD Anderson Cancer Center**, Houston, TX, 877-MDA-6789, www.mdanderson.org/

West

- **Alameda County Medical Center**, Oakland, CA, 510-437-8366, www.acmedctr.org
- **Antelope Valley Community Center**, Lancaster, CA, 661-949-5000, www.avhospital.org
- **Cancer Resource Center of Mendocino**, Mendocino, CA, 707-937-3833, www.crcmendocino.org
- **Charlotte Maxwell Complementary Clinic**, Oakland and San Francisco, CA, 510-601-7660, www.charlottemaxwell.org
- **Clinica Msr. Oscar Romero**, Los Angeles, CA, 213-989-7700, www.clinicaromero.com
- **Contra Costa Health Services**, Martinez, CA, 800-495-8885, www.cchealth.org
- **Council of Community Clinics**, San Diego, CA, 800-640-1662, www.ccc-sd.org
- **Fred Hutchinson Cancer Research Center**, Seattle, WA, 206-667-5000, www.fhcrc.org
- **John Wayne Cancer Institute**, Santa Monica, CA, 800-262-6259, www.jwci.org
- **Northridge Hospital**, Northridge, CA, 818-885-8500, www.chw.edu
- **Olive View UCLA Medical Center**, Los Angeles, CA, 800-427-8700, www.ladhs.org
- **Oregon Health & Science University**, Portland, OR, 503-494-4673, www.ohsuwomenshealth.com
- **Project Angel Food**, Los Angeles, CA, 323-845-1800, www.angelfood.org
- **Project Open Hand**, San Francisco, CA, 415-447-2300, www.openhand.org
- **San Mateo Medical Center Foundation**, San Mateo, CA, 650-573-2222, www.sanmateomedicalcenter.org
- **Sharp Chula Vista Hospital**, San Diego, CA, 619-482-5800, www.sharp.com
- **Valley Medical Center**, San Jose, CA, 408-885-5299, www.vmcfoundation.org
- **Women's Cancer Resource Center**, Oakland, CA, 888-421-7900, www.wcrc.org
- **Zero Breast Cancer**, San Rafael, CA, 415-507-1949, www.breastcancerwatch.org

Breast cancer information and resources are also available from:

- **American Cancer Society**, 800-ACS-2345, www.cancer.org
- **Breastcancer.org**, www.breastcancer.org
- **CancerCare Co-Payment Assistance Foundation**. Provides financial assistance to insured individuals with the out-of-pocket costs for chemotherapy medications. www.cancercarecopay.org
- **FORCE**: www.facingourrisk.org
- **HER2 Support**, www.HER2support.org
- **Living Beyond Breast Cancer**, www.lbbc.org
- **Metastatic Breast Cancer Network, Inc.**, www.mbcnetwork.org
- **National Cancer Institute**, 800-4CANCER, www.cancer.gov
- **National Institute of Environmental Health Sciences**, Breast Cancer and the Environment Research Centers, www.bcerc.org
- For information on clinical trials, www.breastcancertrials.org or www.clinicaltrials.gov



Be in it to Help Us End it.

One Million Women. One Research Goal.
One Revolutionary Opportunity.
Together we can prevent breast cancer.

Join here: www.armyofwomen.org

The *Army of Women* provides women the opportunity to partner with the scientists who are conducting the research that will move us beyond a cure and teach us how to end breast cancer once and for all.

In 2008 the *Avon Foundation* and the *Dr. Susan Love Research Foundation* joined together to launch a new effort to foster research to understand the causes and prevention of breast cancer called the *Love/Avon Army of Women*. The *Army of Women* has gathered an 'army' in excess of 325,000 women willing to consider participating in research studies that need volunteers. Please consider joining the *Army of Women* and learn how you can help end breast cancer.



AVON
FOUNDATION DR. SUSAN LOVE
RESEARCH FOUNDATION

A partnership between the Dr. Susan Love
Research Foundation and the Avon Foundation.



Dr. Lori Strachowski of SFGH, Reese Witherspoon, and Avon Foundation President Carol Kurzig celebrate the 5th Anniversary of the Avon Foundation Comprehensive Breast Center at San Francisco General Hospital, which has received more than \$19 million since 2001 to support patient navigators, the mobile mammography program, new equipment and capital improvements to the breast imaging center.

“As Honorary Chairperson of the Avon Foundation for Women, I know firsthand what important progress we are funding in both breast cancer research and access to patient care. Avon and the Avon Foundation support leading researchers, major medical centers, safety net public hospitals, local breast cancer organizations, outreach programs, patient navigators and advocacy groups—and together they form a global network committed to the vision of a world without breast cancer. I’m so proud that Avon is the leading corporate supporter of the breast cancer cause, and I am honored to add my voice to this important effort.”

Reese Witherspoon

Honorary Chairperson,
Avon Foundation for Women

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