

Making Strides Against Breast Cancer in Massachusetts

Making Strides toward a world with more birthdays

- The American Cancer Society Making Strides Against Breast Cancer is a noncompetitive walk that unites communities to honor and celebrate breast cancer survivors, to educate women about prevention and early detection, and to raise money to help people stay well, get well, find cures, and fight back against the disease.
- Since 1993, nearly 5 million walkers have raised more than \$340 million through Making Strides. In 2009, nearly 700,000 walkers across the country collected \$60 million to help fight breast cancer.
- Hundreds of companies from across the state participate in Making Strides by forming teams with their employees, building camaraderie while recognizing survivors and caregivers in their organization.

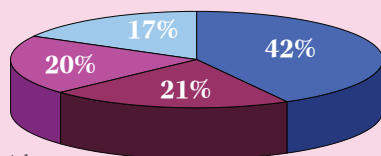
We are finding cures

- The American Cancer Society currently funds 215 breast cancer research projects totaling \$118 million.
- 23 breast cancer research grants are in effect in Massachusetts, totaling more than \$10 million. Grants are active at Beth Israel Deaconess Medical Center, Boston University, Brigham and Women's Hospital, Dana-Farber Cancer Institute, Harvard Medical School, Harvard University, Harvard Pilgrim Health Care, Massachusetts General Hospital, MIT, Tufts University, University of Massachusetts Medical School, and the Whitehead Institute for Biomedical Research.
- We played a role in nearly every major cancer research breakthrough of the last century, leading to groundbreaking discoveries of breast cancer's causes and cures.

The American Cancer Society is helping people get well and stay well

- We help people reduce their risk of breast cancer or find it early by educating and empowering them to get mammograms and clinical breast exams, and to live healthy lives so they can stay well.
- We provide answers to questions day and night through **1.800.227.2345** and **cancer.org**. Breast cancer is the number one reason people call us.
- The American Cancer Society helps patients get to and from treatment appointments through our **Road to RecoverySM** program.
- Our **Look Good...Feel Better[®]** workshops teach ways to help with the appearance-related side effects of active treatment.
- **Reach to Recovery[®]** offers one-to-one support for newly diagnosed breast cancer patients from survivors.
- When outpatient treatment is far from home, the American Cancer Society provides a free place to stay at **Hope Lodge[®]**. There are 29 Lodges across the country and three in New England, in Boston, Worcester, and Burlington, Vermont.
- We offer online patient-to-patient support through our **Cancer Survivors' NetworkSM** at **cancer.org/csn**.
- Our **I Can Cope[®]** educational program provides cancer-related information to anyone facing cancer, whether that is personally or as a friend or family caregiver.
- The Society partners with the state's Women's Health Network to support funding and to educate uninsured women about breast health and the availability of free mammograms.

Making Strides dollars at work



Prevention and Detection include Advocacy.

For cancer information, local resources, and support, contact the American Cancer Society anytime, day or night:

1.800.227.2345 | cancer.org

Walk with us in October

Boston

The Berkshires - Adams, Barnstable, and Nantucket

cancer.org/stridesonline | 1.800.227.2345

Making Strides Against Breast Cancer in Massachusetts

We are fighting back

- We work with legislators to pass laws to defeat breast cancer and ensure that all women have access to mammograms, lifesaving treatments, and the best quality of life. We rally communities to join us in these efforts.
- Our nonprofit, nonpartisan advocacy affiliate, the American Cancer Society Cancer Action NetworkSM (ACS CAN) works hard to keep breast cancer funding a top priority for our nation's lawmakers. Our advocacy efforts are impacting many of the laws that govern what options are available for people battling cancer. Learn more about fighting back at acsan.org/makingstrides.
- We have successfully lobbied Congress for millions of dollars for the Centers for Disease Control and Prevention National Breast and Cervical Cancer Early Detection Program, which helps low-income, uninsured, and underinsured women get access to critical screenings and follow-up treatment. We are currently working to increase funding for the program so it can serve more eligible women.
- To address disparities in health care, the Society supported the passage of the Massachusetts Health Reform Law and works to ensure access to health care for all that is adequate, available, affordable, and administratively simple.



We **save lives** and create more birthdays by helping you stay well, helping you get well, by finding cures, and by fighting back.

cancer.org | 1.800.227.2345

The facts on breast cancer

- In 2010, nearly 200,000 people in the United States are expected to be diagnosed with breast cancer, and nearly 40,000 people are expected to die from the disease.
- There are 2.5 million breast cancer survivors living in the United States.
- Breast cancer is the most frequently diagnosed cancer in women and the second-leading cause of cancer death in women after lung cancer.
- The five-year relative survival rate for breast cancer that has not spread to the lymph nodes or other locations has increased from 80% in the 1950s to 98% today. This is attributed to early detection and better treatment. 61% of breast cancer is found at this early stage.

Sources of information: American Cancer Society Cancer Facts and Figures Publications, 2009 and 2010.

Early detection saves lives.

The American Cancer Society recommends that all **women 40 and older** should have a **yearly mammogram** and **clinical breast examination**.