

# Cancer or redness of the skin, and nipple



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Cancer is a group of diseases that cause cells in the body to change and spread out of control.

Most types of cancer cells eventually form a lump or mass called a tumor, and are named after the part of the body where the tumor originates. Most breast cancers begin either in the breast tissue made up of glands for milk production, called lobules, or in the ducts that connect the lobules to the nipple. The remainder of the breast is made up of fatty, connective, and lymphatic tissues. Breast cancer typically produces no symptoms when the tumor is small and most easily treated, which is why screening is important for early detection. The most common physical sign is a painless lump. Sometimes breast cancer spreads to underarm lymph nodes and causes a lump or swelling, even before the original breast tumor is large enough to be felt.

Less common signs and symptoms include breast pain or heaviness, persistent changes, such as swelling, thickening, or redness of the skin, and nipple abnormalities such as spontaneous discharge (especially if bloody), erosion, or retraction. Any persistent change in the breast should be evaluated by a physician as soon as possible. Breast cancer is typically detected either during a screening examination, before symptoms have developed, or after a woman notices a lump. Most masses seen on a mammogram and most breast lumps turn out to be benign (not cancerous), do not grow uncontrollably or spread, and are not life-threatening. When cancer is suspected, microscopic analysis of breast tissue is necessary for a diagnosis and to determine the extent of spread (stage) and characterize the

type of the disease. The tissue for microscopic analysis can be obtained from a needle biopsy (fine-needle or wider core needle) or surgical incision.

Selection of the type of biopsy is based on multiple factors, including the size and location of the mass, as well as patient factors and preferences and resources (1). For people diagnosed with cancer and their loved ones, there is increasing evidence that support groups can be beneficial in improving not only the day-to-day quality of life but also on your chances of survival. For some it is relatively easy to find a local group, and there are also telephone and online support groups available. Explain to the patient that the Cancer Support Community Helpline (888 793-9355) can help locate an existing support group in the community (2). The following organizations offer a variety of programs, which have highlighted special initiatives that help them stand out

(4):

3 1. Barbells for Boobs Barbells for Boobs are a nonprofit organization dedicated to the early detection of breast cancer, with an emphasis on women under the age of 40 and men. Inspired by athletes everywhere, local communities come together, fundraise, and help the organization detect potentially life-threatening breast cancer occurrences.

Barbells for Boobs was created to provide critical funding to breast centers nationally as a resource for thousands of men and women who do not qualify for government funding or charitable resources in the detection of breast cancer. 2. Bright Pink Bright Pink is the only national nonprofit organization focused on prevention and early detection of breast cancer and ovarian cancers in young women. They aim to reach the 52 million young women

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in the United States between the ages of 18 and 45 with their innovative, life-saving breast and ovarian health programs, with the hopes of empowering this and future generations of women to live healthier, happier, and longer lives.

Bright Pink offers Brighten Up<sup>®</sup> Educational Workshops to educate and inspire young women to be proactive advocates for their health. Facilitated by a certified Bright Pink education ambassador, these 20-minute presentations, delivered at workplaces, faith-based institutions, community centers and other gathering places, ground participants in the basics of breast and ovarian health, introduce them to the idea of different lifetime risk levels, provide early detection and prevention strategies, and equip them with life-saving knowledge that will inspire them to take action. 3.

**Breast Cancer Research Foundation** The Breast Cancer Research Foundation (BCRF) is a nonprofit organization committed to achieving prevention and a cure for breast cancer. They provide critical funding for worldwide cancer research to fuel advances in tumor biology, genetics, prevention, treatment, metastasis and survivorship. Since their founding in 1993 by Evelyn H.

Lauder, BCRF has raised over half a billion dollars in lifesaving research. In 2014-2015, BCRF will award \$47 million in annual grants to more than 235 scientists from top universities and medical institutions around the globe.

4 Because breast cancer is a complex disease with no simple solution, BCRF is dedicated to having their researchers tackle it from every angle. Areas of focus include: Tumor  
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biology Heredity and ethnicity Lifestyle and prevention Treatment Survivorship Metastasis The Breast Cancer Research Foundation fundraises in a variety of ways. Individual donors can give online through one-time or monthly payments.

There is also the opportunity to create your own fundraiser, attend a signature event or purchase a product from one of BCRF's partners. 4. National Breast Cancer Foundation The National Breast Cancer Foundation (NBCF) is dedicated to helping women now by providing help and inspiring hope to those affected by breast cancer. Their focus is on early detection, education and support services. With increased healthcare costs and a rapidly increasing percentage of uninsured women, many unfortunately cannot afford the cost of screening tests.

That's why NBCF provides free mammograms to women in all 50 states through their network of hospitals. NBCF is a stabilizing force in the lives of hundreds of thousands of women who have reached a crossroad in their lives and need help crossing the bridge. NBCF offers free, innovative programs that differentiate them from other nonprofit organizations combating breast cancer. These programs include: National Mammography Program - Free mammograms and diagnostic breast care services Beyond The Shock - Comprehensive video series about breast cancer Early Detection Plan - Tool to receive reminders to do breast self-exams and schedule your clinical breast exams and mammograms Breast Health Awareness - In-person training sessions, materials provided at events, online training modules

Patient Navigator Program – Locate medical facilities in NBCF's network.

**Lynne Cohen Foundation** The Lynne Cohen Foundation serves women facing increased risk for ovarian and breast cancers. With education programs and comprehensive care clinics, they arm these women and their families with the knowledge, tools, and clinical support needed to take action early, survive, and thrive. There are three main areas of focus including prevention, education and connection.

**6. Keep A Breast Foundation** The Keep A Breast Foundation™ Foundation is the leading youth-focused, global, nonprofit breast cancer organization. Their mission is to eradicate breast cancer for future generations by providing support programs for young people impacted by cancer and educating people about prevention, early detection, and cancer-causing toxins in the everyday environment.

“ Since our inception 15 years ago, Keep A Breast has made connections with younger generations about breast health through music, art, skate and surf culture. We meet young people where they are, tried to take the stigma out of the language and empower them with the education to make the best personal choices. As we look back on the progress that we've made since our early years, we want to take the time to celebrate the conversations that young people have sparked in their communities about the importance of being your own health advocate. Keep a Breast attracts millennial donors by offering a variety of options including: Peer-to-Peer Fundraising: Creating a custom online fundraiser page for Keep A Breast. DIY Action Fundraisers: Ways for supporters to throw grassroots fundraisers, from small concerts, to <https://assignbuster.com/cancer-or-redness-of-the-skin-and-nipple/>

car washes, to monthly nightsout that raise funds for Keep A Breast's education and prevention outreachprograms. Volunteer Programs: A frequently updated volunteerpage with upcoming opportunities.

They also have call outs for event volunteerson Facebook and Twitter.

Donation Page: Donate directly to the Keep A BreastFoundation on their donation page. Official Keep Breast Cause Merchandise: The majorityof support comes from their cause merchandise that includes bracelets, shirts, and other gear designed specifically to engage young people.

67. Facing ourRisk of Cancer Empowered (FORCE) Facing our Risk of Cancer Empowered (FORCE) is workingto improve the lives of individuals and families affected by hereditary breastand ovarian cancer. FORCE also advocates for families when it comes to accessto care, research funding, insurance, and privacy. FORCE has eight main mission objectives:- Provide women with resources to determine whetherthey are at high risk for breast and ovarian cancer due to geneticpredisposition, family history, or other factors.-Provide information about options for managing andliving with these risk factors.-Provide support for women as they pursue theseoptions.

-Provide support for families facing these risks.-Raise awareness of hereditary breast and ovariancancer.-Represent the concerns and interests of high-riskconstituency to the cancer advocacy community, the scientific and medicalcommunity, the legislative community and the general public.- Promote research specific to hereditary cancer.

-Reduce disparities among underserved populations bypromoting access to information, resources, and clinical trials specific tohereditary breast and

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ovarian cancer<sup>8</sup>. Texas MamaJama Ride The Texas Mama Jama Ride is dedicated to raising funds to help families in their local community facing breast cancer. Their supportive community of cyclists, volunteers, sponsors, and beneficiary organizations come together each year to participate in one of the best supported and fun bike rides in Texas.

Since its inception, Texas MamaJama Ride has raised more than 2.3 million dollars to help save and improve the lives of those facing breast cancer. <sup>9</sup>.

The Pink Agenda The Pink Agenda is committed to raising money for breast cancer research and care, as well as awareness of the disease among young professionals. Their belief is that engaging today's generation can go a long way toward finding tomorrow's cure. The Pink Agenda finds, funds, and partners with people and programs that are improving the lives of those suffering from breast cancer and conducting groundbreaking research necessary to improve their odds. To do so, the

<sup>7</sup> Pink Agenda supports the work of the Breast Cancer Research Foundation and FAB-U-WISH, an initiative established by breast cancer survivor, E! News anchor and television personality Giuliana Rancic to help women undergoing treatment for breast cancer feel fabulous. <sup>10</sup>. The Karen Wellington

Foundation Friends and family established the Karen Wellington Foundation for LIVING with breast cancer in 2007 in memory of Karen, a young mom diagnosed with breast cancer at age 30 who passed away at age 40.

Karen's foundation has a fun-only mission (#FunNow).

They send women and their families on special vacations, spa days, dinners out, concerts and other fun-only activities. They ask vacation home owners to



donate a week a year of their vacation homes and they match them with worthy recipients and put the fun together. Nomination forms for a fun vacation are online and are reviewed by staff at The Karen Wellington Foundation. Vacation homes are donated for use throughout the year at various destinations for specific weeks.

All homes are well-appointed and each vacation is filled with fun and quality time. The foundation strives to match getaways with what is available at the time the applicant is able to travel. Other factors include:-Where the applicant is traveling from-Particular vacation preferred – beach, mountains, etc.-Number of immediate family members travelling with the applicant Aside from donating fun-filled vacations for families in need, The Karen Wellington Foundation also collects donations through online fundraising and year-round events.

11. The Breast Cancer Charities of America The Breast Cancer Charities of America (BCCA) exists to eliminate breast cancer as a life-threatening illness. They bring together organizations representing all health and social service disciplines in the commitment to establish new and unprecedented levels of effectiveness in research, education, advocacy, and support. BCCA is the only nonprofit bringing the 'integrated cancer care' message to women across America.

8 Funds received by the BCCA are used to conduct research on the link between breast cancer and nutrition. Funding is also used to educate the public and health care professionals on integrated cancer care. Other portions of gifts are dedicated to: Help Now Fund —

Provides emergency financial assistance to help people in active treatment with their rent and utilities.

University Educational Program - Promotes the prevention message to college campuses and young women as they make healthy life choices

Feeling Beautiful Again - Program service designed by a breast cancer survivor to provide a gift bag filled with educational and beauty items that address the psychological side of cancer

Survivor Kits - Go into more than 450 hospitals nationwide with step-by-step directions on the breast cancer

journey

Educational Empowerment Programs - Teaching women across the U.S. the steps to prevention and survivorship of breast cancer

Medical Missions - Providing clean medical supplies to impoverished nations

12. Breast Cancer Emergency Fund Since 2001, Breast Cancer Emergency Fund (BCEF)

has been the only Bay Area organization dedicated to providing emergency financial assistance to low-income women and men battling breast cancer.

BCEF has delivered over \$2,500,000 in quick, compassionate care to help reduce financial hardship, improve quality of life and enable people to focus

on their health and families. BCEF works closely with each client, and more

than 40 community partners, to immediately meet the most critical

needs. BCEF also hosts a variety of annual signature events including This

Old Bag: The Power of the Purse and Beats for Boobs®. Aside from larger

signature events, BCEF also hosts a number of community events

including long distance walks, art walks, raffles, music events, silent auctions,

and more. Supporters can also give through online donations, event

sponsorship; employee giving campaigns, matching gifts, and corporate

foundation

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grants.

9Although breast cancer receives the most attention during Breast Cancer Awareness month each October, charities work all year long to raise funds for the prevention, treatment, and cure of this devastating disease. All throughout the year people have the opportunity to participate in various walks, runs, and other special events raising money to fight breast cancer.

The pink ribbon has become the symbol for awareness of the disease and can be found adorning everything from soda cans to sneakers. But how many of us stop to examine those pink ribbon charities soliciting our support?(3) The answer to this question helps us reflect on how much we are willing to help raise breast cancer awareness.