

Culture in Breast Cancer: Overcoming Unequal Obstacles

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Zero Breast Cancer Webinar

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Asian Americans & Cancer

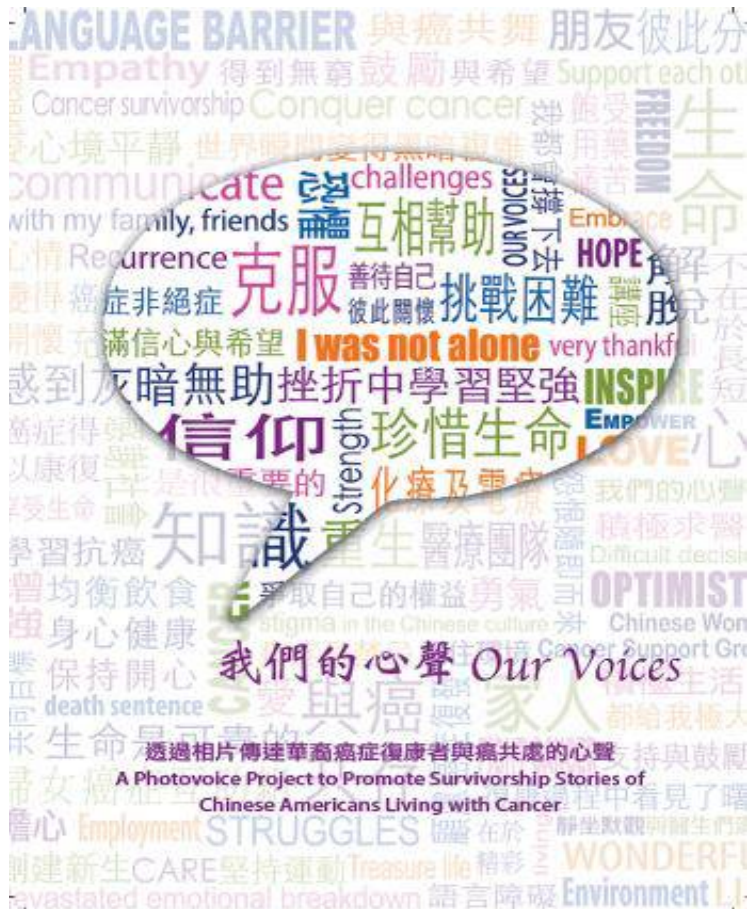
- Cancer is the leading cause of death for AA
- Language barriers
- Cancer stigma
 - Prevents people from sharing, receiving support
 - Promotes loneliness, isolation

Need for patient-centered, culturally & linguistically appropriate care for Asian American living with cancer

Chinatown Public Health Center - Chinese Women Cancer Support & Advocacy Services

- **Chinese Women Cancer Support Group (1994 - present)**
- **Quilt Making – 2 quilts (1998, 2015)**
- **Publications**
 - **Our Stories (2001)**
 - **Our Voices (2016)**
- **Chinese Cancer Survivors Peer Support Program (2013 - present)**
- **Ongoing Cancer Advocacy Projects & Activities**

Bilingual Publication: Our Voices (2016)



24 cancer survivors each
shared 1-2 photos and their
story of living with cancer

Photo from Qing | Age 68 | 10 Year Endometrial Cancer Survivor



*I felt just like this swan
all curled up in its
world, at the edge of the
lake without love and
care from friends and
family.*

Chinese Women Cancer Support Group

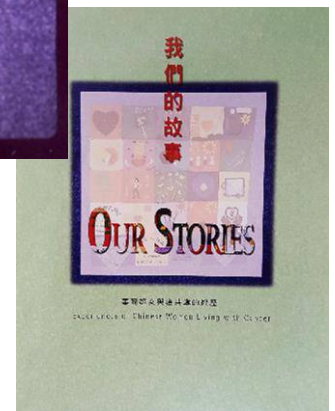


Cancer Quilts

**To Nurture Self is to Create
New Life!**



Our Stories



Evaluation of Chinese Women Cancer Support Group (2011, n=18)

Self-reported change after participating 6 months

- **89% Improved self-esteem**
- **84% Improved emotional management skills**
- **83% No longer felt isolated**
- **83% Improved outlook on life**
- **90% Improved stress management skills**

Meeting Covid Pandemic Challenges

- *Anti-Asian violence*
- *Lack of support*
- *Disruption of services*
- *Medical care delays*
- *Limited technology*
- *Mental & physical health*
- *Isolation*



Telephone Calls

Peer support

Online support group

Resource referrals



Thank You!



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www.sfhealthnetwork.org/chinatown-public-health-center/