

SISTERS NETWORK ESSEX COUNTY
AFFILIATE CHAPTER of SISTERS NETWORK® INC.

**A NATIONAL AFRICAN AMERICAN BREAST CANCER
SURVIVORSHIP ORGANIZATION**

SURVIVORSHIP / SUPPORT GROUP MEETINGS
2ND MONDAY OF EACH MONTH (Except for August)

6:30pm - 8:30pm

LOCATION: SOCIETY HILL CLUBHOUSE AT UNIVERSITY HEIGHTS
1 CORNERSTONE LANE
NEWARK, NEW JERSEY 07103



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WWW.SISTERSNETWORKINC.ORG



SISTERS NETWORK ESSEX COUNTY

Sisters Network Essex County Chapter is an affiliate chapter of Sisters Network Inc. (A National African American Breast Cancer Survivorship Organization). Our organization is the only national African American Breast cancer survivorship organization in the United States supported by survivor-run affiliated chapters nationwide. Our chapter was started in December 2008. We have approximately 33 chapters in existence as of today. Our organization's purpose is to save lives and provide a broader scope of knowledge that addresses the breast cancer survivorship crisis affecting African American women around the country and in our immediate communities.

Our Mission: We are committed to increasing local and national attention to the devastating impact that breast cancer has in the African American Community.

Over the years, we have participated in many breast cancer outreach programs in Essex, Hudson and Union Counties. Below are a few of our programs which educate African American women and ensure that they get a full understanding of breast cancer awareness:

- 1) **Pink ribbon Awareness Initiative:** The pink ribbon is the national symbol; for breast cancer awareness. We perform this Initiative once a month as a faith-based educational outreach program that provides women in churches with information on how to access breast health services and resources. The focus of this outreach is to increase the number of women obtaining mammograms and heighten their general knowledge. The survivors in our chapter give their testimonies as survivor role models to encourage and inspire other African American women.
- 2) **Gift for Life Block Walk:** This unique and innovative program which allows breast cancer survivors to partner with volunteers and canvas door to door in the community to distribute breast health education brochures and resource information. The community has an opportunity to meet survivors, hear their stories, and experience their triumph through their testimony about breast cancer. Individuals are invited to the event site to enjoy refreshments and hear a presentation from a cancer-related agency and learn more about the resources and services available in their community.
- 3) **Breast Cancer Assistance Program (BCAP):** This program provides support to women facing financial challenges after a breast cancer diagnosis. Our program offers free mammograms and financial support for medically related lodging, co-pay for prescriptions, office visits, transportation, rent and utilities for breast cancer patients who are undergoing Chemo and Radiation treatments. The Pink Ribbon Tea and Hat Fashion Show is our Signature Fundraising Event. The event is held annually and the proceeds help fund our chapter's BCAP program. We are able to award financial assistant to survivors.

In addition to the above we attend numerous events throughout Essex County & the Greater Metropolitan area. We host outreach tables and share resource information and show women how to perform breast self-exams. We also provide information to men to educate them about breast cancer. And we host a monthly support group meeting on the second Monday of each month at 6:30 pm at the Society Hill Community Clubhouse located at 1 Cornerstone Lane, Newark, NJ 07102. All Survivors and volunteers are welcomed.



A NATIONAL AFRICAN AMERICAN BREAST CANCER SURVIVORSHIP ORGANIZATION

celebrating

3 DECADES

AS THE NATIONAL LEADER
IN THE BLACK BREAST
CANCER MOVEMENT

— EST. 1994 —

OUR MISSION

Sisters Network® Inc. is committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community.

NATIONAL CREED

In Unity there is *Strength*
In Strength there is *Power*
In Power there is *Change*

© KEJ, 1995



KEY PROGRAMS

Karen E. Jackson Breast Cancer Assistance Program (BCAP) • National Black Breast Cancer Survivor Summit • National Black Breast Cancer Health Equity, Advocacy and Community Action Taskforce • Sisters Network Inc. Leadership & Survivorship Virtual Conference Series • Patient Education & Empowerment Virtual Webinar Series • Stop The Silence 5K Walk/Run • Young Sisters Initiative- Pink Power 5 City Tour • #I AM MBC, We Are Our Sisters Keeper • Sisters Helping Sisters • Brothers Helping Sisters • Gift for Life Block Walk • First Ladies Brunch • Color of Trials • Teens4Pink

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GO PINK AND GET SCREENED!



Saint Michael's Medical Center
In The Pink Cancer Screening Prg.
111 Central Avenue
Newark, NJ 07102
Phone #: 973-877-2990

For cancer screening locations, resources and eligibility info for **FREE** screenings, visit NJPN.ORG/GOPINK

FUNDED BY THE NEW JERSEY DEPARTMENT OF HEALTH

FACTS...

- Mammography has helped **REDUCE BREAST CANCER** mortality in the U.S. by nearly 40% since 1990
- About **40,000 WOMEN** and **400 MEN** in the U.S. die each year from breast cancer
- **EARLY DETECTION** is the **BEST PREVENTION**



LEARN HOW AND WHERE YOU CAN
GO PINK AND GET SCREENED...

NJPN.ORG/GOPINK





Get your tests!

Recommended cancer testing can help save your life.
Ask your doctor or nurse about these tests.

Recommended Tests for Men and Women at Average Risk

21 to 29 Years

Colorectal Cancer Testing*

Find out if you are at high risk for colon or rectal cancer. If not, then no test is needed at this time.

30 to 39 Years

Colorectal Cancer Testing*

Start testing at age 45. Several types of tests can be used. Talk with a health care provider about which tests are best for you. No matter which test you choose, the most important thing is to get tested.

40 to 49 Years

50+ Years

GLOSSARY

Colorectal Cancer Testing

These tests can help prevent colorectal cancer or find it early when it may be easier to treat. Colorectal cancer can be prevented by finding and removing a polyp before it becomes cancer.

Recommended Screening Tests for Men

Prostate Cancer Testing

No test is needed at this time.

Prostate Cancer Testing

Starting at age 45, African American men and men with close family members who had prostate cancer before age 65 should discuss the pros and cons of testing with a health care provider. They should then decide if they want to be tested with a PSA blood test with or without a digital rectal exam.

Prostate Cancer Testing

Talk with a health care provider about the pros and cons of testing to decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a digital rectal exam. How often you are tested will depend on your PSA level.

Prostate Cancer Testing

Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, as well as other conditions. With a digital rectal exam, a health care provider checks the prostate for lumps or abnormal size.

Recommended Screening Tests for Women

Breast Cancer Testing*

Find out if you are at high risk for breast cancer. If not, testing is not needed at this time. Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.

Breast Cancer Testing*

Women ages 40-44 should have the choice to start breast cancer screening with yearly mammograms if they wish to do so. Starting at age 45, get a mammogram every year.

Breast Cancer Testing*

Get a mammogram every year between the ages of 45 and 54, then at 55 you should switch to mammograms every 2 years, or continue yearly screening. Screening should continue as long as you are in good health and are expected to live at least 10 more years.

Mammogram

A screening mammogram is an x-ray that is used to help look for signs of breast cancer in women who don't have any breast symptoms or problems.

Cervical Cancer Testing

Screening should be done every 3 years with a Pap test.

Cervical Cancer Testing

Women ages 30-65 should get a Pap test and an HPV test every 5 years, or get a Pap test every 3 years.

Women 66 and older who have had normal Pap tests on a regular basis can stop testing.

Women who have had a serious cervical pre-cancer should be tested for at least 20 years after the diagnosis.

Pap Test

(Cervical Cancer Testing)

The Pap test checks for cell changes or abnormal cells in the cervix.

HPV Test

(Cervical Cancer Testing)

The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test.

Lung Cancer Screening Recommendations for Men and Women at High Risk

Lung Cancer Testing.

If you are a current or former smoker ages 55-74 and in fairly good health, you might benefit from screening for lung cancer with a yearly low-dose CT scan.

Lung Cancer Testing

People who smoke or used to smoke are at higher risk for lung cancer. Talk to a health care provider about your risk for lung cancer, and the possible benefits, limitations, and harms of getting tested for early lung cancer.

Insurance typically covers prevention and screening services. Please check to confirm your specific health care benefits.

Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.

* You may need to begin testing for colorectal cancer or breast cancer earlier or be tested more often if you are more likely than other people to have these cancers. Talk to your doctor about this.

cancer.org | 1.800.227.2345

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***The best defenses against breast cancer
are monthly breast self-examinations and
an annual mammogram.***

***If you or someone you know needs help in
scheduling a mammogram,***

***Contact Patient Navigator
Loretta Muriel***

973-926-3705 (office)

862-400-8176 (cell)

or

Scan the QR code

