



Who is Beatrice W. Welters?

Diagnosed and treated for breast cancer at NYU Langone Health's Perlmutter Cancer Center, philanthropist and former U.S. Ambassador Beatrice W. Welters recognized an opportunity to expand access to screening, diagnosis, and treatment for women throughout New York City. To achieve this goal, she partnered with Perlmutter Cancer Center to launch the Welters Program in the fall of 2016.

PERLMUTTER CANCER CENTER

Beatrice W. Welters Breast Health Outreach and Navigation Program



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Expanding access to breast cancer
screening and care across New York City

BREAST CANCER CAN IMPACT ANY WOMAN.

That's why every woman—regardless of her income or insurance status—should have access to quality care.

What is the Beatrice W. Welters Breast Health Outreach and Navigation Program?

The Welters Program helps medically underserved women in New York City access screening, diagnosis, treatment, and post-treatment services and support by:

- Educating women about the risks of breast cancer
- Building community partnerships to connect women with screening services
- Guiding those with a breast cancer diagnosis through the latest treatment options with personalized support and assistance

Our patient navigators are central to the Welters Program. Working within their communities, our navigators organize outreach events at churches, community-based agencies, and beauty and nail salons to provide breast health information and encouragement to get screened and treated, if necessary.

What should you know about breast cancer?

Breast cancer is the most common cancer among women, accounting for nearly one in three cancers diagnosed in American women. Many women who develop breast cancer have no risk factors.

Hispanic/Latina women have lower rates and risk of death from breast cancer, compared to non-Hispanic African American/Black and Caucasian women. However, breast cancer is the most common cancer — and leading cause of cancer deaths — among Hispanic/Latina women. They are also more likely than Caucasian women to be diagnosed with aggressive breast cancers, which may be due to lower mammography rates and more delays in follow up after an abnormal mammogram.

African American/Black women are much more likely to die of breast cancer than Caucasian women, and are nearly twice as likely to be diagnosed with triple-negative breast cancer, a more aggressive form of breast cancer that is harder to treat. Although African American/Black women experienced a lower incidence of breast cancer in the past, they are now diagnosed at a rate equal to that of Caucasian women.

What are some of the risk factors for breast cancer?

Although it's important to remember that many women who develop breast cancer have no known risk factors, you may be at greater risk if you:

- Are a woman age 45 years or older
- Have a family history of breast cancer, or specific inherited genetic mutations, such as BRCA
- Are overweight, or consume alcohol
- Received a previous breast cancer diagnosis or abnormal cell growth in the breast (lobular carcinoma in situ/LCIS, atypical ductal hyperplasia), or underwent previous radiation therapy
- Experienced your first period before 12 years old, had a late pregnancy (age 30 or older), have never been pregnant, or used hormone replacement therapy during menopause

Who should be screened for breast cancer?

- **Women ages 20 to 39** should have clinical breast exams at least once every three years.
- **Women ages 40 to 69** should have mammograms every year.
- **Women ages 70 and older** should continue to have mammograms every year as long as they are healthy.

How can I become involved with the Welters Program?

To participate in a breast cancer screening, learn more about the Welters Program, or host a presentation by our patient navigators, please call Anita McFarlane at 844-90B-WELL (844-902-9355) or email the Welters Program team at BeWell@nyumc.org.