



Who is Beatrice W. Walters?

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



PERLMUTTER CANCER CENTER

Beatrice W. Walters Breast Health Outreach and Navigation Program



BREAST CANCER CAN IMPACT ANYONE.

That's why everyone—regardless of 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 communities in New York City access screening, diagnosis, treatment, and post-treatment services and support by:

- Educating communities about the risks of breast cancer
- Building community partnerships to connect people 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 places of worship, senior centers, community-based organizations and business etc. 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 cis women, trans women on hormone therapy and trans men who have not had a bilateral mastectomy, accounting for nearly one in three cancers diagnosed in this group of people. Many people who develop breast cancer have no risk factors.

Hispanic/Latina cis women, trans women on hormone therapy and trans men who have not had a bilateral mastectomy, have lower rates and risk of death from breast cancer, compared to non-Hispanic African American/Black and Caucasians. However, breast cancer is the most common cancer — and leading cause of cancer deaths — among this group. They are also more likely than Caucasians 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 cis-women, trans women on hormone therapy and trans men who have not had a bilateral mastectomy, are much more likely to die of breast cancer than Caucasians, 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 people experienced a lower incidence of breast cancer in the past, they are now diagnosed at a rate equal to that of Caucasians.

What are some of the risk factors for breast cancer?

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

- Are a cis-woman, trans woman on hormone therapy or trans man who has not had a bilateral mastectomy, age 45 years or older
- Are a trans woman over the age of 50 who has been using hormone therapy for at least 5 years
- 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?

- Cis women and trans men who have not had a bilateral mastectomy ages;
 - 20 to 39 should have clinical breast exams at least once every three years.
 - 40-69 should have mammograms every year.
 - 70 and older should continue to have mammograms every year as long as they are healthy.
- Trans women over the age of 50 who have been using hormone therapy for at least 5 years.

******Excess testosterone in the body can be converted to estrogen. Trans men taking testosterone may be at increased risk for breast cancer.