# BLACK WOMEN THRIVING EAST OF THE RIVER

# Cancer Navigation Journey Map

MRI

Cancer

Diagnosis









# PRIMARY CARE

MAMMO-GRAM VISITS

> **ULTRA-**SOUND

# Throughout the Journey...

### **Cancer Considerations**

"I had more anxiety about

what it was going to be than

what it actually was."

Many wonder if cancer can be brought on by...

- Environment?Diet?
- Stress? Genetics?

Thoughts &

**Emotions** 

### **Timing Matters**

 Each step may have varying time frames

**BIOPSY** 

"I believe the breast cancer gave me a chance to redirect myself."



**Ongoing Care** 

Follow up appointments

movement, etc.)

Maintain emotional and mental

health wellness (therapy, art,

Medication

# Survivorship

The ongoing journey extends through continual navigation...

- Sharing the story
- Being a resource for others
- Assessing changes to the journey
- For some "Returning to Normal"
- Managing continual care

# WARD 7 & 8 Politics of Place

### **Community Assets**

- Mix of resident ages
- Transportation near highway & metro
- Service provision

### **Community Needs**

- Comprehensive medical access & education
- Free from environmental toxins
- Opportunities for employment
- Grocery store options
- Safety

# Structure

- Faith & Spirituality
- Community Support Groups
- Family & Friends



Many continue working and may receive support from jobs throughout treatment



### **Personal Hardships**

Many overlapping circumstances and/ or pre-existing health conditions may influence one's cancer journey experience

# Communicating About Cancer

Some find difficulty receiving or sharing about the journey with others...

"It took me a minute to figure out what to do and say and how I was going to tell this story because this is a story, it's not a good one."

"Some of the things the doctor was saying to me, I didn't really understand it."

"I called my mother, my family, told everyone about it."



# Support

Finding solace in...

- Survivor network



# Choosing Cancer Care Providers

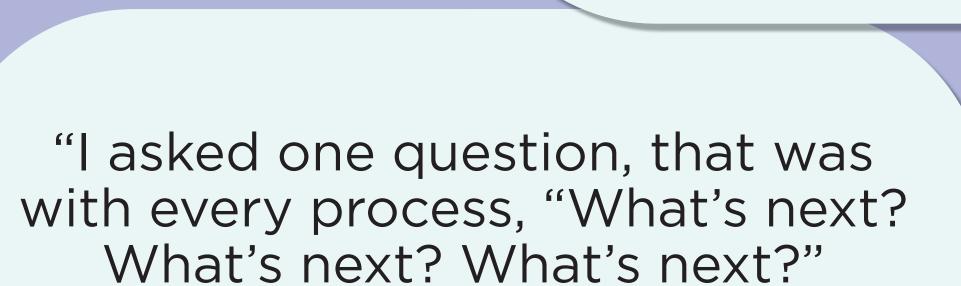
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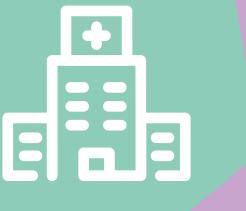
Get multiple opinions





- Women generally preferred women medical professionals
  - Positive care: informative, trust-building, comforting services provide support
    - Care deficit: lack of communication or information complicates steps





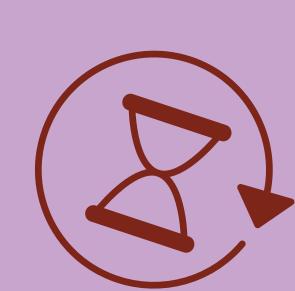
"I was really confused,

to lose a part of me."

I couldn't believe I was going

# Surgery Options

- Lumpectomy
- Mastectomy
- Reconstruction



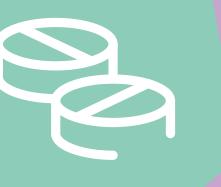
# Treatment

- Chemotherapy
- Radiation



### COVID-19 CONSIDERATIONS

- Virtual appointments
- Increased vigilance around health & immunity



# Symptoms

### **Psychosocial**

- Co-pays
- Medication cost
- Transportation costs

## Mental

- Fear
- Anxiety
- Depression

## Physical

- Fatigue
- Nausea
- Pain



## **Insurance Coverage**

Services provided through insurance may vary and communication is key



### "Alternative" Care

Many consider and/or utilize options for wellness resources rather than medical

• E.g. Naturopaths, Vitamins, Dietary Adjustments

## Assistance Available

- Patient Navigation
- Grocery Assistance
- Monetary Support
- Transportation
- Support for Family Members



### Information Accessibility

- Helpful to have literature about care
- Increased need for walk-through



### System-wide support for individual needs & journeys





