

PROJECT FUNDING

Funding for the Los Angeles County Breast Health Resource Guide, Eleventh Edition has been made possible through the generous support of the following organizations:



BREAST HEALTH RESOURCE GUIDE

The Los Angeles County Breast Health Resource Guide is a listing of local breast health care services. This comprehensive guide will help you find important information concerning breast cancer education, screening, diagnostic, treatment and support services.

TABLE OF CONTENTS

Early Detection.....	6
Frequently Asked Questions about Early Detection	
Three-Step Approach to Breast Cancer Early Detection	
Frequently Asked Questions about Breast Self-Examination	
Frequently Asked Questions about Clinical Breast Exam	
Frequently Asked Questions about Mammography	
Breast Health Information Resources	
Diagnostic Procedures	
Breast Cancer Screening and Diagnostic Programs	
Other Low and No-Cost Breast Cancer Screening and Diagnostic Resources	
MQSA Certified Mammography Facilities	
Treatment.....	15
Treatment Options	
Questions to Ask about Treatment	
Questions to Ask Regarding Surgery	
Treatment Information Resources	
Low Cost Medication	
Second Opinions	
Low and No-Cost Breast Cancer Treatment Resources	
Cancer Centers	
Questions to Ask Regarding Cancer Centers	
Cancer Center Resources	
Cancer Center Referrals	
Clinical Trials	
Questions to Ask about Clinical Trials	
Clinical Trial Referrals	

Breast Reconstruction	26
Types of Breast Reconstruction	
Questions to Ask about Reconstructive Surgery	
Breast Reconstruction Resources	
Prostheses-Bras-Wigs-Hats.....	28
Questions to Ask about Prostheses and Bras	
Prostheses, Bras, Hats and Wigs Resources	
Prostheses and Wigs Bank	
Lymphedema	37
Frequently Asked Questions about Lymphedema	
Lymphedema Resources	
Home Health Care	43
Questions to Ask about Home Health Care	
Home Health Care Resources	
Medical Equipment	
Questions to Ask about Medical Equipment	
Medical Equipment Resources	
Hospice	46
Questions to Ask about Hospice	
Hospice Referral Resources	
Insurance and Legal Resources.....	49
Questions to Ask about Your Insurance	
Insurance Resources	
Legal Resources	
Advocacy, Education and Information	54
Advocacy, Education and Information Resources	
Patient Navigation	
Cancer Survivor Resources	
Internet Resources	
Free Publication Resources	
Support Services and Counseling	66
Support Groups	
Support Group Referrals	
Counseling	
Questions to Ask about Counseling	

Translation and Interpretation Services	72
Interpretation	
Questions to Ask about Interpretation Services	
Utilizing an Interpreter Effectively	
Interpretation and Translation Resources	
Transportation Resources	76
Additional Services.....	79
Food Resources	
Housing and Shelter Resources	
Public Benefits and Financial Resources	
Utility Discounts	
Healthy Lifestyle and Wellness	88
12 Ways To Improve Your Overall Health and Reduce Your Cancer Risk	
Healthy Eating	
Dietary Guidelines	
Nutrition Resources	
Fitness and Exercise	
Physical Activity Programs	
Wellness Resources	
Smoking Cessation Programs	
Substance Abuse Treatment Programs and Referrals	
Weight Control Programs	
Low and No-Cost Cervical Cancer Screening.....	97
Frequently Asked Questions about Pelvic Exams, Pap Tests and HPV	
Low & No-Cost Cervical Cancer Screening Resources	
Low & No-Cost Cervical Cancer Screening Referrals	
Low & No-Cost Cervical Cancer Treatment Resources	
Low & No-Cost HPV Vaccine Resources	
Glossary of Terms	104