

## Comunidades Unidas continues fighting against Breast cancer

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More than 100 community members and volunteers from Comunidades Unidas were present at the 2<sup>nd</sup> annual Seminar on the Early Detection of Breast Cancer an event which takes place in order to share experiences, information and medical advances from a variety of organizations to prevent this disease which affects a significant number of Hispanic women.

“The purpose of this seminar is to continue educating, informing and empowering the Hispanic community about the fight against Breast Cancer by having classes, trainings, workshops and information about breast cancer in different areas of Salt Lake City such as local schools, places of employment, and churches,” Teresa Mora assures, the Breast Cancer Program Coordinator for Comunidades Unidas.

The Comunidades Unidas auditorium set the stage for specialists like Tracy Miller y Susan Scaletta, from the Susan G. Komen Breast Cancer Foundation, who spoke on the purpose of the Foundation and allowed Breast Cancer survivors share their experiences: “These are stories that really touched our hearts and motivated us to continue fighting against this particular type of Cancer,” says Teresa Mora.

Also present were Vickie Venne, Karen O’Toole and Silvia Richard, who emphasized the importance of self-exams in relation to Early Breast Cancer Detection.

Comunidades Unidas Breast Cancer Program has a team of 35 volunteers which meets every month to receive training, information and updates about this disease.

“These volunteers take information to schools, work places and churches in cities across the valley.” Teresa said.

### Three Steps:

There are three simple methods or ways to detect Breast Cancer: Self-Exams, medical exams and mammograms. Teresa Mora reminded us the Breast Cancer cannot be prevented but if detected early, can be successfully treated and save lives. “That is why our work at Comunidades Unidas is so important. We educate and inform people. Being a woman is all it takes to be at risk for Breast Cancer.”

### Barriers to detection

The misconception, “I don’t have any symptoms so why should I have exams done?” is one barrier when it comes to detecting Breast Cancer. Some other barriers are limited or no information about health care and individuals who cannot afford preventive care.

### Free Services

All of the services Comunidades Unidas Breast Cancer Program provides are free. The only thing woman needs to do is call (801) 566-6191. After a short evaluation, the community member is referred to a clinic which supports Comunidades Unidas. These clinics give the exam according to the income of the patient, usually between 5 and 10 dollars.