

October is **National Breast Cancer Awareness Month.**

We recognize all who have struggled with this disease and the impact on their loved ones. We honor those who have lost their lives.

Breast Cancer Facts:

- Almost 7,000 women in LA County were diagnosed with breast cancer in 2017 (the latest year for which data are available.)
- In LA County, breast cancer is the 2nd leading cause of premature death among women (deaths that occur before the age of 75). Breast cancer is the 5th leading cause of death among females in LA County (following heart disease, Alzheimer's, stroke, and chronic obstructive pulmonary disease.)
- Hundreds of published research studies support a link between breast cancer and environmental toxins and chemicals, such as those involved in production of pesticides, plastics, cosmetics, and other commonly used products.

Health Equity and Breast Cancer:

- In Black and Latinx women in LA County, breast cancer is the leading cause of premature death.
- Latinx women are less likely to be diagnosed with breast cancer than are white women in the U.S., but are more likely to be diagnosed at a later stage. Barriers to timely health care access play a role in this disparity.
- Black women in the United States have a lower incidence of the disease than white women but are 40% more likely to die from it. Elevated mortality risk from breast cancer in Black women reflects complex factors including (but not limited to) social and economic conditions, geographic location, personal and community stressors, genetic-environmental interactions, and disparities in access to and quality of health care, from cancer diagnostic testing through treatment and post-treatment support. While tumor types play a role in survival statistics, racism underlies the social and environmental inequities that impact breast cancer mortality risk.

COVID-19 and Breast Cancer:

- With the spread of COVID-19, cancer patients (with compromised immune systems) are extremely vulnerable.
- People are delaying important health care services due to the pandemic, including breast cancer screening, which could lead to more women being diagnosed at later stages of disease.

Guidance and Resources:

- Mammograms are the best way to find breast cancer early, before it spreads, when it is highly treatable and even curable. Finding a disease before it causes symptoms is called "screening." Women of average risk for breast cancer are advised to start screening between ages 45 and 50.
- The decision of when to begin breast cancer screening is an individual one, best made in consultation with a health care provider. Learn more at:

- <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>
 - <https://www.cdc.gov/cancer/breast/pdf/BreastCancerScreeningGuidelines.pdf>
 - <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>
- OWH encourages women to try to take care of themselves, even during these difficult times when so many are struggling. It is good to know your family history of breast cancer, and if you have the capacity, do your best to maintain a healthy weight; eat a healthy diet rich in vegetables, fruits, and whole grains; limit alcohol consumption; and make time to be physically active every day with children, your partner, pet, a friend, or on your own. Even a 5-minute walk has health benefits! Find out more at: https://www.cdc.gov/cancer/breast/basic_info/prevention.htm and <https://www.cdc.gov/physicalactivity/how-to-be-physically-active-while-social-distancing.html>.
- Low-cost or free mammography services are available to uninsured, underinsured, and low-income women who qualify in LA County, regardless of immigration status. Call a community clinic near you for more information or visit <https://dhs.lacounty.gov/more-dhs/departments/womens-health/home-womens-health-cancer-screening/every-woman-counts/>
 - If you're concerned about breast cancer, talk with your health care provider about assessing your personal risk using the Breast Cancer Risk Assessment tool, available at <https://bcrisktool.cancer.gov/>.
 - Transgender men, transgender women, intersex, and non-binary or gender queer people often need breast cancer screening, too. The need for mammography varies depending on age, sex at birth, use of hormones, history of chest surgery, and family history. For more information and for culturally sensitive providers, please consult: <https://lalgbtcenter.org/health-services> and <https://mytranswellness.org/medical-sexual-health-services/>.

Want to get involved?

For the last 20 years, OWH has been proudly raising awareness and funds for the fight against breast cancer. Since 2015, OWH has led the Los Angeles County Department of Public Health's participation in the American Cancer Society's *Making Strides Against Breast Cancer of Los Angeles* event, normally a 5K walk. Because of the pandemic, the event will be different this year, but the passion to end breast cancer is the same! If you'd like to support the campaign and/or their event on Saturday, October 17th (and are in a position to do so) please visit [2020 Making Strides Against Breast Cancer of Los Angeles](#). Or, please support one of the many other impactful local or national organizations fighting breast cancer!

Thank you.

Los Angeles County Department of Public Health Office of Women's Health, Domestic Violence Housing and Support Unit 1000 S. Fremont Ave., Building A-9 East, 5th Floor, Alhambra, CA 91803 **Main: (626) 293-2600**

October is **National Domestic Violence Awareness Month**.

The goal of the observance is to raise awareness about the signs of abuse and ways to stop it. It's an opportunity to uplift survivor experiences and provide additional resources to community members, leaders and policymakers.

Domestic violence, often hidden, affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. It is a widespread problem and a major public health issue.

According to the National Intimate Partner and Sexual Violence Survey (NIPVS), conducted by the Centers for Disease Control and Prevention (CDC):

- In the U.S., **about 1 in 4 women** and **1 in 10 men** have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner and reported an IPV-related impact during their lifetime.
- About **1 in 5 women** and **nearly 1 in 7 men** who have experienced rape, physical violence, and/or stalking by an intimate partner first experienced it before age 18.

According to the U.S. Transgender Survey:

- Over **1 in 2 transgender people** have experienced some form of intimate partner violence, including acts involving coercive control and physical harm, in their lifetime.

The COVID-19 pandemic has created overwhelming circumstances for many people in LA County. These circumstances are likely elevating the risks for domestic violence. Included as attachments in this email are resources for connecting individuals to services and support. The 'GBV Resource Sheet' includes the hotlines listed below, and many others. Also attached, is the 'Reaching Out' Booklet in English and Spanish, available in 8-languages, [click here to access them all.](#)

**LA County Domestic Violence
Hotline: 800.978.3600**

**National Domestic Violence
Hotline: 800.799.SAFE (7233)
800.787.3224 TDD**

STAY INFORMED

- Receive a daily update with the latest local and national events and news from the LA County, Domestic Violence Council (DVC). Email DVC@ph.lacounty.gov and provide your name and email address.

For more information about domestic violence/intimate partner violence at the national, state and local level, please visit the following websites:

- [Centers for Disease Control and Prevention](#)
- [California Department of Public Health](#)
- [LA County Domestic Violence Council \(DVC\)](#)

Thank you.

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