

NAVIGATE SUSAN G. KOMEN SAN DIEGO'S
**FREE BREAST
HEALTH SERVICES**

EDUCATION

Be informed. It's important to know your risk.

FREE MAMMOGRAMS

Get screened. After the age of 40 you need to get a yearly screening. Early detection has a 99% survival rate.

ABNORMAL SCREENING & DIAGNOSIS

If you are diagnosed with breast cancer, we will be there every step of your journey. Komen San Diego can provide you with support and FREE breast cancer services:

- Diagnostics
- Intensive care coordination
- Patient navigation
- Transportation assistance
- Food assistance
- Temporary financial assistance for your most critical needs

**KOMEN SAN DIEGO
IS THE ONLY
ORGANIZATION
PROVIDING QUALIFIED
UNINSURED OR
UNDERINSURED
WOMEN THE FREE
SERVICES THEY NEED
FOR EVERY STEP OF
THE BREAST CANCER
JOURNEY.**



JOIN US FOR THE
**RACE
FOR
THE
CURE®**

Sunday, November 5, 2017
8:00 a.m. in Balboa Park
5K and 1 Mile Walk/Run

REGISTER:
KomenSanDiego.org/Race

Funds raised from the Susan G. Komen® San Diego Race for the Cure® help Komen provide the free breast cancer services in this brochure, including diagnostic mammograms, life-saving screenings, temporary financial aid for living expenses, meal deliveries, education, research and more.

#KOMENSD
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INFO@SDKOMEN.ORG
858-573-2760
KOMENSANDIEGO.ORG

**FREE
BREAST
HEALTH
SERVICES**

SUSAN G. KOMEN® SAN DIEGO
2017-2018
COMMUNITY SERVICES
SAN DIEGO COUNTY



SUSAN G. KOMEN® SAN DIEGO

FREE BREAST HEALTH SERVICES 2017-2018

A breast cancer diagnosis or staying on top of breast health screenings can be a timely and costly process. Komen San Diego researches and identifies the greatest needs of San Diego County and provides the community with the following free breast health services to increase access to early detection and quality treatment.

CARE COORDINATION

DIAL 2-1-1 OR 858-637-3210
BREASTCANCERSUPPORT@JFSSD.ORG

2-1-1 San Diego and Jewish Family Services serve San Diego County, including all areas supported by Komen San Diego, to help those looking for breast health services and breast cancer patients overcome barriers to treatment and receive supportive services including screenings, diagnoses, treatment and follow-up care.



FREE MAMMOGRAMS – MOBILE MAMMOGRAPHY

DIAL 2-1-1 TO GET A FREE MAMMOGRAM OR CALL 619-269-1299
KOMENSANDIEGO.ORG/EVENTS

The mobile mammography coach travels throughout San Diego County year round to reach women where they live, work, play and pray to remove barriers to getting screened. The coach provides screening mammograms, diagnostic mammograms, and limited biopsies. All uninsured, underinsured or low-income individuals can be screened for free on the coach. This service is provided by Community Health Imaging Centers of San Diego.



CANCER DIAGNOSTICS

619-542-4342
INFO@HQPSOCAL.ORG

Diagnostic services like diagnostic mammography, breast biopsies, ultrasounds and ancillary services are provided to low-income, uninsured or underinsured individuals (women and men) in San Diego County by Health Quality Partners.



FINANCIAL ASSISTANCE

858-637-3210
BREASTCANCERSUPPORT@JFSSD.ORG

Jewish Family Service of San Diego provides financial assistance to low-income breast cancer patients for their most critical financial needs during treatment.



TRANSPORTATION

858-637-3210
BREASTCANCERSUPPORT@JFSSD.ORG

Jewish Family Service of San Diego will provide transportation assistance to low-income breast cancer patients with transportation needs for their treatment and follow-up care.



PATIENT NAVIGATION

NORTH COUNTY: 760-631-5000 x7167
VISTACOMMUNITYCLINIC.ORG

CENTRAL & SOUTH COUNTY:
619-564-8139 x3138
LAMAESTRA.ORG

These programs focus on coordination and improving access to and timely utilization of breast health services at any point after an abnormal breast imaging for primarily underserved, low-income and minority populations. La Maestra Family Clinic, Inc. has a comprehensive referral arrangement set up with University of California San Diego's Moores Cancer Center for patients with abnormal breast finding diagnoses. Vista Community Clinic will provide patient navigation services to North San Diego County women.



FOOD ASSISTANCE

619-233-6262
CLIENTSERVICES@MAMASKITCHEN.ORG

The community needs a no-cost meal delivery service for individuals and families affected by breast cancer and in need of nutritional support. Three meals a day are provided to a breast cancer patient and her family by Mama's Kitchen.



EDUCATION

SOUTHEAST SAN DIEGO: 206-293-1138
NORTH COUNTY: 760-631-5000 x7167
SOUTH SAN DIEGO: 619-205-6347
CENTRAL SAN DIEGO: 619-515-2327

To reduce the incidence of late stage breast cancer among San Diego at-risk populations, breast health education outreach programs will address the absence of consistent and accurate breast health and cancer information in the African American and Latina community. This outreach will be provided by the San Diego Black Nurses Inc., San Ysidro Health Center, Vista Community Clinic and Family Health Centers of San Diego.



RESEARCH

In 2017, Komen San Diego contributed \$350,000 to Susan G. Komen's National Research Program. Next to the U.S. Government, Komen is the largest funder of breast cancer research in the world. Every step forward in the war on this disease has been touched by a Komen grant.

