

## Ways You Can Get Involved

- **Host** a Witness Project® of Long Island presentation **free of charge** at your church, community center, school, home or other organization.
- **Volunteer** to become a Lay Health Advisor (LHA) working with the community to spread the message about testing, early detection, and available services. LHAs receive special training by our organization so that they are fully versed in all aspects of our presentations.
- Are you a cancer survivor? If so, you can volunteer as a Witness Role Model (WRA) and **share your own story about cancer** as a role model in your community.
- Participate in our **Annual Walk** with friends, family members, co-workers, or even by yourself -- and be a part of our caring crowd. Help raise funds and show your support!
- **Donate.** Any size donation, big or small can help spread the important message that cancer does not have to be a death sentence and that services are available to the African American community.

**Contact us to learn more about how you can help or to schedule a presentation for your group...**

**Email Us:**

witnessprojectLI@gmail.com

**Call Us:**

(631) 957-3134

**Contact:**

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*The Witness Project® of Long Island is part of a national Witness Project network, first founded at the University of Arkansas in 1990. It has been implemented in 25 states with over 34 active sites with 400+ volunteers, delivering cancer education and screening program information to women around the country.*

The Witness Project® of Long island operates in collaboration with the Town of Babylon.

# Witness Project® of Long Island



**Promoting breast health and cancer awareness to African American women and their families**

**In Church, People Witness  
to Save Souls.**

**At the Witness Project®  
of Long Island,  
We Witness to Save Lives.**

## The Witness Project® of Long Island

Since 2003, the **Witness Project® of Long Island** has served as a community project dedicated to educating women of African American descent about breast cancer and cervical cancer, and raising awareness about the importance of annual mammograms. Our programs are presented **free of charge** in comfortable, unintimidating settings including churches and community centers.

The key message of the Witness Project® of Long Island is: **Early Detection of Cancer Can Save Lives!** Women over age 40 and those with a family history of breast cancer are encouraged to get an annual mammogram. (Current data shows that when breast cancer is *detected early* there is a *95% survival rate.*)

Our programs and navigation services are education and information based, prompting participants to have annual clinical breast exams and to do monthly breast self-exams in an effort to *increase* the early detection of breast cancer, and *decrease* the number of deaths from breast cancer. Pap tests are also addressed as a means of cervical cancer screening.



*The Witness Project® of Long Island serves  
Nassau and Suffolk Counties.*

### **Note: We do not provide medical services.**

Our volunteers and navigators cannot comment on any diagnosis or treatment or offer medical advice.

## Our Educational Outreach Programs Offer Hope & Help

**Witness Programs** are presented **free of charge**.

- Programs are held in churches, community centers, homes, and other venues.
- Caring volunteers reach out to members of the community with educational programs and personal stories.
- Vital material is presented in a comfortable, accessible manner where questions are encouraged.

**Witness Role Models (WRMs)** are African American women who are breast or cervical cancer survivors. They volunteer their time to “witness” about their challenges, triumphs, and their faith-walks – showing by example that a cancer diagnosis is not an automatic death sentence.

**Lay Health Advisors (LHAs)** are specially trained women who organize, publicize, and present programs, network with the community, and answer questions about cancer screening services and resources. In our programs, LHAs fully explain and promote the importance of preventive health services including mammograms, clinical breast exams (CBEs), pelvic exams, Pap tests and breast self-exams (BSEs).

LHAs also provide information about local resources and details on mammograms (a specialized breast examination x-ray used for to look for cancer). Women can learn about low-cost, and in some cases, no-cost mammograms available in or near their community.

## Our Navigation Services Help Women Access the Health Services They Need

Our **free of charge** navigation services focus on removing barriers so women can gain access to the health services they need. Most often, the women we assist are seeking low- or no-cost mammograms and clinical exams including a Pap test, breast exam, and a mammogram prescription. Or, a woman may be insured, but needs help making a mammogram or Pap appointment. We will also drive women lacking transportation to their appointments.

Should a newly diagnosed woman not know what to do, we provide her comfort and try to talk her through making her own decisions about the next step. We may refer her to a cancer survivor volunteer so she can speak with someone who has been through a similar experience and also direct her to a local breast cancer organization that provides services that newly diagnosed women may need.

### **National Cancer Statistics & African American Women**

Research at CDC found that although diagnosed at slightly lower rates, the 5-year survival rate for African American women with all stages of breast cancer was ‘notably lower’ than the rate for white women.<sup>1</sup> Despite outreach efforts, this remains the case nationwide. Breast cancer is the most commonly diagnosed cancer among black women, and an estimated 30,700 new cases are expected to be diagnosed in 2016.<sup>2</sup> African American women also tend to be diagnosed at a younger age than white women.<sup>3</sup> They are more likely than other racial/ethnic groups to be diagnosed at later stages and have the lowest survival at each stage of diagnosis. African American women also more likely to be diagnosed with triple negative breast cancer, an aggressive subtype that is linked to poorer survival.<sup>4</sup>

*The Witness Project® of Long Island is committed to making a difference in these rates by advocating early detection and helping improve awareness for our women, our families, and our communities.*

<sup>1</sup> National Center for Health Statistics Centers for Disease Control & Prevention

<sup>2</sup> Cancer Facts & Figures for African Americans 2016-2018, American Cancer Society

<sup>3</sup> SEER Cancer Statistics Review, 1975-2013. National Cancer Institute, Bethesda, MD

<sup>4</sup> CA: A Cancer Journal for Clinicians 2016, American Cancer Society