




tach
THE BLACK BREAST
CANCER ALLIANCE

Breast Cancer Survivorship

Living with, through and beyond cancer



In June 2020, two kindred spirit breast cancer thriver advocates came together to address the devastating mortality statistics for Black women with breast cancer. They founded **TOUCH**, The Black Breast Cancer Alliance with a mission to drive the collaborative efforts of patients, survivors, advocates, advocacy organizations, health care professionals, researchers, and pharmaceutical companies to work collectively, and with accountability towards the common goal of eradicating Black Breast Cancer!

TOUCHBBCA believes...

cancer survivorship begins at diagnosis, continuing during treatment and through the rest of an individual's life.

Survivors experience a higher level of stress at diagnosis, during treatment, and even at the completion of treatment. Distress can elicit a mixture of strong feelings—happiness, worry, relief, loneliness, guilt, and fear. Whether you've found a new purpose as a survivor or you wish that you could go back to how things were before your diagnosis, here are a few suggestions for tackling survivorship:

- Follow doctor recommended check-ups and tests.
- Move your body (walking, dancing, yoga, swimming—whatever feels best) to rebuild strength and energy levels.
- Eat a healthy, balanced diet.
- Cut out smoking and limit alcohol.
- Minimize stress (through rest and meditation, play, faith and worship, spend time with family and friends, or laughter).
- Develop a healthy lifestyle plan with your doctor, therapist, nurse navigator, and support systems!
- Find your tribe! Seek out peer-to-peer support groups and resources either virtually—like **TOUCH Talk**, which meets the first Saturday of every month through Facebook.com/TouchBBCA or in-person.
- Tune in every Wednesday at 6pm EST for our web series, **The Doctor Is In** on Facebook/BlackDoctor.org for relatable, reliable, and real talk about Black Breast Cancer.

Connect with us: Facebook, Instagram and Twitter @touchbbca.org | Email: Info@touchbbca.org | Phone: (443) 758-1924
Visit our website at www.touchbbca.org for more info and to join us in our fight to eradicate Black Breast Cancer!