

FOR OUR NEWLY DIAGNOSED *Blessties*



The phone rings and it's your doctor: "You have breast cancer." You are shocked, in disbelief. You think to yourself: Did they call the wrong patient? It must be a mistake... Thoughts race through your head. You don't remember the rest of the conversation.

You're afraid, overwhelmed by a fear you have never felt in your entire life.

What should you do first? Just breathe. Then take another breath. *Call someone who loves you.*

The Blesstie club isn't one that you want to join. But now that you're here, you are unconditionally loved. We are here for you—not only to love on you and inspire you to fight like a girl, but also to provide information about Black Breast Cancer that will help you to make the many hard decisions ahead of you.

Black Breast Cancer is a *unique* disease, a constellation of exposures, experiences, and lack of science for Black women diagnosed with breast cancer that causes Black women to face disproportionately worse breast cancer outcomes. Black women have a significantly different experience of breast cancer than white women—we are frequently diagnosed younger, with more aggressive disease, and with a higher likelihood of recurrence. Our bodies are different but, because of low Black clinical trial participation, the currently available breast cancer treatments have not been adequately tested on us. **We don't want to scare you, but you need to know what you are up against.**

We know it's hard—you're in the fight for your life. Nothing is more important than being equipped, informed, and supported in your fight.

We also know that life keeps happening all around you. Your kids are hungry, bills need to be paid. You've got so many responsibilities and now, on top of it all, you have cancer. Don't be afraid to ask for help. Accept blessings where and when you can because this battle shouldn't be fought alone. Build a support team. Try to reduce your stress. Your new mantra (recite it to yourself several times a day) is my peace is non-negotiable. Say it until you believe it.

If you need us, reach out—call, email, message, follow us. We are here for you and our community of Black Blessties is ready to welcome you with support, understanding, and Blesstie love.

Consider joining our private, monthly TOUCH Talk support group. We meet the first Saturday of each month at 11am on Zoom (<https://us02web.zoom.us/j/84981231268>).



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Email us at info@touchbbca.org



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