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REDUCING POVERTY.

Latina Initiative

NWFS Community Health Workers provide breast health outreach and education to Latinas in SE Portland and Gresham.

"Everyone talks about breast cancer. How do you do a self-exam and look for lumps? Personally, I had never paid attention to what they were saying until I began to notice changes in my left breast. After breastfeeding my daughter for a year, I noticed a lump. I had the lump checked out and everything appeared to be fine. As time went on, the lump began to grow and was increasingly painful. I began to worry and experience an indescribable fear that I may have cancer.

After the agonizing wait to see a doctor, an exam was completed, and an ultrasound was ordered. My worry went from whether or not I had cancer to how I was going to pay for the ultrasound. While waiting for an ultrasound appointment, I was approached by a woman who was receiving assistance through the *Latina Initiative*. She gave me the information for the (Northwest Family Services) Community Health Worker. I contacted the Community Health Worker, and after speaking with her, I felt a great relief! In less than a week, the worker helped me enroll in the program and schedule my appointments. She and the program gave me hope. I no longer felt like I was alone. In addition to the program and the worker, Kaiser Permanente was an excellent provider. There was no delay in scheduling appointments and my nationality did not affect the services I received.

The process of finding the lump to scheduling appointments was very difficult. I recently learned that I do not have cancer, but I have numerous cysts in my breast. Though I was found not to have cancer, seven ounces of fluid were removed. Surgery was recommended, but the extraction has helped and the cysts are smaller. My surgery was postponed with the hope that my condition will get better.

At this time, I am not totally recovered and that still causes me to have some anxiety. The *Latina Initiative* has been a great help! I do not think I could find services like this anywhere else. I would like to thank and congratulate the individuals who have made this project possible. The *Latina Initiative* has helped me overcome my anguish and made a big difference in my life!

THANK YOU!"

- Northwest Family Services' Client

