We are excited to kick-off the summer participating in the FDA’s Annual Black Family Cancer Awareness Week. Health equity remains an overarching priority in all Tigerlily initiatives and partnerships. Learn ways to get involved throughout this issue. Let us ensure health equity for ALL people.

#UnstoppableANGELTour Kick of event in DC!

A sincere thank you for meeting us in Washington, D.C. for the Unstoppable ANGEL Tour! To all of our guests, advocates, speakers, survivors, friends, and healthcare providers - we thank you for intensifying the light we are all shining on breast health, together! We loved meeting each and every one of you and are so grateful for your help in taking hope on the road!

Photos by Chip McCrea Photography
The Unstoppable ANGEL Tour is excited to make our stop in Los Angeles!

Meet us at Black Women Vend

Leimert Park Night Market
Leimert Park
4395 Leimert Boulevard,
Los Angeles, CA 90008

June 14th, 2023
6 – 10 PM

Attendance is FREE and we will be surrounded by amazing local food and businesses! We can’t wait to see you at our booth!

#UnstoppableANGELTour

Meet us at Black Women Vend: Leimert Park Night Market

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Attendance is FREE and we will be surrounded by amazing local food and businesses! We can’t wait to see you at our booth offering educational tools on health literacy, breast health resources, and exciting giveaways! Stop by to learn more about how you can BE THE CHANGE as an ANGEL Advocate!
Cohort 17 has graduated from the ANGEL program, and we welcome them into our fabulous army of ANGEL advocates. This cohort was trained by new trainer, Kimberly Wilson-Lewis and we look forward to the great work they will all do in the future.

Advanced ANGEL training modules

There are two more chances to further your education this month by registering for Module 7: Disparities in Breast Cancer. Current ANGEL advocates and individuals who have completed the ANGEL application process are welcome to participate. Sessions will be offered Tuesday, June 6th from 8-9:30 PM EST and Wednesday, June 7th 6:30-8PM EST. Register for one of these sessions by emailing Amanda at amanda.e@tigerlilyfoundation.org - include the date you want to register.

An Invitation to join ANGEL Cohort 19

Our next ANGEL training cohort will kick off on Sunday June 11th 7-8:30PM EST and will run 5 consecutive Sundays. Encourage dynamic, driven people you know to apply for the ANGEL program and register for this cohort! Register by emailing Amanda at amanda.e@tigerlilyfoundation.org.
The Tigerlily Foundation has been out in the community sharing current research projects with top leaders and public health professionals. Research Manager, Virginia Leach, attended ASCO 2023 and met with key leaders influencing the way patient-advocates are engaged in the cancer continuum of care. Many thanks to organizers of Sanofi’s Patient Advocacy Breakfast, BostonGene, Metastatic Breast Cancer Alliance, FDA Center of Excellence, and the organizers of the President’s Reception. A special thank you to Gilead Oncology for supporting patient-driven research and outcomes on Black women diagnosed with TNBC. These partnerships are crucial to our mission to educate, advocate for, empower, and support young women, before, during and after breast cancer.

We were lucky to meet key stakeholders at ASCO 2023 and look forward to collaborating with them in the future: Laurie Campbell, Dana Mooney, Medha Deoras-Sutliff, Jennifer Stanley, Beth Burnett, Janine Guglielmino, Christine Hodgdon, Stephanie Walker, Stacy Lewis, Julia Maués, Marlena Murphy, Shannon Weber, Lee-Ann Barber, Lyndsey Griffin, Keeshia Jones, Christiana Ogunbote, Steve Worland, Marianne Sarcich, Mindy Griffith, Masakazu Kobayashi, Michelle Khan, Letitia Price, Victoria Sanchez, Ashley Ruggieri, Elizabeth Lindecke, Sheila Interrante, Joan Mancuso, Stephanie Graff, Jeannine Salamone, Nicole Rainey.

Congratulations to TLF’s poster co-authors on your abstract selection at ASCO: Jeanne Regnante, Mandi L. Pratt-Chapman, Kristin Bodiford, Regina Hampton, Virginia Leach, Glenda Maria Delgado Ramos, Chika Nwachukwu, Adrienne Tilbor, and Maimah Karmo.
Join our PURE Cat Free Classes!

Join our free, online Pure Cat health and wellness classes live or watch the replays anytime. Rejuvenate and strengthen mind, body, and soul from home with Tigerlily’s Pure Cat program.

Classes are for anyone and are perfect for any skill level. Be kind to your body from the comfort and safety of your own home or office.

Interact live with instructors and other participants and help us build our Pure Cat community.

SIGN UP FOR OUR FREE CLASSES HERE!

Diversity, Equity and Inclusion

#InclusionPledge

Join Tigerlily Foundation, partner organizations and partner individuals in dismantling barriers that lead to health inequity.

SIGN OUR #INCLUSIONPLEDGE

Dana-Farber Cancer Institute

Our #InclusionPledge partners at the Dana-Farber Cancer Institute are conducting a research study for young adult cancer survivors about relationships and sexual health. The purpose of this study is to learn directly from young adults about how to best ask about concerns in these areas.

Participation in this study would involve meeting one-on-one over Zoom with a member of our study team to talk about relationship and sexual health concerns. You would also review some commonly used questions about these issues and provide feedback on how they could be improved for young adult cancer survivors. You would receive a $50 gift certificate to thank you for your participation. You may be eligible if you are a cancer survivor age 18-39 who has completed cancer treatment and has concerns about relationships and sexual health.

If you would like to participate or have questions about this study, contact a study coordinator at 617-582-8260 or survivorship_research@dfci.harvard.edu and a member of the study team will respond. You will be asked a few questions to determine whether you are eligible for this study. You can view a handout of the study here.
RACE Alliance

The RACE Alliance is a collaborative of patients, experts, caregivers, community leaders and partners, who have signed our #InclusionPledge, focused on establishing priorities and implementing measurable interventions to end MBC disparities for black women. Sign the #InclusionPledge to participate in our RACE Alliance Round Table Sessions:

Next RACE Alliance Round Tables (Sign the #InclusionPledge to become part of this Coalition):

- July 13th, 2023, 12pm ET Special Meeting with TLF Panel #InclusionPledge Collaboration Firestarter Session
- September 14th, 2023, 12pm ET Lack of Access
- October TBD Special Session in for Sexual Health
- November 9th, 2023, 12pm ET Oncofertility

#TLCTransform Twitter Chat

Join Tigerlily Foundation and our panel of patient experts on June 14 for a #TLCTransform Twitter chat on Understanding Biomarker Testing. Follow the conversation by following us on twitter!
Pull Up a Seat

Our June #PullUpASeat will be focused on Understanding Biomarker Testing, we will be joined by our panel of patient experts; Lashelle Scott, Shardell Artis and Brooklyn Cobb. We will also hear a presentation on Biomarker Testing by Dr. Henry Henderson, Co-Founder and Director of Cancer Awareness for Black in Cancer. This conversation is open to all, we hope to see you there!

Barrier Toolkits

Our Barrier Toolkits tackle barriers from both the patient and practitioner lens. Fill out the form here, to download our Barrier Toolkits and learn more about breast health, lifestyle, wellness, prevention, and ways to lower your risk and experience #Nomorebarriers.

Understanding Biomarker Testing

June 16, 2023 | 11:00am - 12:30pm EST

Click Here to Register!
BREATHE Tv

BREATHE Tv Ep 14: Complementary Therapies

In this exciting episode we are joined by two distant cousins that found themselves through the Tigerlily Foundation ANGEL Advocacy Program. ANGEL Advocates and cousins, Kawana and Maricia have both embraced complementary therapies as a part of cancer treatments and survivorship.

Listen as they talk about the benefits to mindset, spirituality, nutrition, exercise, complementary treatments and wellness practices have played a role in their lives since the time of their cancer diagnosis.

Host: Maimah Karmo | 16 Year Breast Cancer Survivor
Guest: Kawana Rucker | ANGEL Advocate
Guest: Maricia Cole | ANGEL Advocate

WATCH EPISODE 14 HERE!

Episode 15: Advocacy and The Power of Community

Join Maimah as she sits down with two inspiring, courageous and empowering advocates. ANGEL Advocate Kellie is a Previvor and ANGEL Advocate Anastasia is a Survivor both women have become powerful advocates in their community.

Listen as Kellie and Anastasia talk with Maimah about the impact cancer has had on their lives. The treatments and interventions they have taken to have their best health outcomes is inspiring. Learn how they are educating and supporting the cancer community through the power of advocacy.

Host: Maimah Karmo | 16 Year Breast Cancer Survivor
Guest: Kellie Goss | ANGEL Advocate
Guest: Anastasia Stevenson | ANGEL Advocate & Published Author

WATCH EPISODE 15 HERE!
In this episode, we dive into the topic of metastatic bone disease and bone health. Be inspired as we talk with two incredible Thrives who are both living their best life despite the impact cancer has had on their bones, listen as they share tips, motivation and inspiration. It is our privilege to welcome ANGEL Advocate Terlisa Sheppard, a 20+ year MBC Thriver, and The Bald Ballerina Maggie Kudirka, an 8+ year MBC Thriver, along with Fitness Expert Derek Burns.

The impact cancer can have on our bones is significant and can further be impacted by metastatic bone disease. Listen as our guests share their experiences and talk about what has helped them to manage and support their bone health and why it is important to “Love your Bones.”

Host: Maimah Karmo | 16 Year Breast Cancer Thriver
Guest: Terlisa Sheppard | Tigerlily ANGEL Advocate
Guest: Maggie Kudirka | The Bald Ballerina & Patient Advocate
Guest: Derek Burns | President, CEO of AfterBurns Fitness & Fitness Expert for Tigerlily Pure Cat Initiative
Love Your Bones Video Series

We are excited to share our Love Your Bones Series discussing Facts, Food, Fitness and Focus. Click the images below to view our short videos on bone health and recipes that may help strengthen your bones.
State of Survivorship 2023 Survey

Our partners at National Coalition for Cancer Survivorship (NCCS) are launching their 5th Annual State of Survivorship Survey, and we are glad to extend the invite to the Tigerlily network to join NCCS in amplifying this important initiative within the cancer community.

The State of Survivorship Survey aims to gather insights and experiences directly from individuals with a history of cancer and their caregivers, enabling NCCS to better understand their needs and advocate for quality cancer care for all.

The survey has been carefully designed in collaboration with NCCS’s research partner, Edge Research, and has been instrumental in shaping NCCS’s work over the years. This year, NCCS is particularly excited to introduce the new Caregiver Companion Survey, recognizing the vital role caregivers play in the cancer journey.

- Is available in English and Spanish;
- will take approximately 15 minutes to complete;
- Responses will remain strictly confidential. The information provided will only be viewed together with the responses of others. Information will never be sold to a third party;
- This year includes a companion survey for caregivers.

The survey:

Please consider sharing about the survey and/or taking part in the survey here.

Together, we can gather a wide range of voices, experiences, and insights that will drive our collective efforts to improve survivorship outcomes.
Reducing disparities in healthcare has been designated as a priority for many healthcare institutions, organizations, and professionals in the U.S. At Diverse Health Hub.

How to Best Approach Your Care Team About Unusual Lab Results

What should patients do if they notice or wonder about lab test results that seem unusual? Watch as medical laboratory scientist Dr. Kyle Riding shares advice for patients to advocate for their health.
A cancer diagnosis takes a toll on patients not only physically, but emotionally as well. In fact, according to research published by the National Cancer Institute, a survey of patients whose breast cancer was treated with chemotherapy, approximately 25% experienced moderately severe depression, while 41% experienced anxiety at the end of treatment.

Dana Darber BRCA-P Study

The BRCA-P study can help researchers find a non-surgical way to reduce breast cancer risk in women with a BRCA1 mutation. Thank you for considering participation in this study. If you decide to think further about enrolling in the study, we can assure you that your participation will help advance the latest breast cancer research for future generations!

If you are interested in learning more about the study or have any questions, please contact a member of the local study site team. Feel free to refer to friends and family members.

The United States Preventative Services Task Force (USPSTF) recommends a screening mammogram every other year for women ages 50-74 who are at average risk for breast cancer. But do all patients in this category benefit from this screening regimen?

This study is about:
Using personal breast cancer risk and breast density to determine the frequency of screening mammograms for women over age 50.
Make a change today - Donate a Hope Box!

The Hope Box was created and is sent to help newly diagnosed young women feel pampered, soothed, educated, empowered, and to help them to manage stress as they get through their breast cancer journey.

Make a difference with Tigerlily! Because of donors and friends like you, we continue to fight and advocate for those we have the privilege to serve. Your gift can help Tigerlily Foundation with programs for survivors and thrivers of breast cancer, like our Hope Box.

Sponsor a Hope Box for someone diagnosed with Breast Cancer

CLICK HERE TO DONATE!

Leave Us A Review!

Do you like what we’re doing over here at Tigerlily Foundation? Help us spread the word about our community and resources by leaving a review on Facebook or Google.

LEAVE A REVIEW ON FACEBOOK!