Filipino Cancer Education Resource Catalog

Greater Bay Area / 2007

Produced by the
Filipino Community Cancer Collaborative

Collaborators

American Cancer Society

Association of Asian Pacific Community Health Organizations

Asian & Pacific Islander American Health Forum

Filipino community members

National Cancer Institute's Cancer Information Service

St. Mary's Center, Oakland

Stanford Comprehensive Cancer Center

University of California, San Francisco Comprehensive Cancer Center

University of California, San Francisco School of Nursing

Women's Cancer Resource Center

For more information about the Filipino Community Cancer Collaborative, contact Roxanna Bautista, Asian Pacific Islander American Health Forum: 415-954-9988.

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Screening/Early Detection Resources

Breast Cancer

Kanser sa Suso (Cancer of the Breast)
Tagalog and English
American Cancer Society, 2006
Available from:
1-800-227-2345
A basic information sheet that explains California cancer rates of breast cancer, the risks for breast cancer, screening guidelines, and the importance of early detection.

Pagtatabing ng Kanser para sa mga Babae (Cancer Screening for Women)
Tagalog and English
Cultural and Linguistic Services Department of L.A. Care Health Plan and California Medical Association Foundation, 2005
Available from:
www.ethnicphysicians.org/projects, click "Cancer Screening Project"
An information sheet that encourages women to get regular screening for breast, cervical and colorectal cancers. It includes a chart for women to keep track of their screening tests and appointments.

Mammograms: Not just once, but for a lifetime
English
National Cancer Institute, NIH Publication, 1999
Available from:
www.cancer.gov/publications
or call 1-800-4-CANCER
A two-page, easy-to-read, large-print pamphlet that defines mammography, explains who needs this important examination, and describes the procedure. It is geared towards women 60 and over.

Breast Cancer, continued

Mammograms. Not just once, but for a lifetime
English
National Cancer Institute, NIH Publication, 1998
Available from:
www.cancer.gov/publications or call 1-800-4-CANCER
A two-page, easy-to-read pamphlet that defines mammography, explains who needs this important examination, and describes the procedure. It is geared towards women 40 and over.

Gawin ito para sa Sarili. Gawin ito para sa Pamilya (Do it for Yourself, do it for your Family)
Tagalog and English
National Cancer Institute, NIH Publication, 1998
Available from:
www.cancer.gov/publications or call 1-800-4-CANCER
A pamphlet that encourages women in their forties and older to get a mammogram every one to two years.

Kailangan mo ba ng kausap? (Where to turn when your world turns upside down)
Tagalog and English
Y-ME National Breast Cancer Organization, 2005
Available from:
http://www.y-me.org/publications or call 1-800-221-2141
A tear-off pad of 25 sheets that provides patients with Y-ME's hotline number. Reverse is blank. Tagalog version explains how to call the hotline number.

Breast Cancer, continued

Patnubay ng Kababaihan sa Pangangalaga ng Suso (A Woman's Guide to Breast Care)
Tagalog and English
Y-ME National Breast Cancer Organization, 2005
Available from:
http://www.y-me.org/publications or call 1-800-221-2141
A pamphlet that explains the three steps to earlier detection: breast self-exam, mammography and clinical exams.

Colon Cancer

Kanser sa Colon
Tagalog and English
American Cancer Society, 2006
Available from:
1-800-227-2345
A basic information sheet for men and women that explains California cancer rates of colon cancer, the risks for colon cancer, screening guidelines and types of tests.

General Cancers

Pagtatabing sa Kanser: Maililigtas ang Buhay Mo sa Maagang Pagkatuklas
(Cancer Screenings: Early Detection Can Save Your Life)
Tagalog and English
Cultural and Linguistic Services Department of L.A. Care Health Plan and California Medical Association Foundation, 2005
Available from:
www.ethnicphysicians.org/projects, click "Cancer Screening Project"
A general information sheet that encourages men and women to adopt healthy lifestyle habits, get regular cancer screenings, and communicate with their health provider. It explains the benefits of regular cancer screenings.

Prostate Cancer

Kanser sa Prostate (Cancer of the Prostate)
Tagalog and English
American Cancer Society, 2006
Available from:
1-800-227-2345
A basic information sheet that explains California cancer rates of prostate cancer, age as a main risk for prostate cancer and screening recommendations.

Pagtatabing ng Kanser para sa mga Lalaki
(Cancer Screening for Men)
Tagalog and English
Cultural and Linguistic Services Department of L.A. Care Health Plan and California Medical Association Foundation, 2005
Available from:
www.ethnicphysicians.org/projects, click "Cancer Screening Project"
An information sheet that encourages men to get regular screening for colorectal and prostate cancers. It includes a chart for men to keep track of their screening tests and appointments.

Healthy Lifestyle Resources

Diabetes

Mga Hakbang Sa Pamamahala Ng Diyabetis Upang Magkaroon Ng Mahaba At Masiglang Buhay
(Steps to Manage Your Diabetes)
Tagalog and English
Association of Asian Pacific Community Health Organization
Available from:
http://www.aapcho.org
This seven-page bilingual patient brochure provides information on diabetes and self-management strategies. It includes information on what is diabetes, the types of diabetes, regular care for diabetes, managing diabetes, controlling blood sugar levels, getting checked for long-term problems and how to take good care of your diabetes.

Nutrition

Nutrisyon, Ehersisyo-Kanser (Nutrition, Exercise and Cancer)
Tagalog and English
American Cancer Society Publication, 2006
Available from:
1-800-227-2345
This one-page fact sheet provides the latest figures and basic trends on nutrition and exercise in California. It also provides physical activity and nutritional guidelines to help maintain a healthful weight.

Tobacco

Mga Kanser na may Kinalaman sa Tabako (Tobacco-related Cancer)
Tagalog and English
American Cancer Society, 2006
Available from:
1-800-227-2345
This one-page fact sheet provides the latest figures and basic trends on smoking, secondhand smoke, and lung cancer rates. It includes a list of warning signs on lung and oral cancers, and early detection methods.

Nais ng mga Pilipino ang Malusog na Puso (Filipinos Aspire for Healthy Hearts)
Tagalog and English
U.S. Department of Health and Human Services
NIH Publication, 2004
Available from:
http://www.nhlbi.nih.gov, click on "Health Information and Public Information"
This three-page pamphlet provides hazards from smoking and tips to quit smoking. It is also available in English.

Hepatitis B (for liver cancer prevention) Resources

All Kids Need Hepatitis B Shots!
English
Immunization Action Coalition Publication, 1998
Available from:
http://www.immunize.org, click on "print materials"
This trifold brochure provides information on hepatitis B, specifically regarding children needing the vaccine. It gives examples of how it can be transmitted, why the shots are important, and who to contact if the family is unable to afford the vaccine.

Hepatitis B shots are recommended for all new babies. Hepatitis B vaccine helps protect your baby's future!
English
Immunization Action Coalition Publication, 2001
Available from:
http://www.immunize.org/catg.d/p4110bab.pdf
This trifold brochure provides information on hepatitis B, specifically regarding children needing the vaccine. It gives examples of how it can be transmitted, information about the vaccine, and why it is so important to get vaccinated.

If you, your parents, or your children were born in any of these places...
English
Immunization Action Coalition Publication, 1995
Available from:
http://www.immunize.org/catg.d/p4170ref.pdf
This trifold brochure provides information on hepatitis B: what it is, how do you know if you have it, how you get it, and is there a cure for this disease.

Hepatitis B Resources
continued

Linggu-lingo daan-daang tinedyer ang nagkakaroon ng Hepatitis B. Magpa-bakuna laban sa sakit na ito!! (Every day, teens are infected with hepatitis B virus)
Tagalog
Immunization Action Coalition Publication, 1997
Available from:
http://www.immunize.org/catg.d/p4100ta.pdf (Tagalog version)

Community Resources

American Cancer Society

The American Cancer Society is a nationwide community-based voluntary organization that offers a variety of free services to patients and their families. Trained cancer information specialists are available 24 hours a day, seven days a week to answer questions about cancer, coordinate free patient services, refer callers to other resources in their communities, and provide information on local events. This service is available in multiple languages. The Society's Web site also includes cancer information and resources. Publications may be ordered over the phone.
1-800-ACS-2345 (1-800-227-2345) / www.cancer.org

Asian and Pacific Islander Cancer Education Material (APICEM) Web Portal

APICEM is made possible by cooperation from the American Cancer Society and the Asian American Network for Cancer Awareness, Research, and Training (AANCART). AANCART is a Community Network Program funded by NCI. APICEM is an online catalog designed to allow materials in Asian and Pacific Islander languages to be electronically retrievable online. **www.aancart.org/apicem**

Community Resources
continued

California Smokers' Helpline

The California Smokers' Helpline is a free telephone-based smoking cessation service. There are also specialized services for teens, pregnant women, and tobacco chewers. The Helpline may be contacted Monday through Friday (7 a.m.-9 p.m.) and Saturday (9 a.m.-1 p.m.). If calling after hours or if the lines are busy, callers will reach the Helpline's 24-hour voicemail service.
1-800-NO-BUTTS (1-800-662-8887)
California Tobacco Chewers' Helpline: 1-800-844-CHEW (1-800-844-2439) / www.californiasmokershelpline.org

Cancer Detection Programs: Every Woman Counts

Every Woman Counts provides low-income women access to screening, diagnostic and follow-up services for breast and cervical cancer. This is a statewide toll-free number, available Monday through Friday from 8:30 a.m.-5 p.m. Two follow-up calls are attempted for all eligible women who call the number to determine if they have scheduled an appointment and received services.
1-800-511-2300 / www.dhs.ca.gov/cancerdetection

National Cancer Institute's (NCI) Cancer Information Service (CIS)

NCI's CIS provides the latest, most accurate information on cancer that is easy to understand. NCI/CIS information specialists assist callers with information about cancer by telephone (Monday - Friday, 9 a.m.-4:30 p.m.), instant messaging and email. Publications can be ordered over the phone or through NCI's Web site. The service is anonymous, and information specialists spend as much time as needed for thorough and personalized responses.
1-800-4-CANCER (1-800-422-6237) / www.cancer.gov
Instant-Messaging: LiveHelp at www.cancer.gov/help
E-mail: cancergovstaff@mail.nih.gov

Serving the Filipino community:

Asian American
Cancer Support Network

GENERATING RESOURCES FOR HOPE

National Cancer Institute's
CANCER INFORMATION SERVICE

STANFORD
COMPREHENSIVE
CANCER CENTER

Stanford University Medical Center

United Church of Christ
Faith Community Church

ST. MARY'S CENTER

A COMMUNITY OF CARE FOR SENIORS, CHILDREN AND FAMILIES IN OAKLAND

University of California
San Francisco

Comprehensive
Cancer Center

Questions About Cancer?

1.800.ACS.2345 www.cancer.org