

# BUILDING EQUAL ACCESS TOGETHER IN CANCER (BEAT-C) NEWSLETTER



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## RESEARCH TEAM SPOTLIGHT



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Dr. Arem is an Implementation Researcher. Her work focuses on improving cancer outcomes and quality of life among racial and ethnic minorities.

**National Women's Health Week is from May 14-20, and this year's theme is: Women's Health, Whole Health: Prevention, Care and Wellbeing.**

We encourage you to make your health your priority by talking to your health care provider about health concerns, getting enough sleep, having a balanced diet, and prioritizing your mental health.

## CANCER SUPPORT ORGANIZATION SPOTLIGHT



Unite for HER provides free services, support, and education to those affected by breast cancer. Their virtual programs include live cooking classes, virtual hangouts, and Q&A sessions with experts. Their Wellness Passport program provides patients with access to services – including reiki, meditation and mindfulness, nutrition, and professional counseling. You can request a box of supportive resources at no cost.

To learn more, visit

<https://uniteforher.org/> or contact [info@uniteforher.org](mailto:info@uniteforher.org) or **610-883-1177**.

## STUDY PROGRESS HIGHLIGHTS

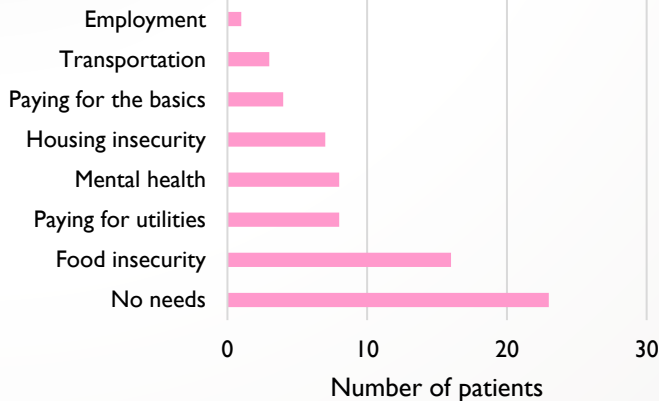
A total of **89** patients have enrolled in the study so far, including **55** women.

**19** patients have completed the 6-month program, and **all** of them reported feeling satisfied with the program.

### Women's health and social needs resources:

[Living Beyond Breast Cancer](#)  
[CCI Health Services](#)  
[ABCD Breast Cancer Support](#)

### Social Needs Reported by Women



## WE WANT TO HEAR FROM YOU!

What additional information would be helpful for us to include in the newsletter? Contact [Marjanna.Smith@MedStar.net](mailto:Marjanna.Smith@MedStar.net) or let your community health worker know what you would like to see in future newsletters.