

**WELL-AHEAD**



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# The Link Between Breast Cancer and Heart Disease

October 27, 2021

Louisiana's Health Initiative

# Speakers

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- **Dr. Denise Johnson**

- Lead Clinical Associate and Medical Advisor
- Louisiana Breast & Cervical Health Program



- **Reotta Pierce**

- Heart Disease Program Manager
- Well-Ahead Louisiana





# Learning Objectives

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- The connection between breast cancer and heart disease
- The services offered by the Louisiana Breast and Cervical Health Program
- The heart disease programming offered by Well-Ahead Louisiana
- How you can become a participant in these programs and access, refer to, or share these available resources with the patients you serve

# BREAST CANCER



# Breast Cancer in the United States

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- In the United States, breast cancer is the most frequently diagnosed cancer and is the second leading cause of cancer deaths in women
- If breast cancer is detected in its earliest stage, women have better treatment options and long-term outcomes
- Presenting with late-stage breast cancers limits treatment options and patient outcomes



# Breast Cancer in the United States

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- The American Cancer Society recommends that women begin mammogram screening at age 45
- About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime
- White women have the highest overall incidence rate of breast cancer
  - However, African American women are more likely to die from it

# HEART DISEASE



# Heart Disease in the United States

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- Heart disease is the leading cause of death for women in the United States, killing 299,578 women in 2017—or about 1 in every 5 female deaths
- Heart disease is the leading cause of death for African American and white women in the United States
- Heart disease can sometimes be a complication of breast cancer treatment
- Older women who survive breast cancer are more likely to die of heart disease than a cancer recurrence



# THE CONNECTION BETWEEN BREAST CANCER & HEART DISEASE



# The Connection

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- Cancer can directly causes heart problems, such as fluid buildup around the heart
  - Much of the time, the problem comes from treatments targeting cancer
- These heart issues may show up soon after treatment and others may show up years down the line
- These heart issues can also get in the way of treating breast cancer in some women
  - If the heart muscle is weakened, this may cause a halt in treatment until the heart recovers

# The Connection

- Heart disease and breast cancer share some risk factors
  - For example, aging, poor diet, lack of exercise, and smoking all increase your risk for both diseases, so lifestyle measures can help prevent both
- Data has shown that adopting the heart-healthy approach in terms of exercise and diet is good for both heart and breast cancer health



# Louisiana Breast & Cervical Health Program

## Overview



[LBCHP.org](https://www.lbc hp.org)

A division of Louisiana Cancer Prevention & Control Programs (LCP)  
LSU Health New Orleans | School of Public Health

# Overview



Louisiana ranks 3<sup>rd</sup> in breast cancer deaths and 4<sup>th</sup> in cervical cancer deaths

- ✓ The **Louisiana Breast and Cervical Health Program (LBCHP)** helps women get life-saving breast and cervical screenings.
- ✓ Serve low-income, uninsured or underinsured women.
- ✓ LBCHP's no-cost mammograms, Pap tests and navigation services help prevent or detect these cancers early, reducing needless deaths and costs.

# Locations

## New Orleans

### *Breast*

- University Medical Center (UMC)
- St. Thomas Community Health Center

### *Breast & Cervical*

- Luke's House
- NOELA Community Health Center

## Baton Rouge

### *Breast*

- Woman's Hospital  
(Mobile mammography)

## St. Gabriel

### *Breast & Cervical*

- St. Gabriel Clinic Inc.

## New Iberia & St. Martinville

### *Breast & Cervical*

- Iberia Comprehensive Community Health Center

## Independence

### *Breast & Cervical*

- Lallie Kemp Regional Medical Center

## Lake Charles

### *Breast*

- CHRISTUS St. Patrick Hospital

## Alexandria

### *Breast & Cervical*

- CHRISTUS Cabrini Hospital

## Shreveport

### *Breast & Cervical*

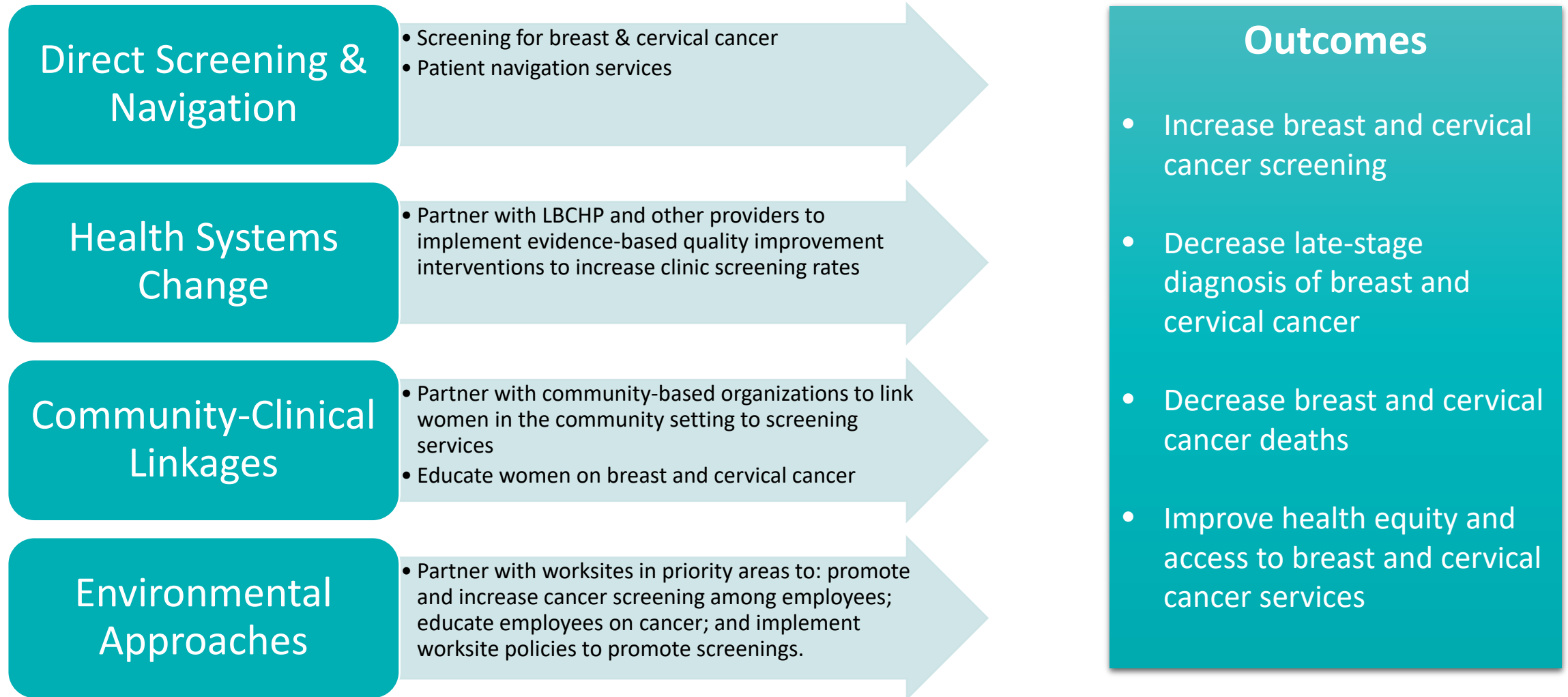
- LSUHSC-Shreveport (Partners in Wellness)

## Monroe

### *Breast & Cervical*

- Ochsner LSU Health Monroe

# Program Strategies Overview



# LBCHP Eligibility



## Age

- ✓ Cervical cancer screening (Pap test): 21 to 64.
- ✓ Breast cancer screening (mammogram): 40 to 64.
- ✓ Patients under 40 may be eligible for services if having breast symptoms

## Income







- ✓ Participant's household income must be at or below 250% of the Federal Poverty Level

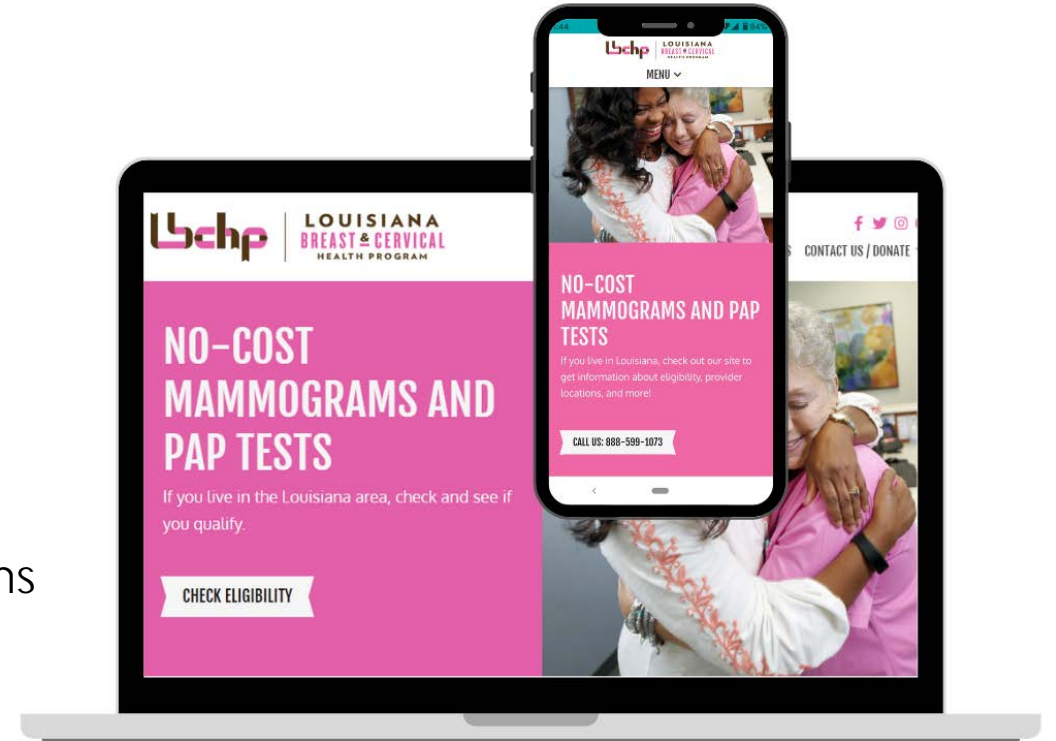
## Insurance Status

- ✓ Uninsured: Eligible for screening and navigation support
- ✓ Insured: Eligible for navigation support. If a diagnostic service is needed but not covered by insurance or patient can't afford co-pay/deductible, LBCHP can help.



# Learn More About LBCHP

-  - 1-888-599-1073
-  - LBCHP.org
-  - @LouisianaCancer
-  - @LouisianaCancer
-  - @LouisianaCancerPrevention
-  - Louisiana Cancer Prevention & Control Programs



**WISEWOMAN**

# WISEWOMAN Program Overview

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- Is an extension of the Louisiana Breast and Cervical Health Program providing cardiovascular disease screenings for approved lifestyle support programs or health coaching to women:
  - Participating in LBCHP
  - Aged 40-64
  - At risk for cardiovascular disease (CVD)
    - High Blood Pressure (Systolic >120mmHg or Diastolic >80mmHG)
    - Overweight (BMI >25)
    - Uses tobacco products
    - Family History of CVD
  - Willing to participate in a support service, such as WW (formerly Weight Watchers, TOPS, NDPP) or Health Coaching

# Goal of WISEWOMAN

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- Empower women to know their risk for cardiovascular disease
- Through **risk reduction counseling**, educate women on their health and how their behavior(s) can effect their health
- Providers will use **motivational interviewing**, to address barriers to support services and behavior change with the WISEWOMAN participant and refer women to a **lifestyle support program or health coaching (HBSS)**
- WISEWOMAN will pay for participants to attend a HBSS, where they will learn how to make small changes to **improve their health**



# WISEWOMAN

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- If your health center participates in the LBCHP, it is eligible to offer WISEWOMAN
- To learn more, email [wellahead@la.gov](mailto:wellahead@la.gov)

# POPULATION HEALTH COHORT



# What is the Population Health Cohort?

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- **Collaborative quality improvement program** which supports implementation of strategies aimed at improving population management within a primary care setting
- Specific focus on individuals at risk for or diagnosed with **hypertension, hyperlipidemia and type 2 diabetes**



# Quality Improvement Project: Strategies

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- Identifying undiagnosed hypertension
- Management of patients with HTN and high blood cholesterol
- Establishing or expanding MTM services or developing Collaborative Practice Agreements with a local pharmacy
- Linking patients to community resources to improve management
- Screening, testing, and referring for prediabetes
- Management of patients with diabetes, including referral to diabetes education





# Population Health Cohort

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- Providers play a crucial role in making changes to impact population health
  - Participating in the Population Health Cohort makes those changes accessible and achievable
- Providers will be notified through the Provider Education Network when the next cohort application period is open

**QUESTIONS?**



# Contact Information

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- Well-Ahead Louisiana Provider Education Network
  - [www.wellaheadla.com/move-well-ahead/provider-education-network/](http://www.wellaheadla.com/move-well-ahead/provider-education-network/)
  - [wellahead@la.gov](mailto:wellahead@la.gov)
- Louisiana Breast and Cervical Cancer Health Program
  - [www.LBCHP.org](http://www.LBCHP.org)
- Dr. Denise Roubion-Johnson
  - [DJohn7@lsuhsc.edu](mailto:DJohn7@lsuhsc.edu)
- Reotta Pierce
  - [Reotta.Pierce@la.gov](mailto:Reotta.Pierce@la.gov)

# Rural Health Workshop

- December 6-8, 2021
- [www.ruralhealthworkshop.org](http://www.ruralhealthworkshop.org)

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# Provider Education Network

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- The Provider Education Network helps healthcare professionals address the challenges facing our communities
  - Education
  - Technical Assistance
  - Quality Improvement Strategies
  - Workforce Development
  - Patient Education Tools
  - Links to Community-Based Programs
- Join today at [www.wellaheadla.com/join-provider-education-network](http://www.wellaheadla.com/join-provider-education-network)



Thank You for Joining Us!

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