

Did You Know...

- Breast cancer is the most frequently occurring cancer and the leading cause of cancer death among Latinas.
- Learning tools to help manage stress is simple and can improve your mood and health.
- Support from cancer survivors is a promising way of reducing the stress of breast cancer.



UCSF
Box 0856
San Francisco, CA 94143-0856
Please call toll-free: **1-855-755-8273**

You May be Eligible If...

- You are Latina
- You are 18 years of age or older
- You are primarily Spanish speaking or bilingual
- You were diagnosed with breast cancer

Your participation in the study is
confidential and voluntary.

For more information
please call Jasmine at:
1-855-755-8273 (toll free)

Our Collaborators



University of California
San Francisco



Women CARE



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NUEVO AMANECER

**A Stress Management Training
Program for Latinas with Breast
Cancer**

**A Research Study for
Latinas by Latinas**

What is Nuevo Amanecer?

Nuevo Amanecer II (A New Dawn) is a research study that is evaluating a program to improve the quality of life and stress management among Latinas with breast cancer.



What Do I Get if I Join?

- A breast cancer survivor who will be my *compañera* or counselor
- Meet with my *compañera* at a convenient location
- My *compañera* will offer me support and information
- I will receive information in Spanish on breast cancer, its treatments, and stress management
- I will receive up to \$100 in cash for completing the 6-month study

There is **no cost** to you for participating.

Nuevo Amanecer II is a joint effort of Circulo de Vida and the University of California, San Francisco. We will be evaluating if the program helps Latinas with breast cancer improve their quality of life and to see how their bodies react to stress. Women who enroll in the study will receive the program either now or in 6 months, depending on which group they are assigned to.

What Do I Need to Do?

- If eligible, enroll in the study.
- Receive the program, either now or in 6 months.
- Complete 4 surveys about my health and the program.
- Give my permission to the research team to gather information about my breast cancer and cancer treatment from my medical chart.

For more information,
please call **Jasmine** at:
1-855-755-8273 (toll free)

Why Do We Need Your Help?

The surveys you complete will help us learn more about your breast cancer experience and how to improve the program.

Depending on the results of this study, programs such as this one may be started at other health care centers so that they are available to more women with breast or other types of cancer.

