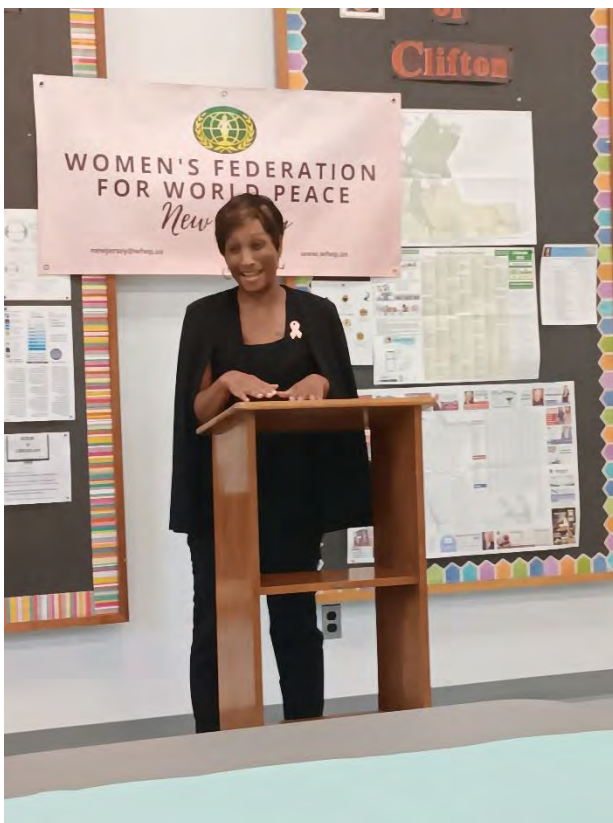


## WFWP USA: Breast Cancer Survivor's Inspiring Journey of Hope

Katarina Connery  
September 21, 2024



On September 21, WFWP New Jersey hosted "Tea with Intention." At the Allwood Branch Library in Clifton, NJ, we welcomed Kiana Wooten, a breast cancer survivor and Angel Advocate for the Tigerlily Foundation, for a powerful talk about her personal journey with breast cancer. Kiana also received the HerStory Award from WFWP earlier this year. Kiana shared her experience of being diagnosed at the young age of 34, emphasizing the importance of knowing one's body and family health history.



Kiana revealed startling statistics: 1 in 8 women will face a breast cancer diagnosis, with a woman diagnosed every two minutes. She recalled how a routine mammogram, initially undertaken to satisfy her husband's concerns, led to the shocking discovery of her condition. What began as a small growth soon grew to the size of a fist, highlighting the urgency of early detection.

Her journey took a harrowing turn when, after undergoing surgery and receiving implants, she contracted sepsis - not once, but twice. Kiana candidly discussed the emotional toll of these experiences, including difficult conversations with her daughters about life and death and the financial strain that ultimately led her family to file for bankruptcy.

Kiana's message resonated deeply: every year, over 40,000 women in the U.S. lose their lives to breast cancer. She urged attendees to teach their daughters about self-exams, advocate for their health, and seek genetic testing, regardless of family history. With early detection boasting a 98% survival rate, Kiana encouraged everyone to trust their instincts

and prioritize their health by keeping up with regular screenings.

Her inspiring story reminded us all that awareness and education can be powerful tools in the fight against




breast cancer. WFWP is grateful to Kiana for sharing her journey and empowering our community to take action for our health. As a final step for the afternoon program, we enjoyed some invigorating Zumba

Since October is also breast cancer awareness month, this conversation was very timely. Take a look at some of these resources from Tigerlily Foundation that Kiana shared with us.


# BREAST CANCER BASICS

Breast cancer is a collection of abnormal breast cells that are growing uncontrollably and invading healthy tissue. It usually begins as a tumor, which is a group of abnormal cells that grow and divide more quickly than they should and don't die when they should.


**1 in 8** WOMEN in the U.S. will develop breast cancer in her lifetime




More than **250,000** women under 40 in the U.S. LIVE WITH A BREAST CANCER DIAGNOSIS



Breast cancer is diagnosed **every 2 MINUTES**




**42% higher** breast cancer mortality rates in African American women than white women




INCIDENCE OF BREAST CANCER PER 100,000 BY RACE				
127.9	124.4	96.3	92.1	82.0
White	African American	Asian/Pacific Islander	Hispanic	American Indian/Alaska Native

**but there is hope...** with early detection there is a **98%** survival rate


**Know the RISKS**




**GENDER**  
Being female




**FAMILY HISTORY**  
Mother, father, sister, or daughter has had breast cancer



**GENETICS**  
Inherited DNA changes in genes from mother or father



**AGE**  
Getting older



**BREAST DENSITY**  
High density breasts

**Don't wait...START NOW!**

**EXERCISE**

10-19 hours per week can lower risk up to 30%.

**KNOW THE SIGNS**


Be aware of what's normal for you and tell your doctor about any changes.

**BE YOUR OWN ADVOCATE**

Create a prevention and treatment plan with your doctor that focuses on your needs.

**LIMIT ALCOHOL USE**

Alcohol can increase estrogen which can increase risk.



**Tigerlily Foundation**  
Boury. Strength. Transformation.

TIGERLILY **ANGEL**  
ADVOCACY PROGRAM  
ANGEL Advocate Approved

[TIGERLILYFOUNDATION.ORG](http://TIGERLILYFOUNDATION.ORG)

[@tigerlily\\_foundation](#)
[@tigerlilycares](#)
[@tigerlilyfoundation](#)



# HIGH RISK ASSESSMENT

It is important to know that everyone has a personal risk of breast cancer. This is important because there are different screening guidelines for women that have an average risk of being diagnosed with breast cancer compared to those who are at a higher risk. This is especially important for young Black women as they are more likely to be diagnosed with breast cancer at younger ages, later stages and with more aggressive types of breast cancer compared to white women.



Women who are considered to have an average risk of breast cancer are those who:



Have not had chest radiation therapy before the age of 30



Have not had cancer in the past



Do not have a significant family history of breast cancer, or any genetic mutations like BRCA



Have about a 13% lifetime risk of developing breast cancer

This information is based on assessment tools such as the NCI Breast Cancer Risk Assessment Tool below.



High-risk women are those who:

Have the BRCA1 or BRCA2 gene mutation

Have a first-degree relative (child, parent, or sibling) with a BRCA1 or BRCA2 mutation but have not had genetic testing done

Had chest radiation therapy during the ages of 10-30

Have or had family members with Cowden syndrome, Li-Fraumeni syndrome, or Bannayan-Riley-Ruvalcaba syndrome

20%

Have a 20% or higher lifetime risk of breast cancer (based on assessment tools such as the NCI Breast Cancer Risk Assessment Tool below).



These women are recommended to have an MRI and a mammogram every year starting before age 40 (the American Cancer Society suggests starting at age 30 or an age recommended by their health care provider). High-risk women should also educate themselves and work closely with their doctor to be proactive about their health and determine what screening routine and start age is best for them based on their personal risk of breast cancer.



## Find Your Risk

Take the NCI Breast Cancer Risk Assessment Tool quiz to find out your risk and be empowered to make more informed decisions about your health.



**Tigerlily Foundation**  
Beauty. Strength. Transformation.