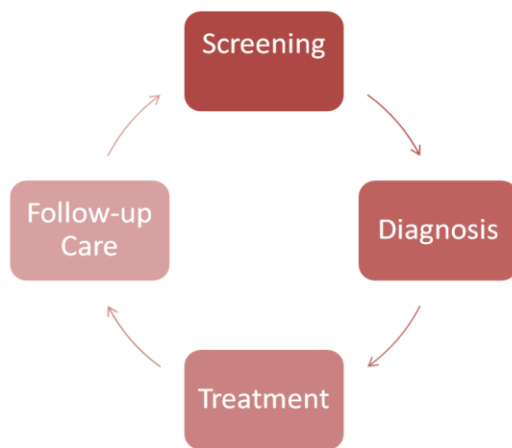


## Susan G. Komen for the Cure® Continuum of Care Model

The San Diego Affiliate of Susan G. Komen for the Cure® will be examining our community's resources and programs, and how we can form strategic partnerships to increase access to care. This analysis is central to determining how we will invest resources to improve the quality of care received. As part of this process, the breast cancer "continuum of care" is important in defining how a woman should move through the health system to be screened for breast cancer, receive any necessary diagnostic care, get treatment if breast cancer is diagnosed and receive follow-up care after treatment. The "continuum of care" model can be used as a guide when assessing and understanding why some individuals never enter or delay entry into the continuum, finding gaps in service availability, identifying barriers faced and what can be done to address those gaps and barriers. The continuum of care consists of the following phases: screening, diagnosis, treatment and follow-up care as well as education, survivorship, and/or end-of-life care.



**Screening:** Breast Cancer screening is often the point of entry into the continuum of care. Because screening tests can detect cancer early, when it's most treatable, getting screened regularly for breast cancer is the best way for women to lower their risk of dying from the disease.

**Diagnosis:** If a mammogram or clinical breast exam reveals an abnormality, a women's health care provider may recommend follow-up diagnostic tests. It is important that women receive timely follow-up tests after an abnormal screening result. If further testing reveals that the abnormality is not cancer, the women should continue follow screening guidelines.

**Treatment:** If breast cancer is diagnosed, a woman will enter the treatment phase of the continuum. Each woman will work with her healthcare providers to determine her best treatment plan.

**Follow-up Care:** Following treatment, a woman will enter the follow-up phase of the continuum. During this phase, her health care providers will recommend regular screening tests and follow-up visits to keep track of her recovery and quality of life, manage side effects, and, if cancer reoccurs, detect it early. A woman may need support to continue breast health screenings, make recommended lifestyle changes, cope with stress and fear, and may require assistance with long- term care.