Sisters NETWORK® INC.

A NATIONAL AFRICAN AMERICAN BREAST CANCER SURVIVORSHIP ORGANIZATION

2018 ANNUAL REPORT
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOUNDER’S MESSAGE</td>
<td>4</td>
</tr>
<tr>
<td>ABOUT US</td>
<td>5</td>
</tr>
<tr>
<td>BREAST CANCER &amp; AFRICAN AMERICAN WOMEN</td>
<td>6</td>
</tr>
<tr>
<td>SISTERS NETWORK STORY</td>
<td>28</td>
</tr>
<tr>
<td>NATIONAL BOARD OF DIRECTORS</td>
<td>33</td>
</tr>
<tr>
<td>COLLABORATION &amp; PARTNERSHIPS</td>
<td>35</td>
</tr>
<tr>
<td>MEDIA PARTNERS</td>
<td>36</td>
</tr>
<tr>
<td>FINANCIAL SUMMARY</td>
<td>37</td>
</tr>
</tbody>
</table>
Greetings,

As I reflect on the many accomplishments of Sisters Network Inc. over the 24 years of survivorship, my heart is full of joy and peace. I think of the lifesaving breast cancer outreach work that our national network of African American breast cancer survivors continue to provide each and every day. I am truly proud and honored to be in the company of my Sisters.

Sisters Network national headquarters, our affiliate membership base, friends and family have worked persistently to lay a strong foundation for our organization. The year 2018 was no exception, Sisters Network even though financially challenged by transitional changes still formed new community partnerships, expanded outreach initiatives, created new national initiatives and took our leadership and advocacy work to the next level. Sisters Network is fortunate and grateful that our various streams of financial and volunteer support have been diminished, we continued to focus on our very important national mission of educating African American women about the devastating impact of breast cancer and saving lives.

As the CEO of a nationally recognized organization, I am still in awe of the lives that Sisters Network touches everyday, whether it is through our chapter survivor work, and national outreach initiatives, providing funds via our Breast Cancer Assistance Program (BCAP) to survivors and free mammograms to those who are uninsured or underinsured. The 2018 BCAP program provided one hundred thousand in financial support to survivors during a very difficult transitional time.

We continue to be grateful for the many successes we experience, there are some losses that we experience all too often. It is when I receive a call that we have lost another sister to breast cancer, it saddens me; however, it is also is what inspires me and all of our members to keep going in our fight against breast cancer.

As you review our Sisters Network 2018 Annual Report, I ask you join me as I renew my pledge and commitment to breast cancer survivorship, Sisters Network Inc. and educating our community. The African American woman’s breast cancer struggle is our story, our lives and our legacy.

Our commitment to serving the African American community and providing exceptional support, resources, and financial assistance is who we are as a sisterhood organization. I know, together, we can and will "STOP THE SILENCE®

In sisterhood and survivorship,

Karen E. Jackson

Karen E. Jackson
Founder/CEO
24 Year Survivor
ABOUT US

Sisters Network ® Inc (SNI) is a leading voice and the only national African American breast cancer survivorship organization in the United States. Founded in 1994 by Karen Eubanks Jackson, Sisters Network is a 501 (c)(3), governed by an elected Board of Directors and assisted by an appointed Medical Advisory Board.

The organization’s purpose is to save lives and provide a broader scope of knowledge that addresses the breast cancer survivorship crisis affecting African American women around the country. SNI is a nationally recognized organization among leading medical establishments and breast cancer physicians as a critical information resource for African American women. Under the direction of Founder and CEO, Karen E. Jackson, a visionary and 25-year breast cancer survivor. SNI continues to develop new chapters and expand the national outreach through its 20-affiliate survivor run chapters nationwide.

At the core of Sisters Network mission is support, outreach and education. During 2018, Sisters breast health outreach initiatives impacted an estimated 2.1 million families through chapter outreach, television, radio, print and social media.

Charting new territory is not uncommon for the innovative organization. In 1999, Sisters broke new ground by hosting the Nation’s first national breast cancer conference to specifically address the impact of breast cancer among African American women. The national conference, which attracts nearly 600 participants, including nationally recognized medical experts, has been held in metropolitan cities such as Houston, Detroit, Richmond, Baton Rouge and Chicago.

The organization’s trademark and successful national community outreach programs include: “The Gift For Life Block Walk” and “The Pink Ribbon Awareness Project.” These initiatives are implemented through the Sisters Network affiliate chapters.
The Breast Cancer Crisis for African American Women
Breast Cancer is the most FATAL health issue for African American Women!
African American women have a 31% breast cancer mortality rate – the highest of any U.S. racial or ethnic group

Source: Breast Cancer Prevention Partners
Black women are 42% more like to die of breast cancer

Source: Breast Cancer Prevention Partners
Louisiana and Mississippi have the highest racial disparities in breast cancer mortality: the excess death rate among black women is more than 60%.

Alabama, Arkansas, Georgia, North Carolina, South Carolina and Tennessee all have excess death rates over 40%.

Source: ACS
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<th></th>
<th>Black</th>
<th>White</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incidence Rate</td>
<td>1.9</td>
<td>1.3</td>
<td>1.44</td>
</tr>
<tr>
<td>Mortality Rate</td>
<td>28.9</td>
<td>20.6</td>
<td>1.41</td>
</tr>
<tr>
<td>5 Year Survival Rate</td>
<td>91</td>
<td>81</td>
<td>1.12</td>
</tr>
</tbody>
</table>

Source: American Cancer Society
Black women account for:

12.5% of all new breast cancer cases

15.5% of all breast cancer deaths
Black women under 35 get breast cancer at **two times** the rate of white women and die at **three times** the rate.
5-Year Survival
81% for black women vs 91% for white women
92% of black women agree breast health is important

25% of women have recently discussed it

17% have taken steps to understand their risk
Black women are often at a more advanced stage upon diagnosis.
Black breast cancer survivors have a 39% higher risk of breast cancer recurrence

Source: Phase 3 TAILORx Trial
Black women have a 2.3 times higher odds of being diagnosed with Triple Negative Breast Cancer

Women under age 40 have twice the odds of being diagnosed with triple-negative breast cancer than women aged 50-64 years

Among women who were diagnosed with breast cancer, those diagnosed at late stages were 69% more likely to have triple-negative cancer than other types

Source: Lia Scott, Lee Mobley, Tzy-Mey Kuo, and Dora Il'yasova. CANCER
77.3% of African American moms are single moms

70.5% of all African American working mothers are single moms, making them the primary, if not sole, economic providers for their families

Add breast cancer to those dynamics!

*What choice will a single mom make between missing work to go to chemo versus going to work to feed her kids?*
Pervasive Health Insurance Coverage Disparities Remain for Black women Despite ACA

Nearly 14% of Black women are uninsured, versus 8% of white women

Nearly one in five low-income Black women is uninsured, compared to nearly one in six low-income white women

Black women in the South have the lowest rates of health insurance coverage among all Black women

Source: U.S. Census Bureau
Not only is breast cancer more biologically aggressive in African American women, the disparity in breast cancer mortality also reflects social barriers that disproportionately affect Black women.

**Poverty Barriers**
- lack of a primary care physician
- inadequate health insurance
- poor access to health care

**Cultural Barriers**
- perceived invulnerability
- cultural beliefs
- Religious beliefs
- a general mistrust of the health care system

**Social Injustice Barriers**
- Racial profiling
- discrimination
- history of racism in medical research

Source: American Association for Cancer Research
African Americans Are Significantly Underrepresented in Clinical Research

African Americans represent 13.4% of the U.S. population, yet FDA reports that those populations make up only 5% of clinical trial participants.

Since 2016, the FDA has approved four novel drugs for breast cancer. However, none of those clinical trials had more than 3% black participants.
“The lack of diversity in drug development has two far-reaching consequences for Black women...

First, the latest cancer therapies aren’t fully proven to be effective in minority populations.

Second, researchers haven’t advanced targeted therapies for triple-negative breast cancer tumors that disproportionately affect black women.”

Dr. Lucio Miele
Chairman Genetics
Department Louisiana State University
Factors Impacting Lack of Clinical Trial Participation

- Fear of disease
- Difficult Application Process
- Placebo Myth
- Poor health: high blood pressure, diabetes
- Lack of Access to trials
- Lack of health insurance
- Lack of good quality of care
- Mistrust of the Medical Ecosystem due to Harmful Hospital
- Financial Hurdles
- Social Determinants of Health: transportation, genealogy, mental illness, food deserts
The Diabetes Risk is Real

Diabetes affects 1 in 4 Black women ages 55 years and older and is listed as the fourth leading cause of death for all ages.

Diabetes is also more prevalent among Black women than other ethnic groups:
- Diabetes affects nearly 12% of all Black women ages 20 and older. As we age, our risk of developing diabetes increases.
- While Black women ages 20 and older represent 15% of all diabetes cases, we only account for 13% of the total female population in the U.S.
- Black women are especially at risk due to high rates of overweight and obesity, lack of physical activity, high blood pressure and high cholesterol.
- Nearly 50% of Black females born in the year 2000 and beyond will likely develop Type 2 diabetes in their lifetime.

Source: BlackWomensHealth.org
Fear Stress and Mental Health Are Real! Black Women Need a Relevant Resource

2014 study indicated that Black women experience emotional suppression and behavioral disengagement — “experienced increased levels of distress and poorer survival.”

Black women lack the space to talk about how their concerns went unheard by a medical profession that skews white and male

Black women fear sharing their diagnosis within their families and communities because they are often the family breadwinner

“People won’t even tell their families that they have breast cancer,” said Cornell, the North Carolina nurse. “They die because of a fear of going to the hospital, finding out something is wrong, and not being able to financially afford it or put your family in a bind. With that fear, we wait.”

Source: Pew
MISSION

Sisters Network® Inc. is committed to increasing local and national attention to the devastating impact that breast cancer has in African American community.

NATIONAL CREED

In Unity there is
Strength
In Strength there is
Power
In Power there is
Change © KEJ, 1995

THE VISION CONTINUES...
Our Reach: 55,000+
points of engagement

19,000+ social media Followers: Facebook engagement is 18%+ (versus industry average of 0.17%). Twitter engagement is 1.0% (versus industry average of 0.05%). Instagram reach relative to impressions is 21%+.

Membership roster of 3,000+ African American/Black breast cancer survivors.

18,000+ eblast community.

15,000+ people we engage via events, education forums, walks and activities.

2018 At A GLANCE
2018 At A GLANCE
2018 At A GLANCE

"... we need to do more because breast cancer continues to be a serious life-threatening health issue for African-American women."

Karen Eubanks Jackson • Age 75 • Houston, Texas

INCREASING AWARENESS OF BREAST CANCER IN THE AFRICAN-AMERICAN COMMUNITY

Ten years ago, my life changed when my doctor told me, "You have breast cancer." I remember her as a nurse, a mother, a friend. She was confident and reassuring, yet I was overwhelmed with fear and uncertainty. At that moment, I realized I was not alone. I was part of a larger community of women facing the same diagnosis.

Breast cancer is one of the most common cancers among women, and African-American women have higher mortality rates compared to women in other racial and ethnic groups. This disparity is due to several factors, including delayed access to healthcare, lack of early detection, and cultural barriers to seeking and receiving care.

In my case, the delay in diagnosis was due to a variety of factors. I was hesitant to seek medical attention because I was afraid of the potential diagnosis. I was also concerned about the cost of treatment and the impact it would have on my family. It was not until my symptoms became more pronounced that I sought help. I was fortunate to have an understanding doctor who took the time to explain my options and discuss the importance of early intervention.

The surgery was followed by six weeks of radiation and six months of chemotherapy. It was a challenging time, both physically and emotionally, but with the support of my family and friends, I was able to make it through. I learned the importance of self-care and the value of community support.

My experience has taught me the importance of being proactive about my health. I now schedule regular check-ups and maintain open communication with my doctors and healthcare providers. I encourage other African-American women to do the same, as early detection is key to improving outcomes.

I believe that by raising awareness and advocating for change, we can make a difference. We need to continue to fight for equity in healthcare, and work towards eliminating the disparities that exist for African-American women.

Through my journey, I have learned that with determination and support, I can overcome any obstacle. My story is not just mine, but it is the story of many women who have fought and continue to fight against breast cancer. We are stronger together, and with continued advocacy, we will make progress towards a future where no one is left behind.

In conclusion, increasing awareness of breast cancer in the African-American community is crucial. By sharing my story, I hope to inspire and empower others to take action and make a difference in their own lives.
2018 At A GLANCE

Monthly Breast Self Exam

Sisters Network® Inc.
Breast Cancer Assistance Program (BCAP)

 Donation

Sisters Network® Inc.
National Breast Cancer Assistance Program (BCAP)
was established in 2006 to provide financial help to Breast Cancer Survivors.

**Guidelines for Survivors**

- Use the finger pads of the 3 middle fingers on your left hand to feel for lumps in the left breast. Use overlapping dime sized circular motions of the finger pads to feel the breast tissue. Repeat the exam on your left breast, using the finger pads of the right hand.

- In front of a mirror, while standing in front of a mirror with your hands placed over your hips, look at your breasts for any changes of lumps, dimpling, contour changes, discharge from the nipple, or other changes.

**Standing Tip**

- Stand up and examine each underarm while standing or standing and with your arm slightly raised so you can reach each side of your chest. Raise your arm straight up to lift the tissue in the area, making it easier to examine. Use 3 different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue from the front to the middle of the chest. Medium pressure is needed to feel the tissue closest to the chest and ribs. It is normal to feel a firm ridge in the lower curve of each breast, but you should talk to your doctor if you feel anything else out of the ordinary. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next step.

- Examine the breasts in an up and down pattern starting on an imaginary line drawn down from your shoulder. Examine the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone (clavicle).

**Sisters Network® Inc.**

- **National Headquarters**
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  Houston, TX 77063
  713.781.0808
  info@sistersnetworkinc.org

**BREAST HEALTH MATTERS**

**Breast Health Matters**

**TRIPLE NEGATIVE**

- Triple-negative breast cancer is usually more aggressive, harder to treat, and more likely to come back (recruit) than cancers that are hormone-receptor-positive or HER2-positive. Thirteen percent of breast cancers diagnosed in African American women were triple-negative.

- Triple-negative breast cancer is:
  - Estrogen-receptor-negative
  - Progesterone-receptor-negative
  - HER2-negative

- Breast cancers with these characteristics tend to occur more often in younger women and in African American women. They also tend to grow and spread more quickly than most other types of breast cancer. Because the tumor cells lack these receptors, neither hormone therapy nor drugs that target HER2 are effective against these cancers (although chemotherapy may be useful if needed). Triple-negative breast cancer can also be highly aggressive in younger African American women (pre-menopausal).

**Early Detection Guidelines**

- **Mammograms**
  - Women 40 years and older should have a screening mammogram every year. If your mother or sister has had breast cancer, you may need to get a mammogram earlier and more frequently.

- **Clinical Breast Exam**
  - Women between 20 and 29 years old should have a clinical breast exam by a healthcare professional at least once every three years. Women ages 40 and older should have a clinical breast exam every year.

- **NIBD**
  - Women 20 years and older should do a monthly breast self-exam.

- **Breasts**
  - An ultrasound is used to determine if a lump is a solid mass or a fluid-filled cyst. Clinicians use ultrasound to help determine if a lump is normal or abnormal.

- **Magnetic Resonance Imaging (MRI)**
  - Magnetic resonance imaging (MRI) is a powerful tool for examining your breasts to detect abnormalities.

- **Signs & Symptoms**
  - Breast cancer can be found in any breast.
  - Breast cancer is more likely to be found in large tumors and in people with higher or higher levels of estrogen.
  - People with higher or higher levels of estrogen are more likely to be found in large tumors and in people with higher or higher levels of estrogen.

- **Risk Factors**
  - Gender
  - Aging
  - Genetic
  - Family History
  - Race and ethnicity
  - Ethnic breast tissue
  - Certain breast conditions
  - Hormone therapy after menopause
  - Alcohol
  - Being overweight or obese
  - Absence of physical activity

**American Cancer Society, Cancer Facts and Figures 2017-2018**

**Source:** Cancer.org 2018
BOARD OF DIRECTORS

Sisters Network® Inc. board of directors functions to govern and advise in our efforts to educate, empower and support the African American woman’s breast cancer movement.

HARON JACOBS, CHAIR

Karen Jacobs, Founder & CEO of Sisters Network Inc. (SNI), is a ten-year survivor and founding member of Sisters Network Central Virginia. She serves as co-chair of the 9th Annual National Conference of Sisters Network Inc. in Richmond, VA. She has developed many alliances within the Richmond community and served on the Board & Conferences Early Detection Program Review Committee to select a 2004 BCCEDP provider for the Commonwealth of Virginia. She is currently serving as an advisor to the Ellen G. Shaw de Paredes Breast Cancer Foundation. Mrs. Watkins has been employed by United Parcel Service for 33 years. She is a licensed real estate agent and in her spare time does print and TV ads for a boutique shop in Richmond.

From advocate to highly sought speaker, Jacobs is in demand for her personal insight and has received numerous honors and recognitions on the national, regional and local levels. Jacobs attended Morgan State University. She is married to Kyle Scott Jackson, has one adult child, Caleen and two grandchildren, Brianna and Alexis.

BETTIE EUBANKS, VICE CHAIR

Betty Eubanks brings an extensive marketing background to Sisters Network, having been Director of Marketing for 15 years at IBM. An artist at heart, Eubanks signature image was the commissioned lithograph entitled "Sisters" which truly reflected her artistic message of sisterhood and life. Her collection has been exhibited throughout the northeastern and southern regions of the United States. Eubanks received her BFA from Jersey City State University and a Newark School of Fine Arts Scholar. She and her husband, Richard Eubanks, Sr., have two adult children, Richard Jr. and Catherine.

JUDY FOSTER, MEMBER

Judy Foster is President and Founder of Foster International, a full service multi-media company founded in 1984. After working for Fortune 500 companies nationally in sales and marketing, Foster has developed a track record spanning over 30 years in the media, community, sales, marketing, public relations, and advertising. She has created and produced a host of shows and events and executive produced: Sammy Davis, Jr. Awards TV Show for 10 years. She formed an alliance with R&W Productions, who develops and produces compelling content for the Entertainment and Corporate Industries. Foster is President of Variety-The Children’s Charity of Houston for these years and has received many awards and recognition nationally for her work in her field and the community.

JOHN L. GREEN, CPA, PA, C.W. TREASURER


John L. Green, CPA, PA, C.W. TREASURER

John L. Green established his accounting and legal practice in Houston in 1974. The firm specializes in areas of law for accounting and income tax. He brings invaluable knowledge of non-profit law and required accounting practices to the organization.

EVE DRYER, MEMBER

Eve has played a nearly 25 years role in healthcare communications: a thought leader, an advocate, a strategist, and much more. Throughout this time, her unwavering passion and dedication to advancing health literacy and multilingual healthcare and improving health outcomes in underserved populations have earned her the respect and admiration of her peers. Eve currently serves as Executive Director of Sisters Network Inc., the nation’s first national nonprofit organization serving African American women facing breast cancer. She has created and led successful grass-roots efforts to improve healthcare access and outcomes for African American women. Eve currently serves as Executive Director of Sisters Network Inc., a national nonprofit organization serving African American women facing breast cancer. She has created and led successful grass-roots efforts to improve healthcare access and outcomes for African American women.

CAMILLE CASH, M.D., MEMBER

Camille Cash is board certified in both general and plastic surgery. She is the only African American female in the State of Texas with this distinction. A significant portion of Dr. Cash’s practice is dedicated to reconstruction of the breast, which allows her to routinely heal both the body and spirit. Her board commitment is to increase awareness of breast reconstruction and to help all women access this aspect of breast cancer survivorship. She is a member of Phi Beta Kappa and Alpha Kappa Alpha Sorority, Inc. She received her BS degree from Howard University, magna cum laude, and earned her Doctorate of Medicine from the Baylor College of Medicine. Dr. Cash is married to Rodrick Lowe and they have three children, Lauren Shelby, Kennedy Camille and Christopher Delano Lowe.
COLLABORATIONS AND PARTNERSHIPS

Eisai

MD Anderson Cancer Center
Making Cancer History

Elizabeth Anthony

Genomic Health
LIFE, CHANGING.

Congressional Black Caucus Foundation, Inc.
Health Braintrust

Yoplait

Cancer Treatment Centers of America
Winning the fight against cancer, every day.

National Minority Quality Forum

Breast Cancer Wellness Magazine
FINANCIAL SUMMARY
Sisters Network ® Inc.
Year Ended December 31, 2018

- Net Assets at End of Year: 21%
- Program Services: 17%
- Management and General: 2%
- Total Liabilities and Assets: 21%
- Cash and cash equivalent as of End Year: 21%
- Total Expenses: 18%