OKLAHOMA

BREAST CANCER RESOURCE GUIDE

BY: AISHA PATTERSON
& CHANTELLE LOTT

OVER 30 RESOURCES
FOR EVERY STAGE OF
BREAST CARE

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ABOUT US



AISHA PATTERSON

Aisha Patterson is a breast cancer survivor, breast health educator and content creator committed to advancing education, awareness, and health equity in breast cancer care. She specializes in reaching women under 40 and women of color, helping them understand their risk, prioritize early detection, and make informed decisions about their health. Drawing from her own experience with breast cancer, she brings authenticity, urgency, and cultural relevance to every platform she engages. Through strategic content creation, public speaking, and community partnerships, Aisha Patterson, makes breast health education accessible, relatable, and actionable. Her work bridges the gap between clinical knowledge and real-life application, ensuring that underserved communities are seen, heard, and supported. A trusted voice in advocacy and health communication, she uses her story to spark conversation, challenge disparities, and inspire lasting change in how we approach breast cancer prevention, care, and education.



CHANTELLE LOTT

Chantelle Lott is the Founder and CEO of Bounceless, a wellness-driven brand created to support full-bust women in leading active, healthy lives. Chanelle is a breast health advocate due to her family's history of breast cancer and finding a lump in her own breast at the age of 17. Chantelle's journey into sports bra design began as a track athlete who struggled to find a sports bra that allowed her to stay active without pain or discomfort. Her personal experience led her to design a patented sports bra that addresses bounce reduction and supports breast health. Chantelle is passionate about breaking down barriers to physical activity—especially for women often left out of traditional fitness conversations. Chanelle is a wife and mother of three. Her work expands to working with health professionals and local organizations to promote total well-being. Her mission is simple: help women move freely, confidently, and without compromise.

CONNECT WITH US!
EMAIL: BEYONDTHEBRA24@GMAIL.COM

HOW TO USE THIS GUIDE

We wish we didn't need a guide like this, but in Oklahoma, too many women still face breast cancer without knowing where to turn, and we've got you. Whether you just found a lump, need a low cost mammogram, or are living with stage 4, this guide was created to help you find the care, support, and resources you deserve.

Nothing about breast cancer is cheap or easy, but you don't have to face it alone.

Oklahoma has organizations, programs, and people ready to help; you just have to

know where to look.

HERE'S HOW TO MAKE THE MOST OUT OF THIS GUIDE

Start where you are. If you need a screening, check out the free and low cost mammogram section. If you're in treatment, explore the financial and lodging resources. Every situation is different, and that's okay.

Ask for help. Don't try to do this alone. Don't try to do this alone, ask a friend, family member or caregiver to sit with you while you go through the guide. Sometimes having support makes it easier to take that next step.

Gather your paperwork early. Keep your diagnosis letter, proof f income, and any treatment documents in one place. Many organizations will ask for them, and having them ready saves time.

Stay hopeful. There is help out there. The more you reach out, the more doors will open. There's no shame in asking for support. These programs exist for you.

TAKE CARE OF YOURSELF, USE WHAT'S AVAILABLE, AND REMEMBER:

EARLY DETECTION OF CANCER CAN SAVE YOUR LIFE.

KNOW YOUR NORMAL

Your body is unique and so is your breast tissue. Knowing your normal means understanding how your breasts usually look and feel so you can spot any changes early.

WHAT NORMAL MEANS

Every breast is different. Size, shape, texture, and even color can vary. Breasts naturally change throughout your life with cycle, pregnancy, breastfeeding, or age. your normal may include lumps, bumps, or fibrous tissue but it is what is usual for you.

TIPS TO KNOW YOUR NORMAL

1. GET TO KNOW YOUR BREASTS VISUALLY AND BY TOUCH

Look in the mirror and check shape, skin texture, and nipple appearance. Feel your breast lying down and standing up using your fingers in small circular motions.

2. NOTICE CHANGES, NOT PERFECTION

New lumps, thickening, dimpling, nipple changes, or persistent pain are signs to check with your healthcare provider.

3. USE SIMPLE REMINDERS

Do a quick self-check once a month, ideally after your period . Keep a journal or take photos if you notice changes.

4. TRUST YOUR INSTINCTS

You know your body best. If something feels or looks unusual, do not wait. Contact your healthcare provider.

REMEMBER KNOWING YOUR NORMAL IS EMPOWERING, NOT SCARY. EARLY ACTION CAN MAKE ALL THE DIFFERENCE. YOU DO NOT NEED TO MEMORIZE EVERY DETAIL, JUST PAY ATTENTION TO CHANGES.

ADVOCATE FOR YOURSELF AT THE DOCTOR

You are the expert on your own body. Speaking up and asking questions is an important part of your care. Advocating for yourself can help you feel confident, informed, and in control.

PREPARE AHEAD OF TIME

write down your questions and concerns before your appointment.

bring a list of medications, supplements, and medical history to share with your provider.

consider bringing a trusted friend or family member to take notes or offer support.

DURING YOUR APPOINTMENT

speak clearly about your symptoms and changes. be specific about when they started, how often they happen, and how they feel.

ask for explanations in plain language if you don't understand something.

it's okay to ask your doctor to repeat or clarify. don't be afraid to ask about tests, treatment options, or second opinions. you have the right to understand all your choices.

FOLLOW UP AND KEEP RECORDS

take notes during or after your visit so you remember important details.

ask for copies of test results and treatment plans. having your own records helps you track your care.

schedule follow-ups if something doesn't feel right. trust your instincts and stay proactive.

REMEMBER

being an advocate for yourself is about respect and partnership. your questions are valid. your concerns are important. you deserve to be heard and informed every step of the way. your voice matters. speak up. ask questions. take charge of your care.

FAMILY HISTORY

Your family history can affect your risk for breast cancer. Knowing your family's medical background helps you and your healthcare provider make informed decisions about screening, prevention, and early detection.

WHAT COUNTS AS FAMILY HISTORY

include first-degree relatives like your mother, sister, daughter, or father.

second-degree relatives like a grandmother, aunt, or niece also matter.

track any history of breast, ovarian, or related cancers. include the age at diagnosis if possible.

HOW TO USE YOUR FAMILY HISTORY

share it with your healthcare provider at every appointment.

ask about recommended screening tests based on your risk. some people may need earlier or more frequent screenings.

consider genetic counseling if multiple family members have had breast or ovarian cancer, or if cases occurred at a younger age.

TIPS FOR TRACKING YOUR FAMILY HISTORY

create a simple family tree or chart with ages and cancer types.

update it regularly as new health information comes in.

talk openly with family members to get accurate information.

KNOWING YOUR FAMILY HISTORY IS THE FIRST STEP.

learn your personal breast cancer risk and see what steps you can take for early detection with this quick assessment.

click here to take a 5 minute risk assessment test
https://bcrisktool.cancer.gov/calculator.html

INSURANCE

SOONERCARE (OKLAHOMA MEDICAID)

state medicaid program that provides healthcare coverage for eligible low-income residents.

📞 call: 1-800-987-7767
🌐 website: oklahoma.gov/ohca

HEALTHCARE.GOV

federal health insurance marketplace where you can apply for coverage, compare plans, or check eligibility for savings on health insurance.

📞 call: 1-800-318-2596
🌐 website: healthcare.gov

OKLAHOMA CARES: BREAST AND CERVICAL CANCER TREATMENT PROGRAM

provides free or low-cost screenings, including pap tests, clinical breast exams, and well-woman assessments to low-income, uninsured, and underinsured oklahomans.

📞 call: 1-888-669-5934
🌐 website: oklahoma.gov/health

TULSA HEALTH DEPARTMENT - NORTH REGIONAL HEALTH & WELLNESS CENTER

helps residents apply for soonercare and provides preventive health education and screening referrals.

📍 address: 5635 n martin luther king jr blvd, tulsa, ok 74126
📞 call: 918-582-9355
🌐 website: tulsa-health.org

FREE OR DISCOUNTED MAMMOGRAMS

OKLAHOMA PROJECT WOMAN

provides free mammograms, diagnostic procedures, and surgical services for uninsured women across oklahoma. partnered with clinics statewide.

📞 call: 918-834-7200
🌐 website: oklahomaprojectwoman.org

MORTON COMPREHENSIVE HEALTH SERVICES - TULSA

offers women's health care, mammography, and financial assistance on a sliding scale. also provides transportation to appointments.

📞 call: 918-587-2171
🌐 website: mortonhealth.com

CROSSOVER HEALTH SERVICES - TULSA

assists uninsured and underinsured residents with soonercare enrollment and access to preventive care. also offers clinical breast exams and referrals for mammograms through partner programs.

📍 locations:
940 e 36th st n, tulsa, ok 74106
5635 n martin luther king jr blvd, tulsa, ok 74126
📞 call: 918-398-9460
🌐 website: crossoverhealthservices.org

tip: screenings save lives. if cost is stopping you from scheduling a mammogram, reach out to these programs. they can help you get screened for free or at a reduced cost.

TREATMENT ASSISTANCE

THE STONEBROOK PROJECT

offers oncology massage therapy to support people affected by breast cancer, helping with recovery, relaxation, and overall wellness during and after treatment.

📞 call: 918-283-7130
🌐 website: thestonebrookproject.org

OU HEALTH STEPHENSON CANCER CENTER - PATIENT NAVIGATION PROGRAM

offers guidance through every step of cancer care, from diagnosis to treatment and survivorship. patient navigators help coordinate appointments, access clinical resources, and connect patients with supportive services.

📞 call: 405-271-6822
🌐 website: stephensoncancercenter.org

INTIMATE PATHWAYS

supports people affected by breast cancer with sexual health and intimacy challenges. provides personalized guidance, resources, and partner support during and after treatment.

📞 call: 918-379-6838
🌐 website: intimatepathways.org/oncology

INTEGRIS CANCER INSTITUTE OF OKLAHOMA - ONCOLOGY SUPPORT SERVICES

provides comprehensive care for breast cancer patients, including nurse navigation, social work support, and symptom management throughout treatment.

📞 call: 405-951-2273
🌐 website: integrishealth.org

OKLAHOMA PROJECT WOMAN

assists uninsured women by covering diagnostic and surgical services related to breast cancer, ensuring timely access to treatment for those who qualify.

📞 call: 918-834-7200
🌐 website: oklahomaprojectwoman.org

> **tip:** treatment looks different for everyone. these programs can help you find physical comfort, coordinate your care, and access services that ease the journey — body, mind, and spirit.

FINANCIAL ASSISTANCE

SUSAN G. KOMEN FINANCIAL ASSISTANCE PROGRAM

provides financial help for eligible breast cancer patients to cover living expenses, treatment costs, and supportive care during active treatment. applications open periodically throughout the year.

🌐 website: komen.org

PROJECT 31

offers therapy grants, emotional support, and occasional financial assistance to breast cancer survivors and their families navigating treatment and recovery.

🌐 website: project31.com

💗 looking for more financial resources?

explore my national breast cancer resource guide for organizations that provide support, financial

assistance, and patient programs across the u.s.
🌐 click here to access the full guide here

CLINICAL TRIALS

OU HEALTH STEPHENSON CANCER CENTER

offers a wide range of clinical trials for breast cancer and other cancers in oklahoma city. provides access to new treatment options and advanced therapies.

📞 call: 855-750-2273
🌐 website: stephensoncancercenter.org

OKLAHOMA CANCER SPECIALISTS AND RESEARCH INSTITUTE (OCRI)

located in broken arrow, ocri conducts breast cancer research and offers clinical trials for eligible patients.

📞 call: 918-505-3200
🌐 website: ocsri.org

CLINICALTRIALS.GOV

a national database where you can search for clinical trials by cancer type, treatment, or location.

🌐 website: clinicaltrials.gov

LODGING

AMERICAN CANCER SOCIETY HOPE LODGE - OKLAHOMA CITY

provides free lodging for cancer patients and their caregivers who must travel more than 40 miles from home for treatment. offers a supportive, home-like environment where guests can rest and connect with others going through similar experiences.

📍 address: 1901 n lincoln blvd, oklahoma city, ok 73105
📞 call: 405-841-5800
🌐 website: cancer.org

> **tip:** clinical trials should never be a last resort. they often provide access to the most cutting-edge treatments available today. ask your oncologist if a clinical trial might be right for you. participating can help you and contribute to future breakthroughs in breast cancer care.

SUPPORT GROUPS

PROJECT31

provides community groups, therapy grants, and emotional support for breast cancer survivors and their families. focuses on healing after diagnosis and creating lasting connections among survivors.

🌐 website: project31.com

THE SOULFUL SURVIVORS

a vibrant online community that empowers and supports women of color affected by breast cancer through storytelling, education, and sisterhood.

🌐 instagram: @thesoulfulsurvivors

LOCS OF STRENGTH - OKLAHOMA CITY

supports african-american women affected by breast cancer, offering monthly support groups, wellness resources, and caregiver support.

📍 location: stephenson cancer center, 800 ne 10th st, okc
📞 call: 405-834-7980
🌐 website: ouhealth.com/events

THE STONEBROOK PROJECT - SUPPORT GROUP

offers a monthly community cancer group for anyone impacted by cancer. including newly diagnosed patients, survivors, and caregivers. the group provides a welcoming space to share experiences, find encouragement, and build community.

🌐 website: thestonebrookproject.org

TRANSPORTATION

PROJECT BUBER (BCS OKLAHOMA)

provides free rides for breast cancer patients in the oklahoma city metro area to treatment appointments, ensuring safe and reliable transportation.

📞 call: 405-508-1611
🌐 website: bcsoklahoma.com

MORTON COMPREHENSIVE HEALTH SERVICES - TULSA

offers safe, curb-to-curb transportation to medical appointments and community sites in the tulsa area. most vehicles are lift-equipped for accessibility.

📞 call: 918-587-2171
🌐 website:mortonhealth.com/services/transportation

ANGEL FLIGHT OKLAHOMA

provides free air transportation for individuals with medical needs, including cancer patients, in oklahoma and surrounding states. volunteer pilots help patients reach treatment and specialty care when travel options are limited.

📞 call: 918-749-8992
🌐 website: angelflight.com

> **tip:** reliable transportation can remove one of the biggest stressors during treatment. call early to schedule your rides — some programs require advance notice or eligibility verification.

MENTAL HEALTH & GRIEF COUNSELING

PROJECT 31

provides therapy grants and emotional support for breast cancer survivors and their families. focuses on healing from trauma, rebuilding confidence, and finding peace after treatment.

🌐 website: project31.com

TRISTESSE GRIEF CENTER - TULSA

offers grief counseling, therapy, and support groups for individuals and families coping with loss, including the death of a loved one from cancer.

📍 address: 3930 e 31st st, tulsa, ok 74135
📞 call: 918-587-1200
🌐 website: thegriefcenter.org

PRESCRIPTION ASSISTANCE

RX FOR OKLAHOMA

helps uninsured and underinsured residents access free or low-cost prescription medications through pharmaceutical assistance programs. staff provide help with applications and paperwork at no charge.

📞 call: 1-877-794-6552
🌐 website: rx4okla.com

MORTON COMPREHENSIVE HEALTH SERVICES PHARMACY - TULSA

offers affordable prescriptions through the 340b drug pricing program and accepts most insurance, including medicare part d and soonercare. mail-order options are also available.

📍 address: 1334 n lansing ave, tulsa, ok 74106
📞 call: 918-295-6133
🌐 website: mortonhealth.com/services/pharmacy

OXFORD HEALTHCARE MEDICATION ASSISTANCE - TULSA

connects individuals with local and national programs offering free or low-cost medications, including rx for oklahoma, needy meds, and the free medicine foundation.

📍 address: 2437 s sheridan rd, tulsa, ok 74129
📞 call: 918-258-1111
🌐 website: oxford-healthcare.com

POST SURGERY & BODY RESTORATION

BEAUTY BAR MED SPA - TULSA

offers areola and nipple restoration tattooing for breast cancer survivors. their medical tattoo specialists provide natural, realistic results that help survivors feel whole and confident after surgery.

📍 address: 2144 e 61st st, tulsa, ok 74136
📞 call: 918-447-2273
🌐 website: beautybarmedspatulsa.com

BREASTS ARE OVERRATED

an oklahoma-based company founded by a breast cancer survivor, offering mastectomy bras and post-surgery apparel designed for comfort, confidence, and recovery.

🌐 website: breastsareoverrated.com

THE GIVING HEART FOUNDATION - TULSA

provides lift chairs, compression boots, and recovery essentials to support breast cancer patients after surgery. their mission is to bring comfort, dignity, and independence to women during recovery.

📍 location: tulsa, ok
📞 call: 918-695-9655
📧 email: baha@thegivingheartfoundation.org
🌐 website: thegivingheartfoundation.org

MUSE INTIMATES - TULSA

provides post-mastectomy bras and expert fittings from abcop certified mastectomy fitters. as an accredited post-mastectomy care facility, they help survivors find the perfect fit and regain confidence.

📍 address: 7001 s yale ave, tulsa, ok 74136
📞 call: 918-949-5000
🌐 website: museintimates.com

POST SURGERY & BODY RESTORATION

THE PERFECT POCKET - TULSA

specializes in mastectomy bras, breast prostheses, post- surgical wear, and swimwear. offers personalized fittings and compassionate support for women before and after surgery.

📍 address: 5232 e 69th pl, tulsa, ok 74136
📞 call: 918-727-2289
📧 email: kristin@theperfect-pocket.com
🌐 website: theperfect-pocket.com

SURVIVOR ROOM

offers a wide range of recovery products for cancer patients and survivors, including post-surgery bras, drain-friendly clothing, compression garments, and scar therapy products to support comfort and healing.

📞 call: 877-366-8786
🌐 website: survivorroom.com

NEED MORE THAN WHAT'S IN OKLAHOMA?

Check out our breast cancer resource guide – 70 resources for the stressed out maxxed out, BREAST CANCER BAD A**. It's packed with over 70 verified national resources for financial AID, treatment support, travel, mental health, and more. Because sometimes, you need help that reaches further and this guide has you covered.

🪩 CLICK HERE TO GRAB IT

YOU ARE NOT ALONE

This journey is heavy, the appointments, the paperwork, the waiting, the uncertainty, but you don't have to do it alone.

There are people, programs, and organizations right here in Oklahoma who care about you, your healing and your future. Take it one day, one phone call, one small act of care at the time.

Whether you're newly diagnosed, in treatment or finding your way after it all, you deserve rest, relief, and support.

Use this guide, share it with someone else who needs it.

And remember you are strong, capable, and worthy of care.

WITH LOVE,
AISHA PATTERSON & CHANTELLE LOTT 💗