



Nueva Vida



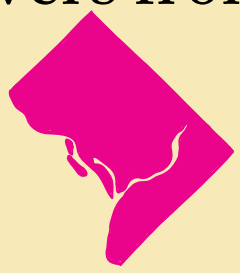
Background:

We conducted a study to measure the success of **Nueva Vida**, a support program group based on Latina/o culture for **Latina Breast Cancer Survivors** and their caregivers, on improving survivors' quality of life.



How did this research:

70 pairs of Latina breast cancer survivors and caregivers from...



DC



NEW YORK



CALIFORNIA

Levels of anxiety, depression, tiredness, physical functioning, and social functioning were measured:

- 1 Before the program
- 2 Immediately after the program
- 3 6 months after the program

Based on the chance of a coin flip, one group was invited to attend programs at a community organization.

The other group received the Nueva Vida program, which was designed with Latina/o culture in mind with:



A meal provided after sessions for community



Childcare Provided



Social Connection



Stress Management



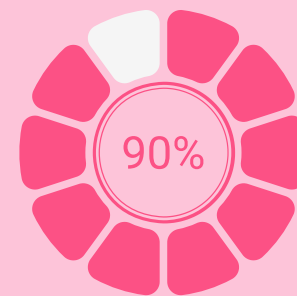
Communication Strategies



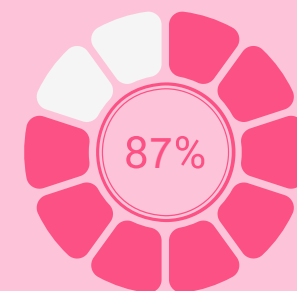
Coping Techniques

Results:

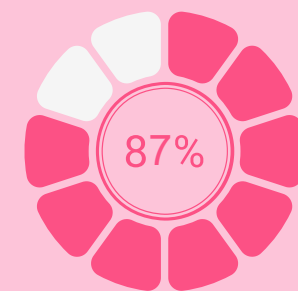
Of the people in our study...



were born outside the US

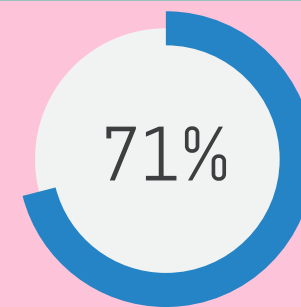


surveyed in Spanish

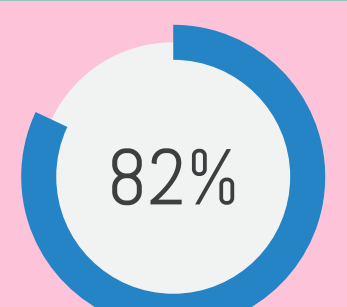


received chemotherapy

Participants attended a lot of sessions!



of participants attended **5 or more** of the 8 sessions



participants returned **6 months** after the program

Participants in Nueva Vida had notably less:



TIREDNESS



ANXIETY

compared to usual care; however more research needs to be done to prove this link.

Conclusions:

Our study suggests that support programs created specifically by and from Latina culture might help improve some parts of quality of life for Latina breast cancer survivors.



Study published in **Cancer** doi: <https://doi.org/10.1002/cncr.35842>
If you have questions about the study, please contact Dr. Kristi Graves kdg9@georgetown.edu