

Breast Cancer

STATISTICS:

- Breast cancer ranks 3rd among cancer deaths in women in Michigan (after lung and colon cancer) and 2nd in the nation (after lung cancer).
- It is the most frequently diagnosed cancer among Michigan women.
- During the past decade, an average of 80 women were newly diagnosed with breast cancer each year in Livingston County. Early detection through mammograms and clinical breast exams remain the most effective weapons against this type of cancer.

Cancer Prevention and Control Month

RESOURCES:

Livingston County Department of Public Health

www.lchd.org

American Cancer Society

www.cancer.org

Centers for Disease Control and Prevention

www.cdc.gov/cancer/nbccedp/info-bc.htm

Medicare

www.medicare.gov/health/mammography.asp

Michigan Cancer Consortium

www.michigancancer.org

Michigan Department of Community Health

www.michigan.gov/cancer

National Cancer Institute

www.cancer.gov/cancertopics/types/breast

National Breast Cancer Awareness Month

www.nbcam.org

Y-Me National Breast Cancer Organization

www.y-me.org



WHAT YOU SHOULD KNOW:

The Michigan Cancer Consortium recommends the following breast cancer screening guidelines for average risk women:

- A clinical breast exam and mammogram should be used for routine breast cancer screening.
- Annual mammography should continue regardless of age, as long as a woman does not have serious chronic health problems. For women with serious health problems or short life expectancy, evaluate ongoing early detection testing.

Screening Exam	Interval	Age to Begin	Additional Information
Breast Self Exam (BSE)	Monthly	Age 20 and older	Women should report any breast change promptly to their health care provider
Clinical Breast Exam (CBE)	Every three (3) years	Asymptomatic women in their 20s and 30s	CBE should be part of a periodic health exam
	Annually	Women age 40 and older	
Mammography	Annually	Average risk women starting at age 40	

SERVICES AVAILABLE:

Michigan's Breast and Cervical Cancer Control Program (BCCCP) provides free breast and cervical cancer screening and diagnostic services to underserved women across the state. Since the program began in 1991, over 114,000 women have been screened through the BCCCP with nearly 1,900 breast cancers diagnosed.

To be eligible for the program, a woman must:

- Have an income \leq 250% of the federal poverty level
- Be uninsured or underinsured
- Be age 40 - 64 for breast/cervical cancer screening and for diagnostic follow-up of breast/cervical abnormalities OR
- Be age 18 – 39, have been identified with a cervical abnormality through the Title X/Family Planning Program, and referred to the BCCCP for cervical cancer diagnostic follow-up

For more information & to see if you qualify, call St. Joseph Mercy Primary Care OB/Gyn. Howell (517) 545-6618 Brighton (810) 844-7555

