



### STATISTICS

- Breast cancer is the most commonly diagnosed cancer in Michigan women.
- Breast cancer is the 2<sup>nd</sup> leading cause of cancer deaths in Michigan.
- In 2006, 6,882 women in Michigan were newly diagnosed with breast cancer.
- During 2007, 1,457 Michigan women died of the disease.
- In 2009, the American Cancer Society estimates that 6,480 Michigan women will be diagnosed with breast cancer and 1,350 women in the state will die of the disease.

### RISK FACTORS

- Increasing age
- A personal history of breast cancer
- A family history of breast or ovarian cancer (especially pre-menopausal onset) in a mother, a sister, a daughter, or other multiple relatives
- High breast tissue density
- High-dose radiation to the chest
- Never giving birth or having a first child after the age of 30
- A long menstrual history

### RESOURCES

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

Breast Cancer Network of Strength  
[www.networkofstrength.org](http://www.networkofstrength.org)

Centers for Disease Control and Prevention  
[www.cdc.gov/cancer/breast](http://www.cdc.gov/cancer/breast)

Medicare  
[www.medicare.gov/health/mammography.asp](http://www.medicare.gov/health/mammography.asp)

Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)

Michigan Department of Community Health  
[www.michigan.gov/cancer](http://www.michigan.gov/cancer)

National Cancer Institute  
[www.cancer.gov/cancertopics/types/breast](http://www.cancer.gov/cancertopics/types/breast)

National Breast Cancer Awareness Month  
[www.nbcam.org](http://www.nbcam.org)

### NATIONAL MAMMOGRAPHY DAY

The third Friday in October each year is National Mammography Day, first proclaimed by President Clinton in 1993. On this day, or throughout the month, women are encouraged to make a mammography appointment.

In 2009, National Mammography Day will be celebrated on **October 16**.

*Michigan Department of Community Health*



Jennifer M. Granholm, Governor  
Janet Giszewski, Director



Early screening is estimated to reduce breast cancer deaths by 20-25%. This means you have the power to do something. Small steps like talking to your health care provider about recommended screenings for breast cancer can reduce your risk.

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

Screening Exam	When	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	

**Now you know. Now you can.**

**BREAST CANCER**

### FREE BREAST CANCER SCREENING SERVICES AVAILABLE

Michigan's Breast and Cervical Cancer Control Program (BCCCP) provides free annual breast and cervical cancer screening and diagnostic services to underserved women across the state. Since the program began in 1991, over 130,500 women have been screened through the BCCCP with nearly 2,400 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



Call 800-922-6266 or visit [www.michigancancer.org/bcccp](http://www.michigancancer.org/bcccp) for program eligibility requirements or participating BCCCP providers.



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