

Press Release

The American Association on Health and Disability (AAHD) calls on Women with Disabilities to Schedule their Clinical Breast Exams and Mammograms during Breast Cancer Awareness Month

Rockville, MD October 12, 2012 The American Association on Health and Disability (AAHD) is urging women with disabilities to ask themselves when is the last time they were screened for breast cancer. Breast cancer is a major public health concern for all women, including women with disabilities. Women with disabilities are as likely to get breast cancer as women in the general population. Women with disabilities often face physical, cultural and attitudinal barriers when seeking breast health care.

During Breast Cancer Awareness Month, AAHD is urging women with disabilities to ask themselves **ONE** question-***When did I have my last clinical breast exam performed by a healthcare provider and when did I have my last mammogram?*** Roberta Carlin, AAHD Executive Director states, "If the answer is *I do not remember*, it was probably long ago and you are likely overdue for screening. There is no sure way to prevent breast cancer, so it is important for women with disabilities to be their own advocate and get regular screenings." Early detection saves lives is a message that AAHD promotes to all women, but it is especially important to remind women with disabilities, who often face accessibility challenges that can be a barrier to obtaining regular screenings.

In recognition of Breast Cancer Awareness Month, AAHD is offering at no cost, access to the **“Tips for Women with Disabilities in Understanding Breast Cancer”** at <http://www.aahd.us/wp-content/uploads/2012/03/TipSheets-sample.pdf> and encourage women to share this product with their family, friends and health care providers. AAHD has partnered with the Susan G. Komen Foundation and Susan G. Komen Race for the Cure[®] to educate women with disabilities about the importance of breast health awareness and supports the recommendation that women begin having annual mammograms at age 40, clinical breast exams at age 20 and speak to their health care provider about which screening are appropriate for them. **Screening saves lives!!!!**

AAHD is a national non-profit organization dedicated to advancing health promotion and wellness initiatives for people with disabilities. Visit t AAHD at www.aahd.us.

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