



WOMEN WITH DISABILITIES AND THE IMPORTANCE OF BREAST CANCER SCREENING

Susan G. Komen reports that breast cancer is the most common cancer among American women, except for skin cancers. One in eight women will have breast cancer in their lifetime.

People survive breast cancer because they have found it early

- There are about 3.1 million people today in the U.S. who have had breast cancer.
- Most recent statistics available from Susan G. Komen for the Cure® state the five-year overall survival rate for early stage breast cancer is 99%. This means 99 out of 100 women with breast cancer will survive for at least 5 years.
- Most will live a full life and never have a recurrence.
- The number of deaths from breast cancer appears to be going down, especially in women younger than 50. This is due to:
 - ✓ Earlier detection (finding cancer early) through screening tests or exams, and
 - ✓ Improved treatment.

Having a disability doesn't keep you from getting breast cancer – breast cancer can happen to you!

- Some women with disabilities think that because they have a disability, chances are they will not get breast cancer.
- Unfortunately, this isn't true.
- Anyone (women and men) can get breast cancer

Because there's no sure way to prevent breast cancer

- It is important to have regular breast exams by a health care professional to find breast cancer in the earliest stages!
- If the cancer is found early, the chance you will survive is high because breast cancers often respond well to treatment.



source: National Cancer Institute
Author: Rhoda Baer (Photographer)

Risk factors and breast cancer

- All women are at risk for breast cancer.
- Known risk factors such as family history of breast cancer, starting menopause after age 55, and never having children account for only a SMALL number of new breast cancers.
- MOST WOMEN WHO GET BREAST CANCER HAVE NO KNOWN RISK FACTORS.
- Please visit “Women with Disabilities and Risk Factors for Breast Cancer” fact sheet for more information and visit ww5.komen.org/AboutBreastCancer/RiskFactors/FactorsAffectingBreastCancerRisk/FactorsAffectingBreastCancerRisk

To improve the chances that breast cancer can be diagnosed at an early stage and treated successfully, Susan G. Komen messages are as follows:

- Know how your breasts usually look and feel. Learn what is normal for you.
- Report any changes in your breasts to your health care provider right away.
- Get regular breast cancer screening exams, both
 - ✓ clinical breast exams (when your health care provider looks at and feels your breasts and underarms) AND
 - ✓ mammography exams (an X-ray that takes an picture of the breast).

Clinical Breast Exam and Mammogram

- Clinical Breast Exam (CBE) – Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- Have a mammogram every year starting at age 40 if you are at average risk.



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For more information, please contact AAHD Komen Project Director at 301-545-6140 x203 or visit our website at www.aahd.us

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