

MAMMOGRAPHY and BREAST HEALTH

What We Know

1 in 8

● ● ● ● ● ● ● ●
Women diagnosed with Breast Cancer
in their Lifetime

The top 2 risk factors for
developing breast cancer are:

1. Being female (sex)
2. Getting older

99%

0 1 2 3 4
Survival rate after 5 years when
diagnosed at stage 0 or 1
Early Diagnosis Saves Lives!

Breast cancer impacts groups in different ways.
This is called a **Cancer Health Disparity.**

14%

0 1 2 3 4
Women living in high
poverty areas are 14% more
likely to be diagnosed with
late-stage breast cancer.

40%

African American women
have a 40% higher **death
rate** from breast cancer
than white women.



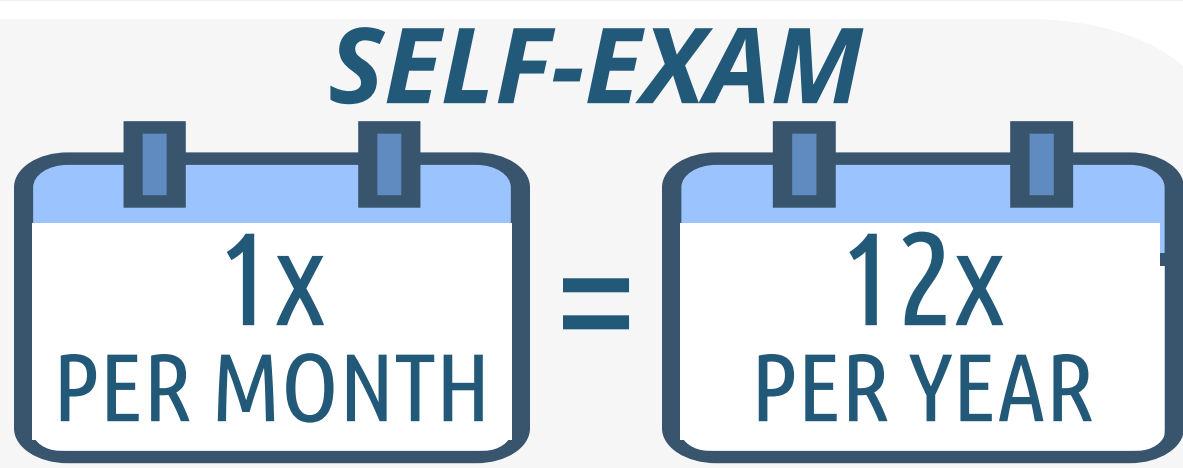
Breast Health at HOME

Everyone's breasts are different.

Self-Exams can help you detect changes to your
breast tissue.

You should do a self-
exam every month.

SEE HOW BELOW!



LOOK FOR



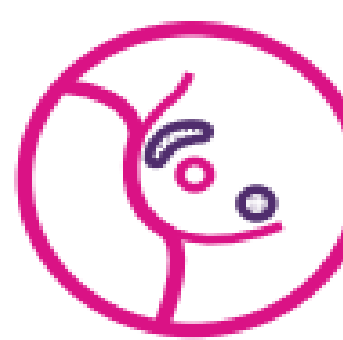
A change in the **size**
or **shape** of your
breast



A **change to the
nipple** like crusting,
an ulcer, redness or
an inversion

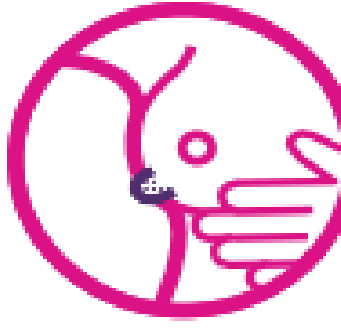


Nipple discharge
that occurs without
squeezing



A change to the skin
of your breast such
as **redness or
dimpling**

FEEL FOR



A new **lump** or
lumpiness, especially
if it is only on one side



Unusual pain in
your breast or armpit
that doesn't go away

www.breastscreen.nsw.gov.au/about-breast-cancer/signs-and-symptoms



Breast Health at THE DOCTORS

Self-exams are important, but you should also
get a **mammogram** to look deeper into your
breast tissue. A mammogram is an X-Ray taken
of your breast tissue.

2
years

A mammogram can detect a tumor
up to 2 years before you can feel it.

Mammogram Coverage: by insurance and age

MEDICARE

- 35-39 : 1
baseline
- 40+ : Every
year

MEDICAID

- Varies by state
- Not required
to be covered

MEDICAID EXPANSION

*Illinois is
included here!

- 40-74 : Every 2
years
- Some states
cover annually.

Check your
state at
Healthcare.gov

Screening Recommendations From The American Cancer Society

Mammograms

IF DESIRED	AGE 40-44	Every Year	Recommended for women with an Average Risk of Breast Cancer.
	AGE 45-54	Every Year	
	AGE 55+	Every 2 Years	
RECOMMENDED			

Recommended for women with an **increased risk.** Talk to your medical provider about what is best for you!

MRIs

AGE 40+ Every Year

What Can You Do?

65%

Only 65% of women age 40+
reported having a mammogram in
the previous 2 years.



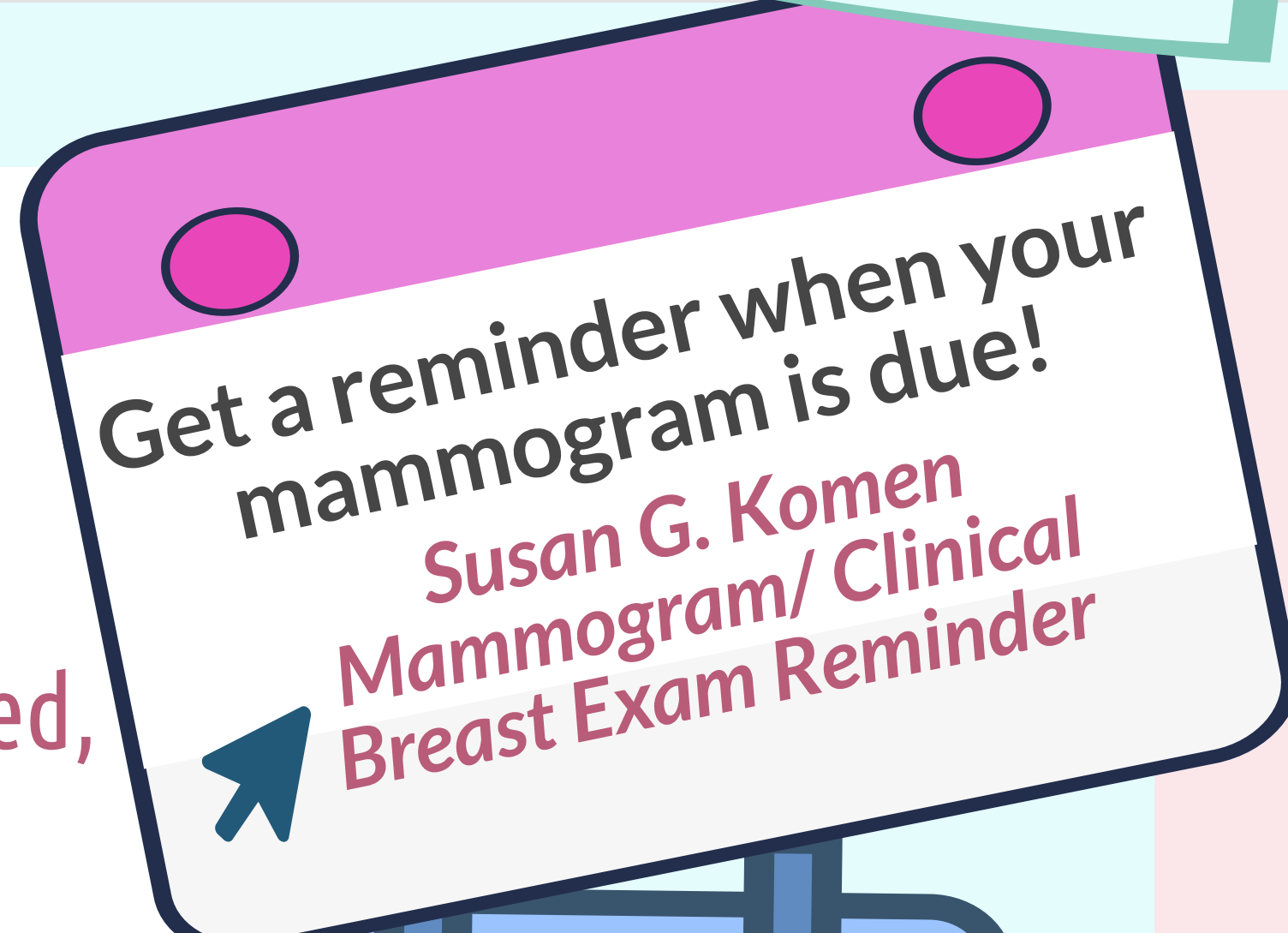
Increase this rate by getting screened,
and helping someone else get
screened!



Use these resources, or talk with your
team about exploring them together!



Click this **arrow symbol** to explore the
resources! Your team may also be able to help
you find each resource on the computer!

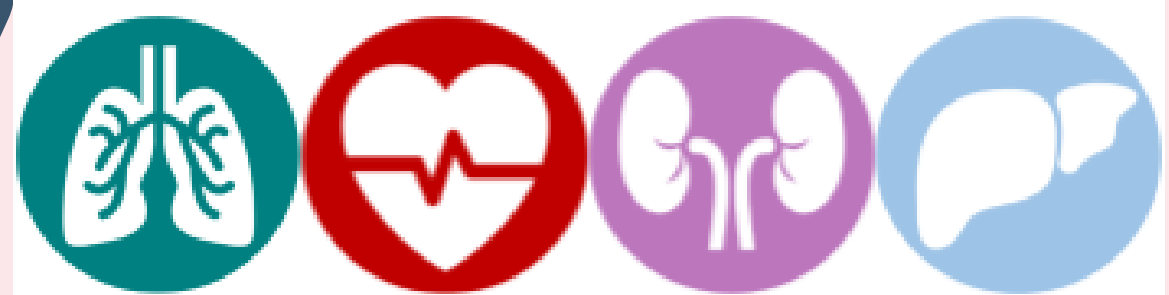


To learn more about Breast Cancer and how it impacts different groups:

Check out the
Thresholds Health
Literacy Center's

**Breast Cancer
Awareness Webtool!**

Thresholds Health Literacy Center



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