

October – Breast Cancer Awareness Month

BREAST CANCER

STATISTICS

- Breast cancer is the 2nd most commonly diagnosed cancer in Michigan.
- It is the most frequently diagnosed cancer among Michigan women.
- In 2004, 6,734 women in Michigan were newly diagnosed with breast cancer.
- During 2005, 1,408 Michigan women died of the disease.
- In 2008, the American Cancer Society estimates that 6,120 Michigan women will be diagnosed with breast cancer and 1,310 women in the state will die of the disease.

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 2008, National Mammography Day will be celebrated on **October 17**.

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
- Never giving birth or having a first child after the age of 30
- A long menstrual history
- Other possible risk factors include:
 - Long-term use of hormone replacement therapy
 - Obesity
 - Low physical activity
 - Alcohol consumption

RESOURCES

American Cancer Society
www.cancer.org

Breast Cancer Network of Strength
www.networkofstrength.org

Centers for Disease Control and Prevention
www.cdc.gov/cancer/breast

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

Michigan Department
of Community Health



Jennifer M. Granholm, Governor
Janet Olszewski, Director

October 2008

SCREENING RECOMMENDATIONS for Average Risk Women

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	

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 for program eligibility requirements or participating BCCCP providers.

