

# Every Woman Deserves a Mammogram Every Year

All year 'round, and especially during October - Breast Cancer Awareness Month - the American Cancer Society (ACS) focuses on educating all women age 40 and older about the importance of annual mammograms, reducing racial and ethnic disparities in breast cancer screening and mortality, and funding lifesaving research that will bring us one step closer to a world where this disease no longer threatens those we love.

### Mammograms for all Women

Gender and age are the most important factors affecting breast cancer risk. As a woman ages, her risk of developing the disease increases. In fact, nearly 80 percent of women who are diagnosed with breast cancer are age 50 or older. Early detection increases treatment options and can save lives. The five-year survival

rate for localized breast cancer (cancer that has not spread to lymph nodes or other locations outside the breast) has increased from 80 percent in the 1950's to 98 percent today, largely due to the important work of the ACS.

Mammography is the single most effective method of early detection because it can identify breast cancer when the disease is most treatable, that is, before physical symptoms develop. Nevertheless, the most recent survey of American women showed that more than 40 percent did not have a mammogram in the past year and many women fail to get annual mammograms.

### ACS breast cancer screening guidelines:

Yearly mammograms starting at age 40 and continuing for as long as a woman is in

good health.

Clinical breast exam (CBE) should be part of a periodic health exam, about every three years for women in their 20's and 30's, and every year for women 40 and older. Women should know how their breasts normally feel and report any breast changes promptly to their health care providers. Breast self-exam (BSE) is an option for women starting in their 20s. Women at increased risk due to family history, genetic tendency, or past breast cancer, should talk to their doctor about the benefits and limitations of starting mammography screening earlier, having additional tests (i.e. breast ultrasound or MRI), or having more frequent exams.

### How the American Cancer Society Helps Women with Breast Cancer

### Nationwide Services

- 1(800)ACS-2345 provides information 24 hours a day, seven days a week.

- [www.cancer.org](http://www.cancer.org) is a user-friendly site that includes an interactive cancer resource center containing in-depth information on every major cancer type. The site answers questions about breast cancer, risk factors, and strategies for early detection, new diagnostic techniques, and the latest treatment options.

- Cancer Survivors Network is a virtual community (via [www.cancer.org](http://www.cancer.org)) that provides connectivity, anonymity, and accessibility for survivors and their caregivers.

### Local Programs

- Reach to Recovery is a one-on-one peer support program where trained breast cancer survivors respond to concerns of women who are going through breast cancer treat-

ment and diagnosis.

- "Tlc" is a "magalog" that provides medical information and special products for women newly diagnosed with breast cancer, breast cancer survivors, and any women experiencing treatment-related hair loss.

- Look Good...Feel Better is a free program dedicated to teaching female cancer patients beauty techniques to help restore their appearance and self-image during cancer treatments.

- Wigs, Turbans, and Prostheses are available at the local ACS office.

- Nutritional Supplements are also available to cancer patients on a first-come, first-serve basis. Physician referral required.

### For more information about local services, please call (314)286-8100.

## Do You Have a Sister with Breast Cancer?

If so, you can help be a part of an important study to help better understand breast cancer.

The Sister Study is the only long-term study in the US of women ages 35-74 who have sisters with breast cancer. This important study is funded by the National Institute of Environmental Health Sciences (NIEHS). The study will follow 50,000 women for at least 10

years and will collect information about genetic, lifestyle, and environmental factors that may cause breast cancer.

Researchers believe the Sister Study will help us better understand the reason women get breast cancer, especially reasons concerning genes and the environment. Sisters of women with breast cancer have a higher risk of developing the disease than the general population because sisters share genetic factors, early environmental exposures, and often, lifestyle factors. Results from the Sister Study may also help

us understand reasons women get other types of cancer and disease, such as heart disease.

A woman is eligible if she meets all of the following criteria:

- Lives in the United States
- Has never had breast cancer
- Is 35-74 years old
- Has a sister related by blood who has had breast cancer

If you would like more information about the Sister Study and enrollment, please call (877)-4-SISTER (877-474-7837) or visit the Sister Study Web site at [www.sisterstudy.org](http://www.sisterstudy.org)



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If you're over 40, the American Cancer Society recommends you have an annual mammogram. Call us. You may be eligible for free or reduced cost mammograms and clinical breast exams.

1.800.ACS.2345  
[www.cancer.org](http://www.cancer.org)



### American Cancer Society's Great American Smokeout: Thursday, November 16

During the American Cancer Society's 30th Annual Great American Smokeout and every day throughout the year, smokers and their loved ones can find the support they need to quit smoking for good. The American Cancer Society provides helpful, specific tobacco-related resources via the Internet at [www.greatamericansmokeout.org](http://www.greatamericansmokeout.org). The Web site supplies materials and beneficial ideas to help smokers quit, employers create a smoke-free environment, and give everyone access to educational materials on tobacco.

For support and information for smokers who want to quit, call the 24-hour help line at (800)ACS-2345 or visit [www.greatamericansmokeout.org](http://www.greatamericansmokeout.org).