



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

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To: Local Newspapers

From: Michele Wolfe, Health Educator

RE: Breast Cancer Awareness

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Breast Screening Program Offered To Reduce Cancer Risk

October is National Breast Cancer Awareness Month. Since the program began in 1985, mammography rates have more than doubled for women age 50 and older. Breast cancer deaths have declined. This is exciting progress, but there are still women who do not get screening mammograms and clinical breast exams at regular intervals.

"Ninety-five percent of women that have breast cancer will be alive in 5 years, if it is discovered early," said Dr. Robert Graham, Medical Director of the Central Michigan District Health Department. "Women should get into the habit of doing a monthly self breast exam and seeing their doctor for a clinical breast exam every year," Graham added.

Women with low or no income are less likely than women at higher incomes to have had a mammogram within the past two years. Often women do not seek out these screenings, because they do not have insurance or the money to pay for services. Fortunately, the Central Michigan District Health Department is able to offer a Breast and Cervical Cancer Control Program (BCCCP) for women aged 40 through 64 years who are uninsured or underinsured. The income eligibility guidelines are very generous. In example, a woman in a family of three is eligible for the program with an annual household income up to \$44,000.00. Free services available through the program include: an annual clinical breast exam, mammogram, Pap test, and pelvic exam. Appointments are made throughout the year for this breast and cervical cancer screening program. Simply call your

local branch of the Central Michigan District Health Department to confirm your eligibility and to make an appointment.

“If all women age 40 and older took advantage of early detection methods – mammography plus clinical breast exam – breast cancer death rates would drop much further,” says Dr. Robert Graham, Medical Director. “The key to mammography screening is that it needs to be done routinely – once is not enough.”

For more information about the BCCCP, visit the health department website at www.cmdhd.org or <http://www.michigancancer.org/bcccp>. Information adapted from the National Breast Cancer Awareness Month webpage. This article was provided to you by the staff at the Central Michigan District Health Department which serves residents in Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties.

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