

BREAST CANCER IN MISSOURI

Facts and Figures

Show Me Healthy Women (SMHW) offers free breast and cervical cancer screenings for Missouri women who meet age, income and insurance guidelines.

- Breast cancer has the highest rate for new cancers.
- Second highest death rate after lung cancer.
- Aging increases risk.
- White women have a higher risk than black women.
- Black women die from breast cancer more often than white women.
- Men should be screened if they have a lump or discharge. (One in 100 men will develop breast cancer.)



Missouri Comprehensive Cancer
Control Program
Health.Mo.Gov/cancer

ADDITIONAL RESOURCES

Many organizations provide information on issues related to cancer such as health care, financial planning, social and emotional support, physical needs and nutritional needs.

American Cancer Society
Cancer.org

Cancer Information Service
Cancer.gov/contact

CDC – Cancer Prevention and Control
CDC.gov/cancer

Missouri Cancer Consortium
CancerNMO.org

National Cancer Institute
Cancer.gov

**National Comprehensive Cancer
Control Program**
CDC.gov/cancer/ncccp

**Missouri Comprehensive Cancer
Control Program**
Health.Mo.Gov/cancer

Show Me Healthy Women
Health.Mo.Gov/living/healthcondiseases/chronic/showmehealthywomen



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

Bureau of Cancer and Chronic Disease Control
Missouri Department of Health and Senior Services
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BREAST CANCER

HERE'S WHAT YOU
NEED TO KNOW



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

SCREENING TESTS

It is easier to treat breast cancer that is detected before symptoms appear. There are various screening options:

Clinical Breast Exam

A clinical breast exam is a physical exam done by a health care provider, often during a woman's regular medical check-up. Clinical breast exams should only be performed by a health care provider who is trained in the technique.

Mammogram

Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer.

Breast MRI

MRI is used along with mammograms to screen women who are at higher risk for getting breast cancer. Women at high risk of breast cancer have a strong family history of the disease or have inherited BRCA1 or BRCA2 genes.

Whole Breast Ultrasound

Whole breast screening ultrasound is an exam used with mammograms to take a more complete look at women who have dense breast tissue. Women with dense breast tissue are at a higher risk of developing cancer compared to women with scattered density. Not only is dense breast a risk factor for developing cancer, it also makes cancer much harder to detect on a mammogram. An ultrasound can look through dense tissue that might otherwise hide a cancer.


Breast Self-Exam


Breast self-examination, or BSE, is a technique in which an individual examines his or her own breast tissue for any physical or visual changes.

Breast self-examination is an important way to become familiar with the way breasts normally look and feel. This may help a person to notice a change in their breasts that should then be reported to a health care provider for follow-up.

BREAST CANCER PREVENTION

Some risk factors cannot be controlled, such as age, gender, race or family history. However, there are a number of ways to reduce your risk.



-  **Get Routine Screenings**
-  **Limit Alcohol Consumption**
-  **Increase Exercise**
-  **Maintain a Healthy Weight**
-  **Early Screening for High-Risk Patients**

Recommendation of US Preventative Services Taskforce
USPreventiveServicesTaskForce.org/uspst

SCREENING RESOURCES

Medicare Part B and **Show Me Healthy Women** program offer FREE breast and cervical cancer screenings for women who qualify.

Medicare Part B Eligibility

- People 65 or older.
- Younger people with disabilities.
- Those with end-stage renal disease.

Medicare Part B will cover 100% of the cost of a Pap test, a pelvic exam and a breast exam for eligible participants once every 24 months.

Participants may be eligible for these screenings every 12 months if found to be at high risk for cervical cancer or are of childbearing age and have had an abnormal Pap test in the past 36 months.

Show Me Healthy Women Eligibility

- Women who have an income at the federal poverty level for household income.
- Women aged 35 to 64 or older.
- Women who do not receive Medicare Part B and do not have insurance to cover program services.

For more information and resources, or to locate a participating health care provider, visit

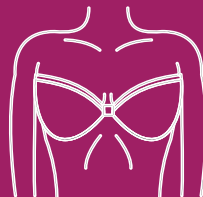
Show Me Healthy Women

Health.Mo.Gov/living/healthcondiseases/chronic/showmehealthywomen

or call **866-726-9926**

RECOMMENDED SCREENING GUIDELINES

Early detection is your best defense



Women aged 50 - 74	A mammogram every 2 years
Women aged 40 to 49	Talk to your health care professional about when to start and how often to get a mammogram