

Breast Cancer

WHAT IS BREAST CANCER?

Breast cancer is a disease in which cells in the breast grow out of control. It is the **second most common cancer among women**, after skin cancer.

WHAT ARE THE SYMPTOMS OF BREAST CANCER?

- New lump in the breast or underarm.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size/shape of the breast.
- Pain in the breast.

If you notice any of these symptoms, talk to your health care provider right away.

WHY IS BREAST CANCER SCREENING IMPORTANT?

We recommend women 50-74 years old get screened every two years. Breast cancer screening checks a woman's breasts for cancer before there are signs of symptoms. A screening is the best way to protect yourself from breast cancer.

WHAT IS A MAMMOGRAM?

A **mammogram** is an x-ray that allows doctors to detect early signs of breast cancer.

WHAT CAN I DO TO REDUCE MY CHANCE OF GETTING BREAST CANCER?

There are biological factors that cannot be changed, but you can take additional steps that help reduce the risk of developing breast cancer:

- Keep a healthy weight.
- Be physically active.
- Avoid or limit alcohol to once per day.

HERE AT HEART OF OHIO FAMILY HEALTH:



MAMMOGRAM BUS PROGRAM

We offer on-site mammograms several times every month. If you have difficulty getting to a hospital, this option may be better for you.



BCCP

The **Breast and Cervical Cancer Program (BCCP)** is a program that provides breast and cervical cancer screening, diagnostic testing, and case management services at no cost to eligible women.

INSURANCE

We accept all Medicare, Medicaid, and most major commercial insurance plans.

SLIDING FEE SCALE

We have a sliding fee scale based on proof of household income relative to the Federal Poverty Level and family size.

Find out more at

<https://heartofohiofamilyhealth.org>

