

# Breast Cancer



## Dickinson-Iron District Health Department

*“Serving the community since 1936 in Health Protection, Health Education and Disease Prevention”*

### STATISTICS:

- Breast cancer ranks 3<sup>rd</sup> among cancer deaths in women in Michigan (after lung and colon cancer) and 2<sup>nd</sup> in the nation (after lung cancer).
- It is the most frequently diagnosed cancer among Michigan women.
- In 2003, 6,837 women in Michigan were newly diagnosed with breast cancer.
- During 2004, 1,417 Michigan women died of the disease.
- In 2006, the American Cancer Society estimates that 7,070 Michigan women will be diagnosed with breast cancer and 1,360 women in the state will die of the disease.
- Death rates associated with breast cancer have decreased in Michigan, falling from 3.5 deaths per 10,000 women in the late 1980s to 2.4 deaths per 10,000 women in 2004. These rates are similar to the national rates.

## Cancer Prevention and Control Month

### SERVICES AVAILABLE:

**Dickinson-Iron District Health Department**  
**(906) 779-7237 or (906) 265-9913**  
[www.didhd.org](http://www.didhd.org)

Michigan’s Breast and Cervical Cancer Control Program (BCCCP) provides free breast and cervical cancer screening and diagnostic services to underserved women across the state. Since the program began in 1991, over 114,000 women have been screened through the BCCCP with nearly 1,900 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 OR
- Be age 18 – 39, have been identified with a cervical abnormality through the Title X/Family Planning Program, and referred to the BCCCP for cervical cancer diagnostic follow-up

## WHAT YOU SHOULD KNOW:

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	

### RESOURCES:

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

Centers for Disease Control and Prevention  
[www.cdc.gov/cancer/nbccedp/info-bc.htm](http://www.cdc.gov/cancer/nbccedp/info-bc.htm)

Medicare  
[www.medicare.gov/health/mammography.asp](http://www.medicare.gov/health/mammography.asp)

Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)

Michigan Department of Community Health  
[www.michigan.gov/cancer](http://www.michigan.gov/cancer)

National Cancer Institute  
[www.cancer.gov/cancertopics/types/breast](http://www.cancer.gov/cancertopics/types/breast)

National Breast Cancer Awareness Month  
[www.nbcam.org](http://www.nbcam.org)

Y-Me National Breast Cancer Organization  
[www.y-me.org](http://www.y-me.org)

