

It's your life. No one can protect it better than you.

Breast Cancer is the most common cancer in women. And living with a disability does not make you immune. Know the facts about breast cancer and why you need to make screening a regular part of your health care.

- ▶ An estimated 200,000 new cases of breast cancer will be diagnosed in American women this year.
- ▶ Women with disabilities are just as likely to be at risk for breast cancer as women without disabilities; the biggest risk factors are being a woman and aging.
- ▶ The chances of getting breast cancer increase with age. One out of every 8 women will get breast cancer at some point in her life.
- ▶ Finding breast cancer early increases chances of survival. If breast cancer is caught early, 9 out of every 10 women survive more than 5 years.
- ▶ Getting tested regularly for breast cancer is the best way for women to lower their risk. Mammography can help find cancer early when it's most treatable.



Getting Screened

As a woman living with a disability, you may face a number of challenges that make it difficult to get a quality mammogram and clinical exam. Here are some tips to make it easier.

When scheduling a mammography, ask:

- ▶ How should I dress?
- ▶ How do I prepare if I use a wheelchair or a scooter?
- ▶ Can the machine be adjusted so I can remain seated?
- ▶ How long is the appointment and can I have additional time if I need it?

Let the scheduling staff know that you can/cannot:

- ▶ Sit upright with or without assistance
- ▶ Lift and move your arms
- ▶ Transfer from your chair/scooter
- ▶ Undress/dress without assistance

When preparing for your mammogram, remember:

- ▶ Wear a blouse that opens in the front
- ▶ Wear a bra that you can easily remove
- ▶ Do not wear deodorant or body powder
- ▶ Talk to your healthcare provider about any disability-related concerns

If you are between the ages of 40 to 49, talk to your doctor about when and how often you should have a screening mammogram. If you are between the ages of 50 to 74, be sure to have a screening mammogram every two years.

For more information, visit
www.cdc.gov/RightToKnow
or call **1-800-CDC-INFO** (232-4636)
1-888-232-6348 (TTY)

BREAST CANCER SCREENING

THE RIGHT TO KNOW

National Center on Birth Defects and Developmental Disabilities
Division of Human Development and Disability

