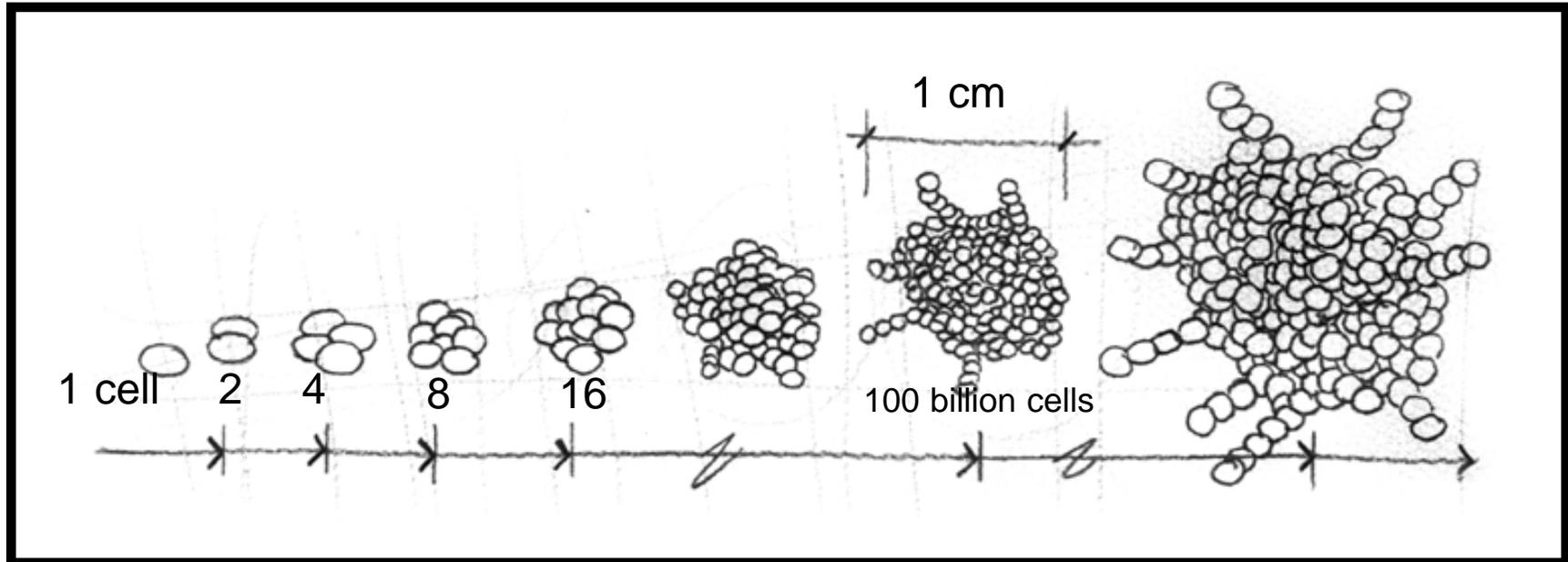


Key Facts About Finding Breast and Cervical Cancer Early

Cancer Cell Growth



Risk Factors for Breast Cancer

First child born
after age 30

Never had
a child

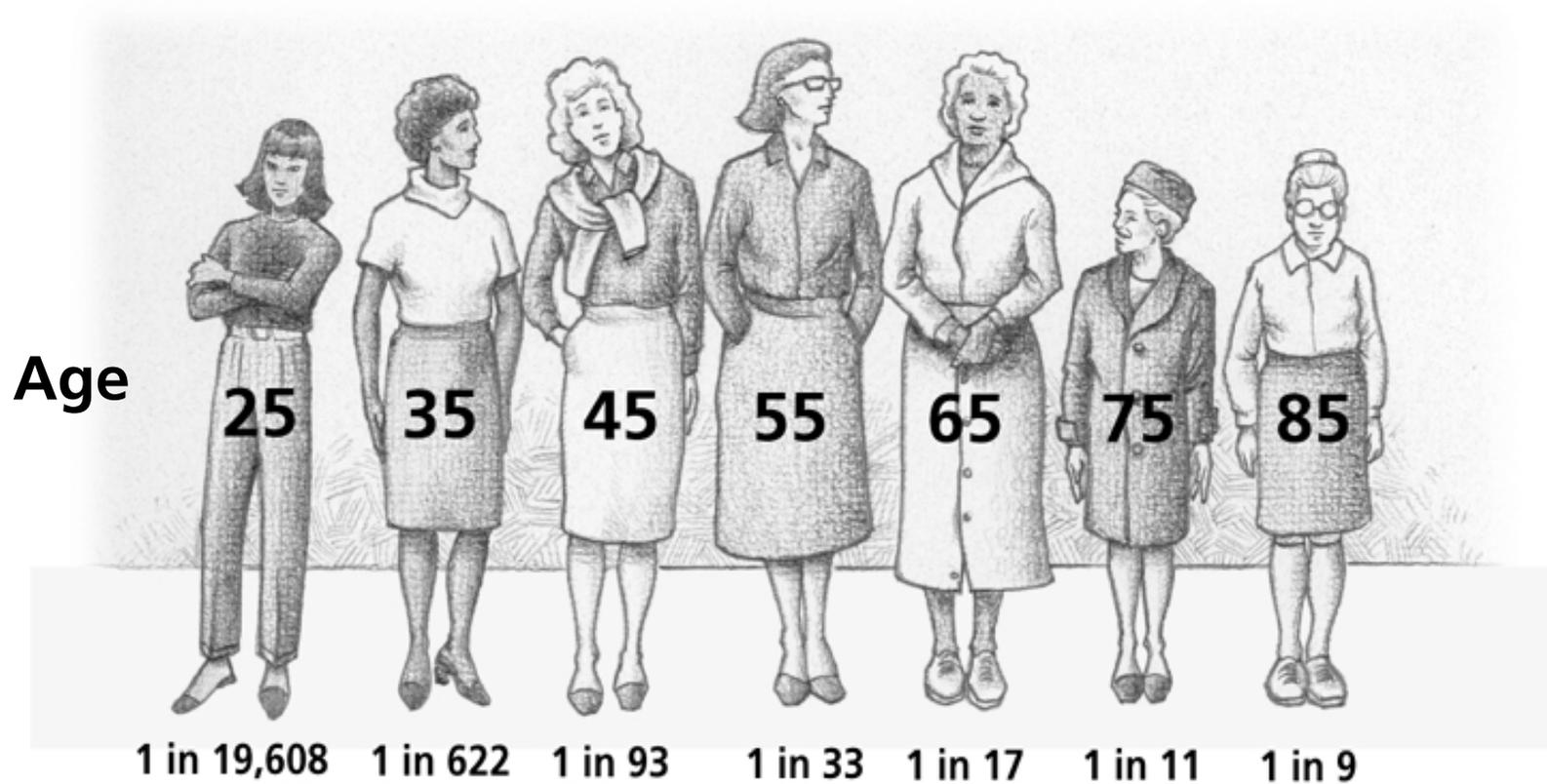


Early
periods

Late change
of life



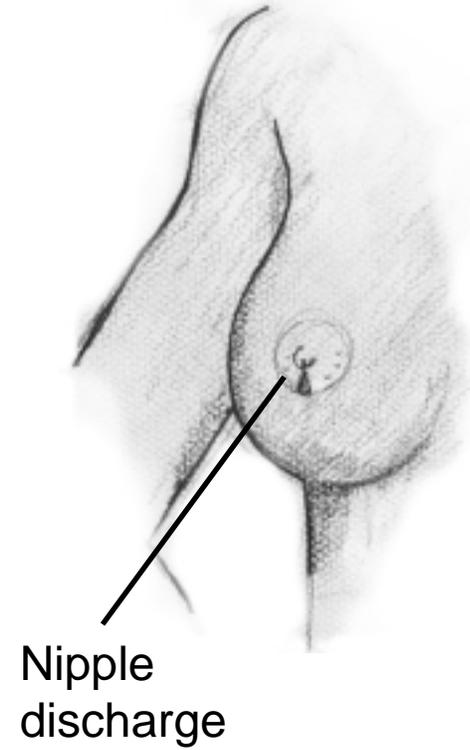
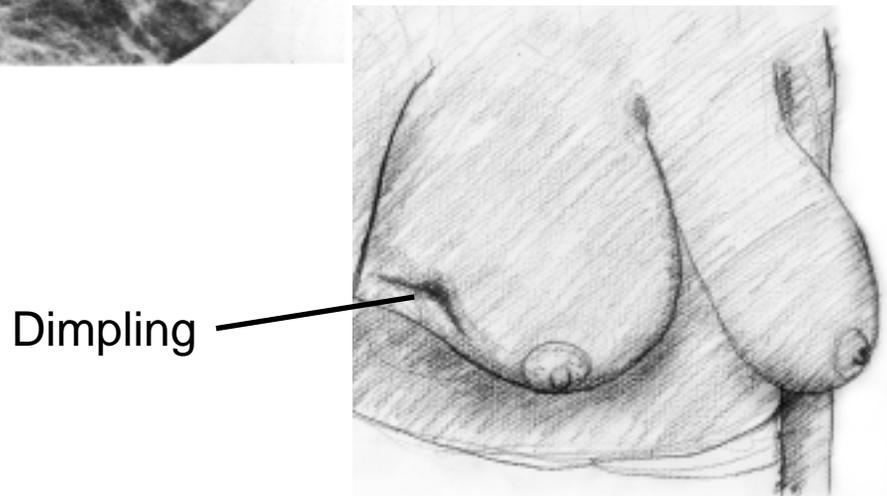
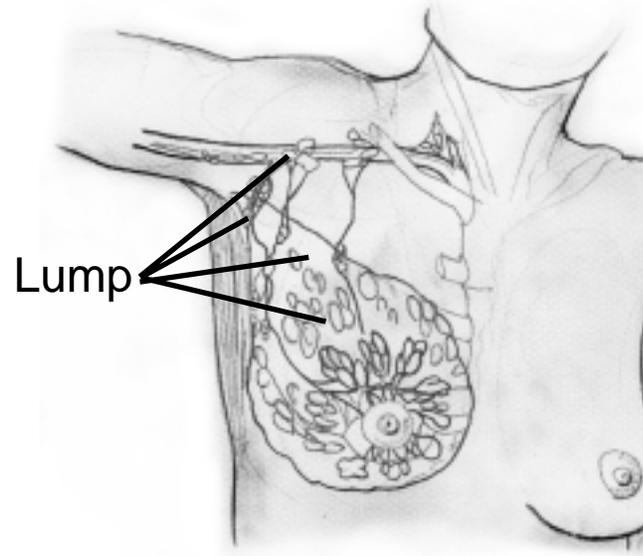
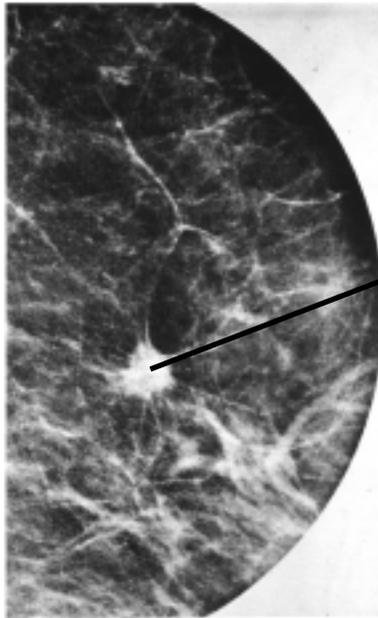
Chances of Developing Breast Cancer



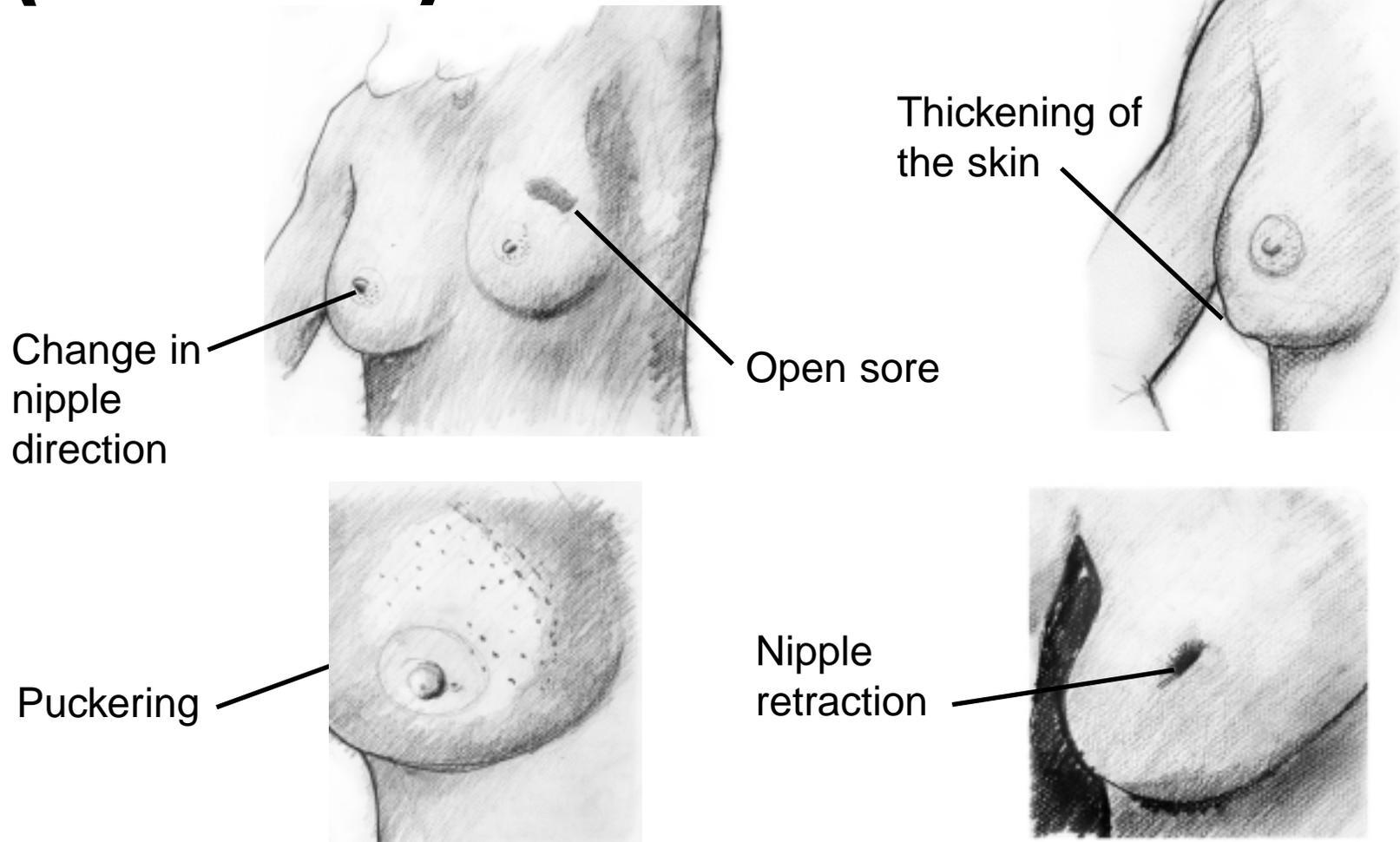
The Role of Race and Income



Symptoms of Breast Cancer



Symptoms of Breast Cancer (continued)



NBCCEDP Screening Recommendations

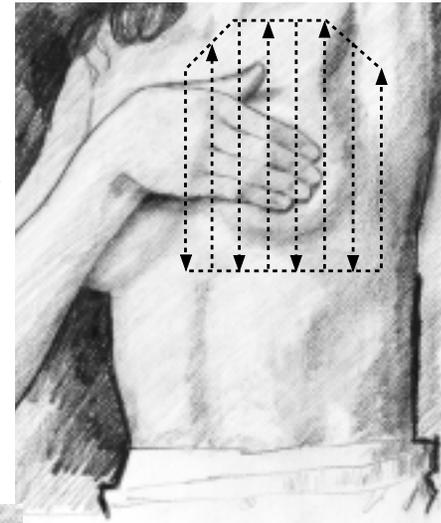
Women age 50 and older	Women age 40 to 49	Women under age 40
BSE monthly	BSE monthly	BSE monthly starting at age 20
CBE yearly	CBE yearly	CBE every 3 years or as advised by provider
Mammography yearly	Mammography as advised by provider	Routine mammography not advised

Screening Methods for Breast Cancer



◀ Clinical breast exam

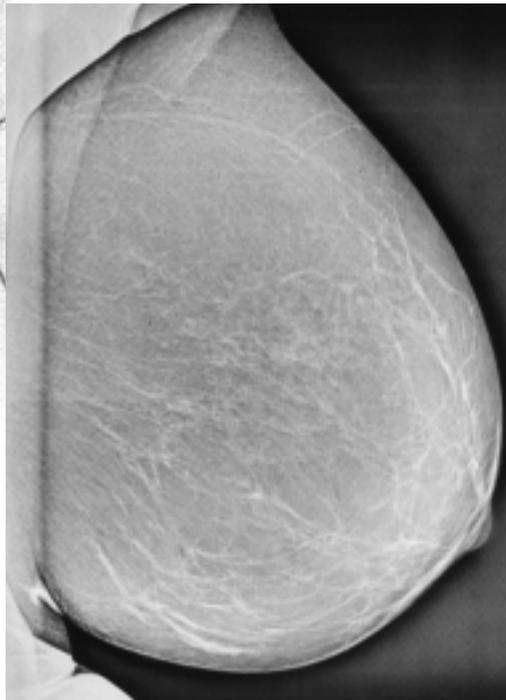
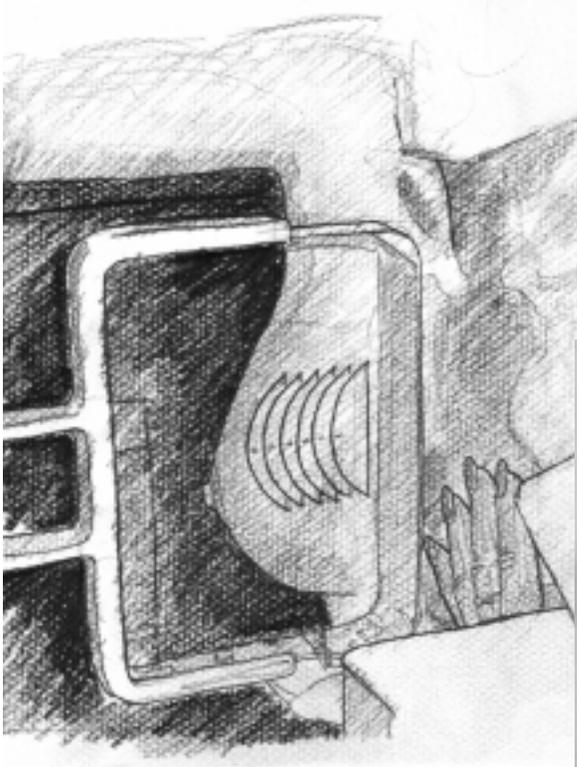
Breast self-exam ▶



Mammography ▶



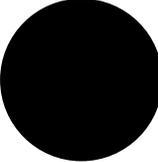
Mammography



Clinical Breast Exam



Advantages of Mammography

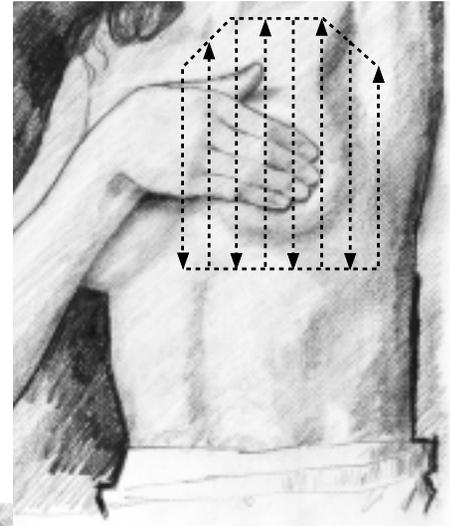
<p>Average-size lump found by getting regular mammograms</p> 	<p>Average-size lump found by women practicing occasional BSE</p> 
<p>Average-size lump found by first mammogram</p> 	<p>Average-size lump found by women untrained in BSE</p> 
<p>Average-size lump found by women practicing regular BSE</p> 	

Good Breast Health Care



◀ Clinical breast exam

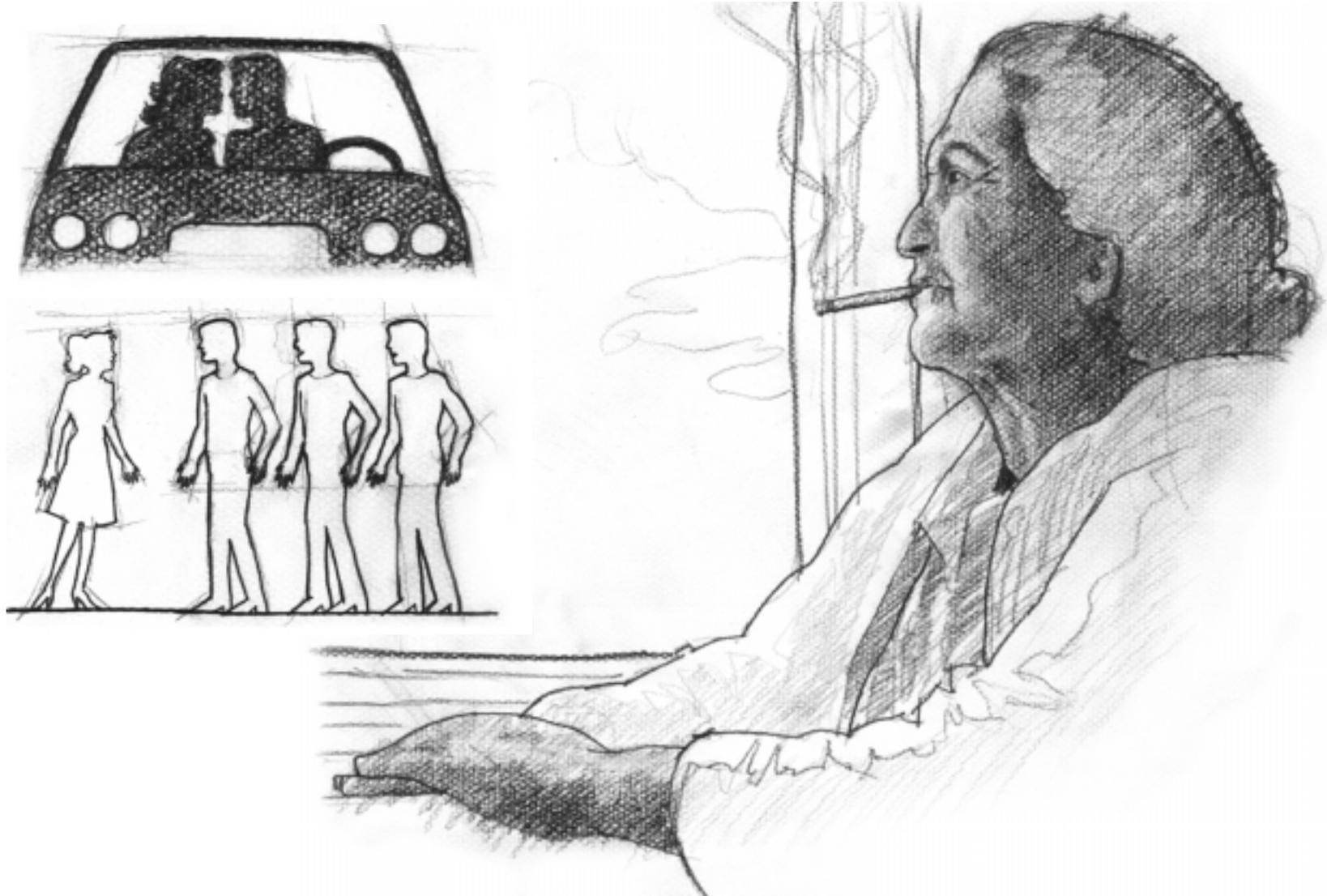
Breast self-exam ▶



Mammography ▶



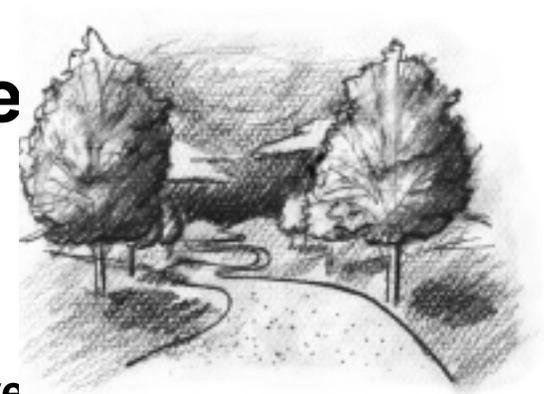
Risk Factors for Cervical Cancer



Risk Factors for Cervical Cancer (continued)



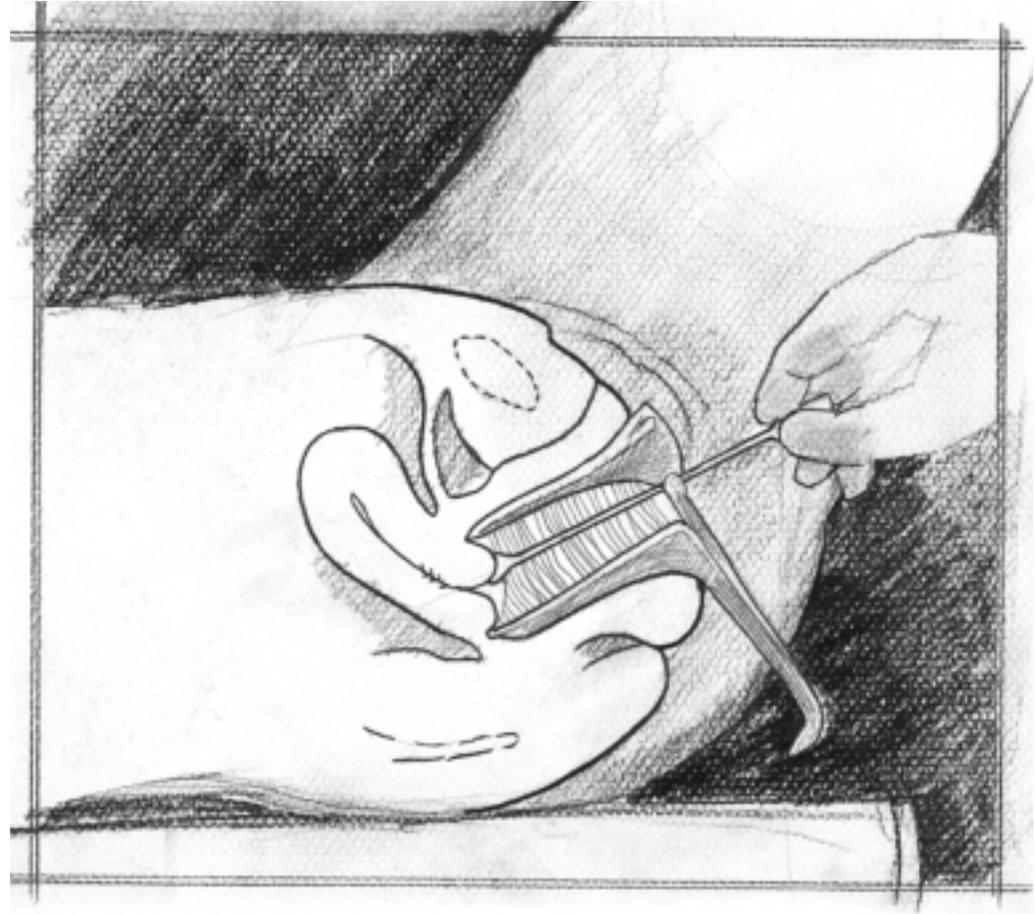
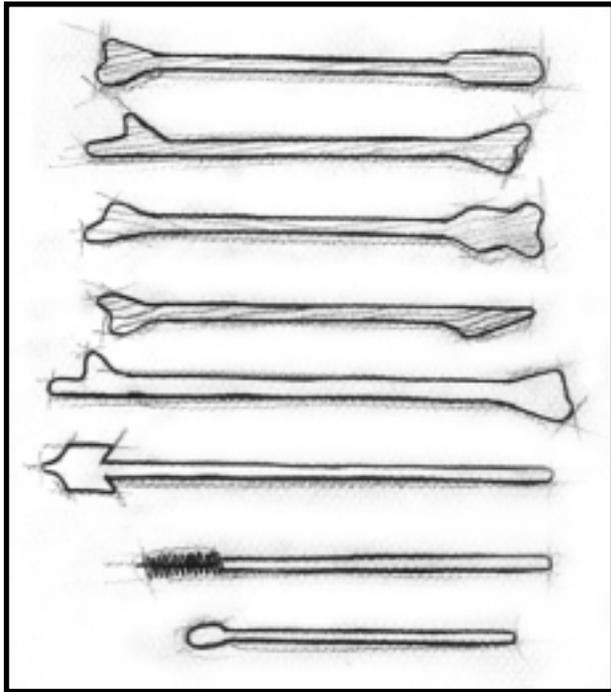
- Increasing age
- Lack of education
- Low income
- Lack of access to care
- Failure to receive regular screening
(have not had a Pap test in the last 5 ye



Screening Method for Cervical Cancer—The Pap Test



Cell Samples



Summary Points

- **Extra effort is needed to reach older women who do not get screened for cervical cancer every year.**
- **Older women are at greatest risk for getting and dying from cervical cancer.**

Barriers to Breast and Cervical Cancer Screening

Categories of Barriers to Breast and Cervical Cancer Screening

- **Economic**
- **Structural**
- **Informational**
- **Cultural and individual**

Summary Points

- **There are four categories of barriers.**
- **Barriers to screening can be removed.**
- **More than education is needed to remove barriers to screening.**

Summary Points (continued)

- **A woman's culture needs to be considered.**
- **Community health workers help women help themselves get screened.**

**Encouraging Women
To Get Screened for
Breast and Cervical Cancer**

Five Stages of Behavior Change

- **Precontemplation (not thinking about it)**
- **Contemplation (thinking about it)**
- **Preparation
(getting ready for action)**
- **Action**
- **Maintenance**

Stage 1: Precontemplation (not thinking about it)

The woman is unaware of the behavior and risks associated with not having the screening test. She has not thought about change.



Stage 2: Contemplation (thinking about it)

The woman is thinking about making the change in the near future. She is not sure about having the tests.



Stage 3: Preparation (getting ready for action)

**The woman is planning to change or act.
She is willing, ready, and motivated to be
screened.**



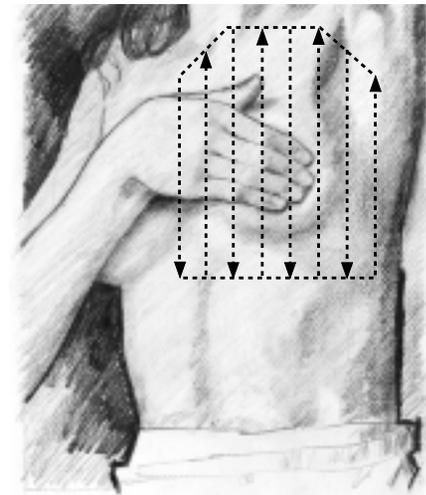
Stage 4: Action

The woman is implementing a specific action plan.



Stage 5: Maintenance

The woman is taking actions or repeating recommended steps. A woman who misses a screening appointment is in relapse.



Summary Points

