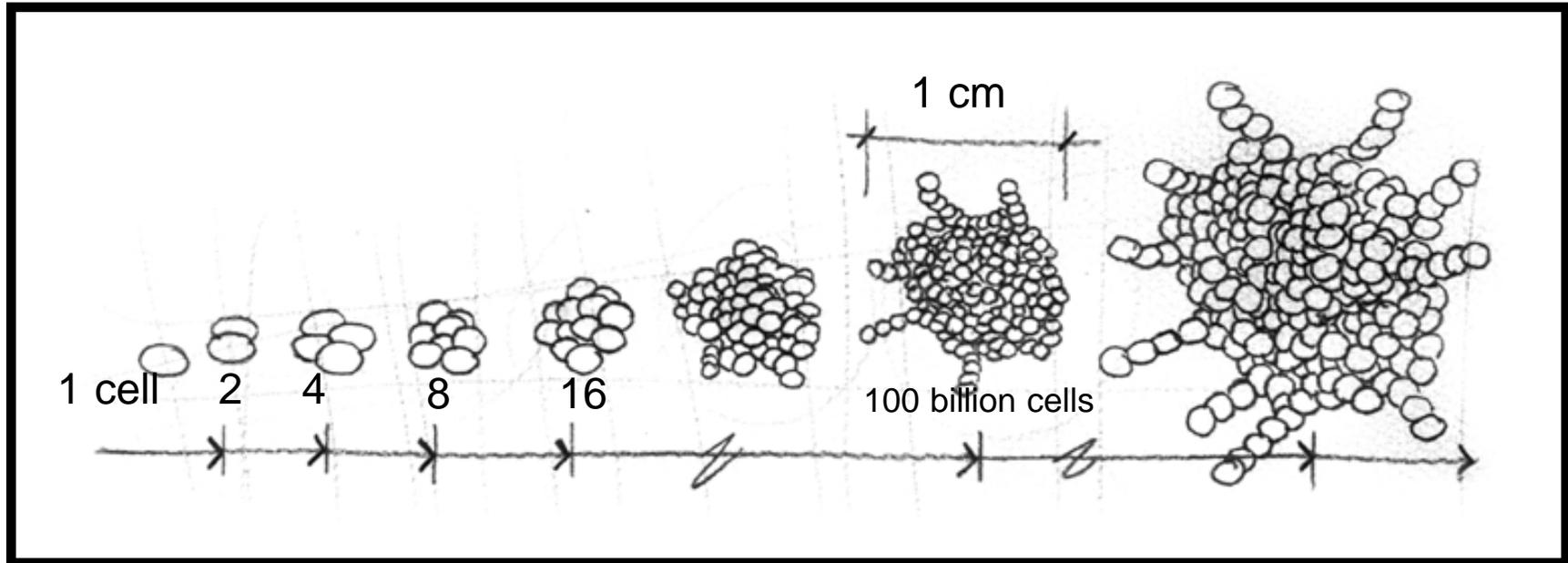


# **Key Facts About Finding Breast and Cervical Cancer Early**

# Cancer Cell Growth



# Risk Factors for Breast Cancer

First child born  
after age 30

Never had  
a child

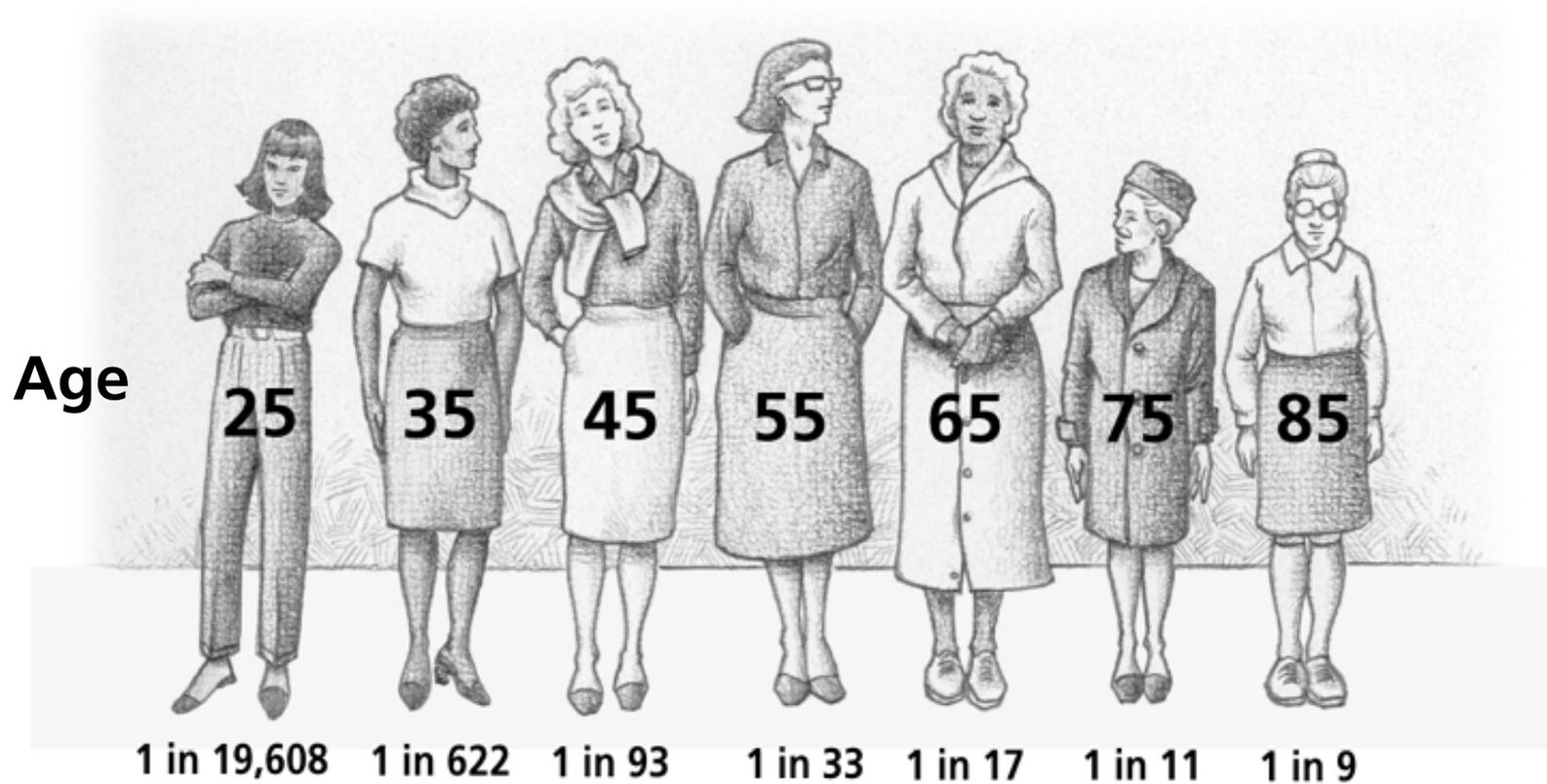


Early  
periods

Late change  
of life



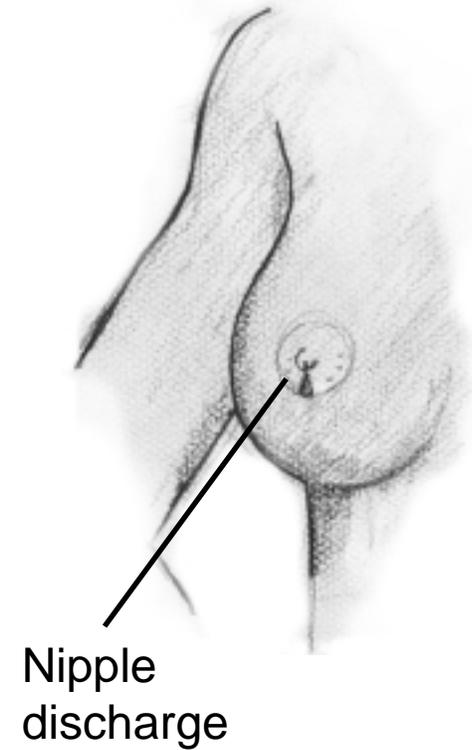
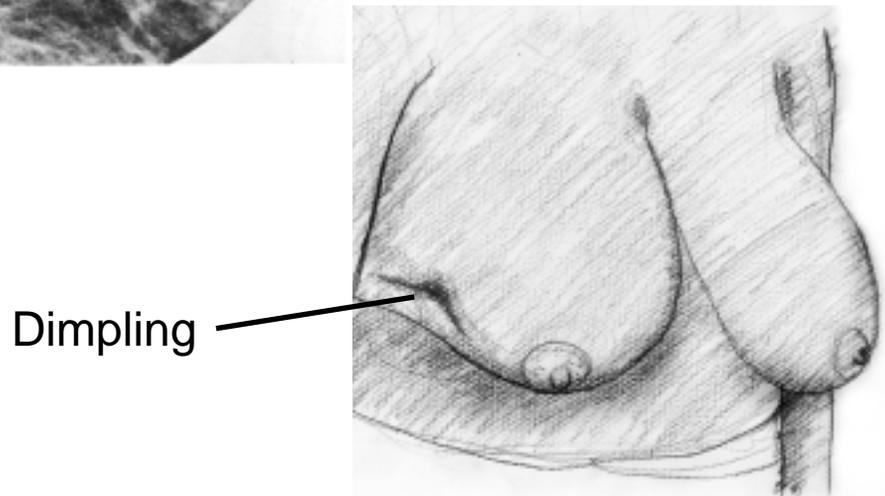
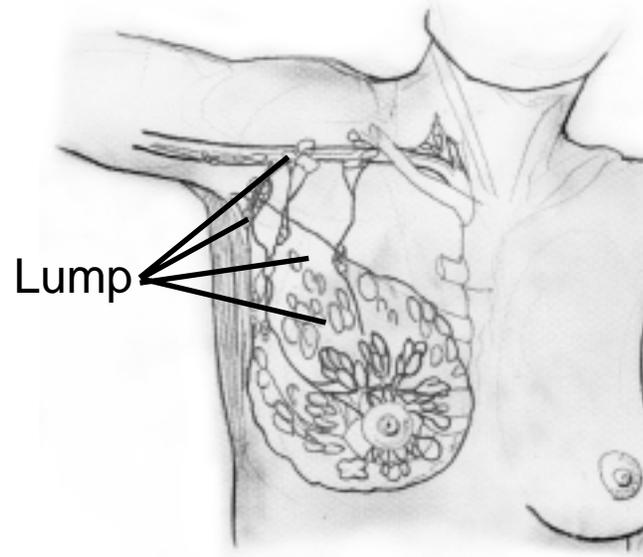
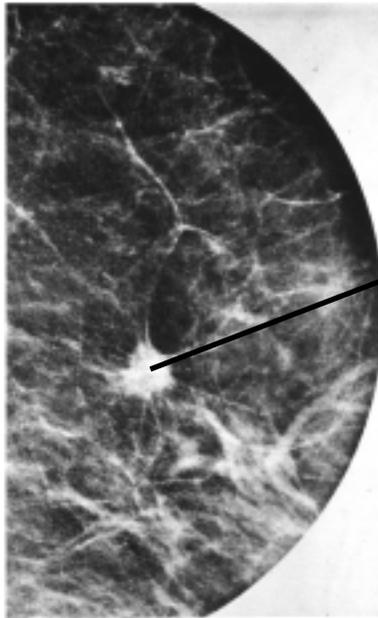
# Chances of Developing Breast Cancer



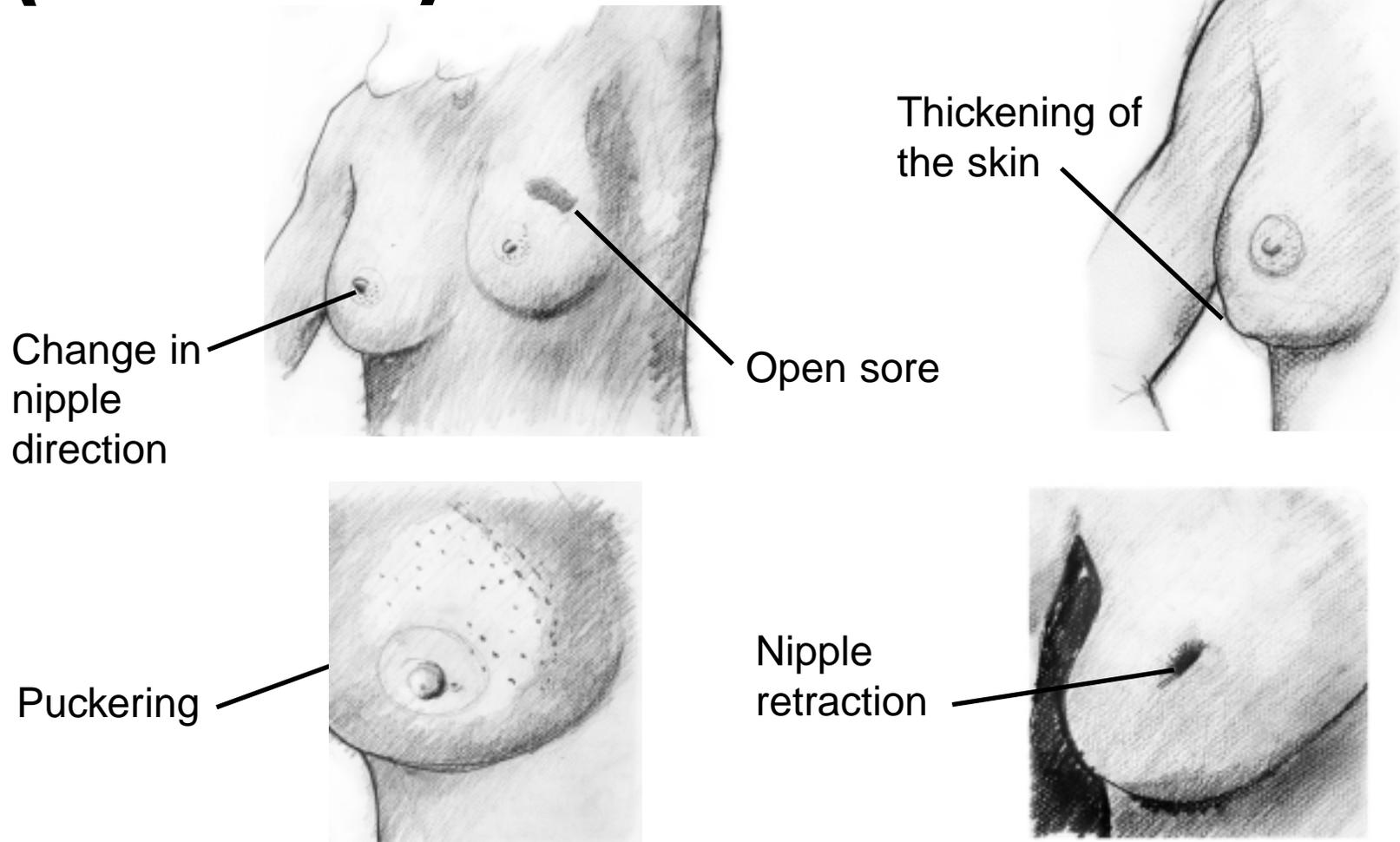
# The Role of Race and Income



# Symptoms of Breast Cancer



# Symptoms of Breast Cancer (continued)



# **NBCCEDP Screening Recommendations**

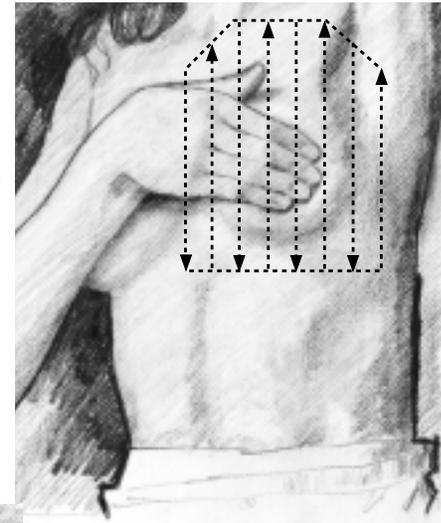
| <b>Women age 50 and older</b> | <b>Women age 40 to 49</b>                 | <b>Women under age 40</b>                          |
|-------------------------------|---|--|
| <b>BSE monthly</b>            | <b>BSE monthly</b>                        | <b>BSE monthly starting at age 20</b>             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

# Screening Methods for Breast Cancer



◀ Clinical breast exam

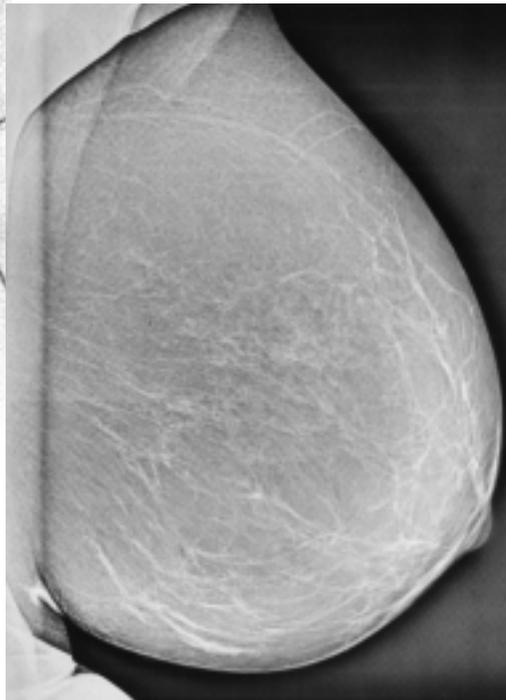
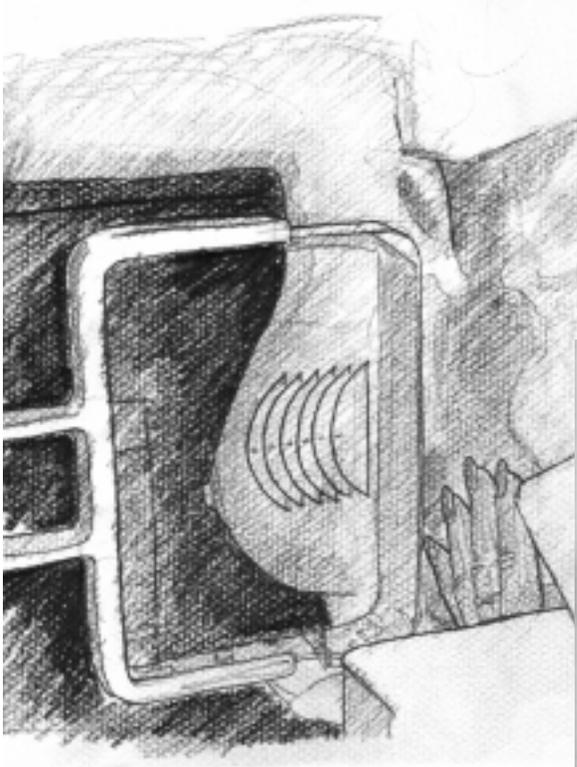
Breast self-exam ▶



Mammography ▶



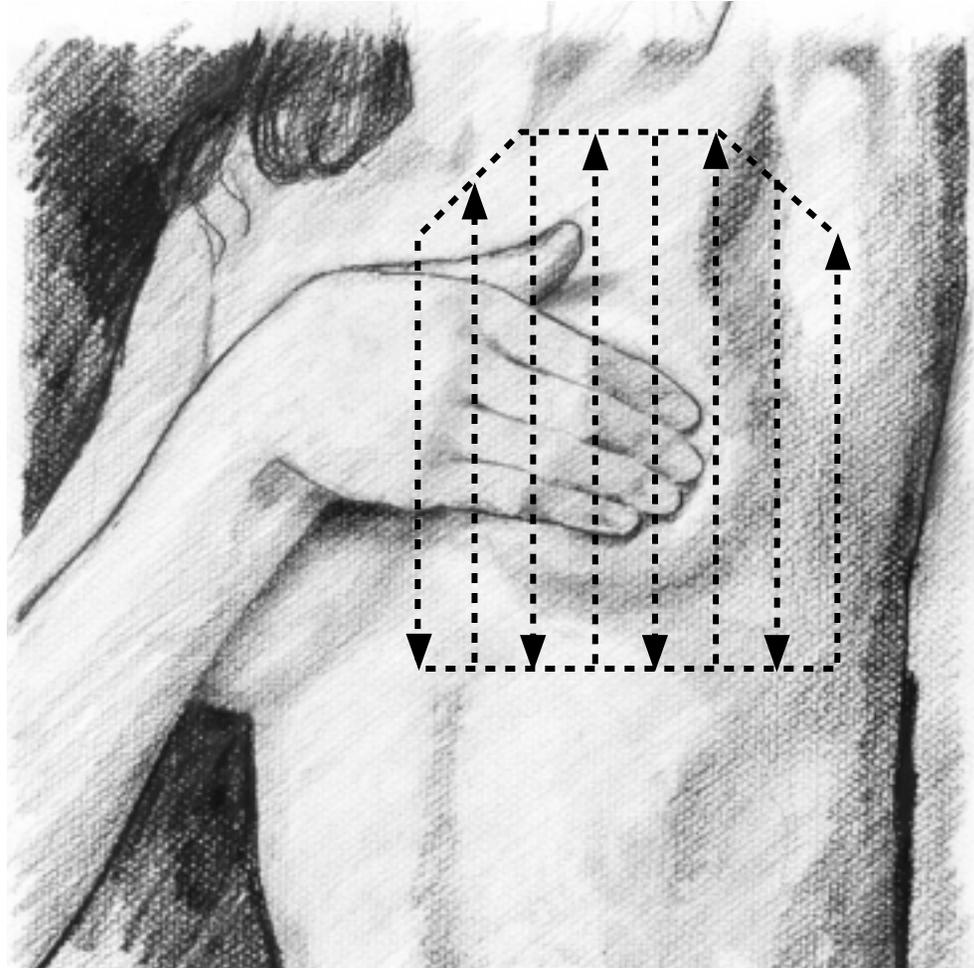
# Mammography



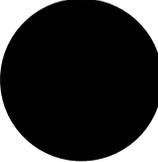
# Clinical Breast Exam



# Breast Self-Exam



# Advantages of Mammography

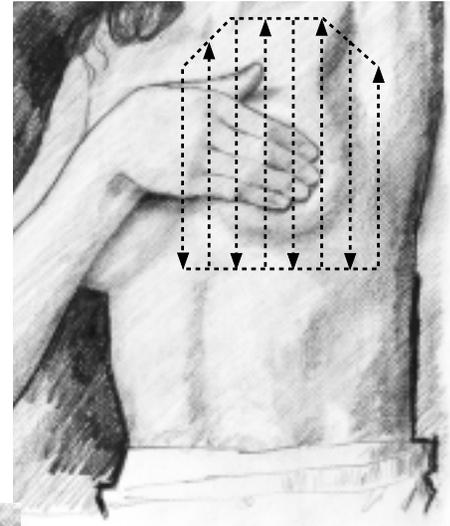
|  |   |
|--|---|
| <p>Average-size lump found by getting regular mammograms</p>      | <p>Average-size lump found by women practicing occasional BSE</p>  |
| <p>Average-size lump found by first mammogram</p>                 | <p>Average-size lump found by women untrained in BSE</p>         |
| <p>Average-size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

# Good Breast Health Care



◀ Clinical breast exam

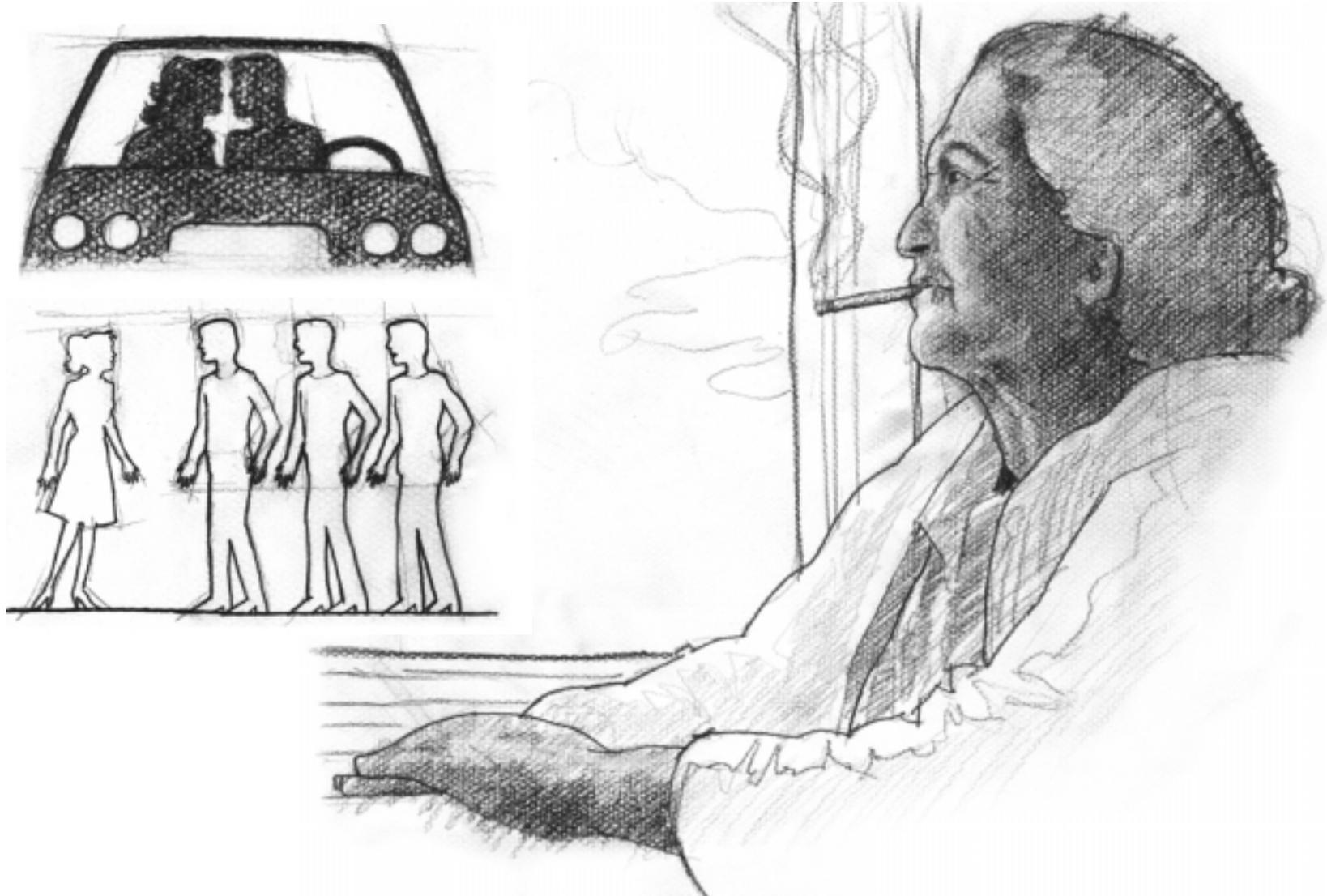
Breast self-exam ▶



Mammography ▶



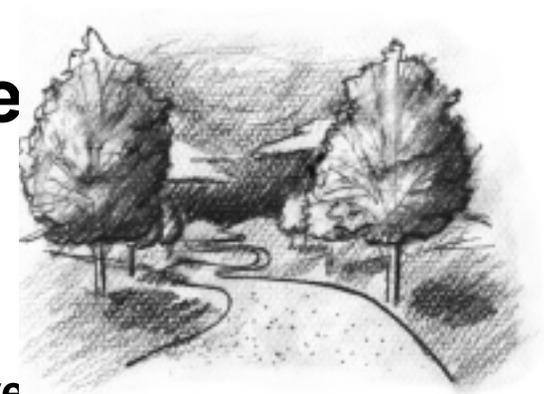
# Risk Factors for Cervical Cancer



# Risk Factors for Cervical Cancer (continued)



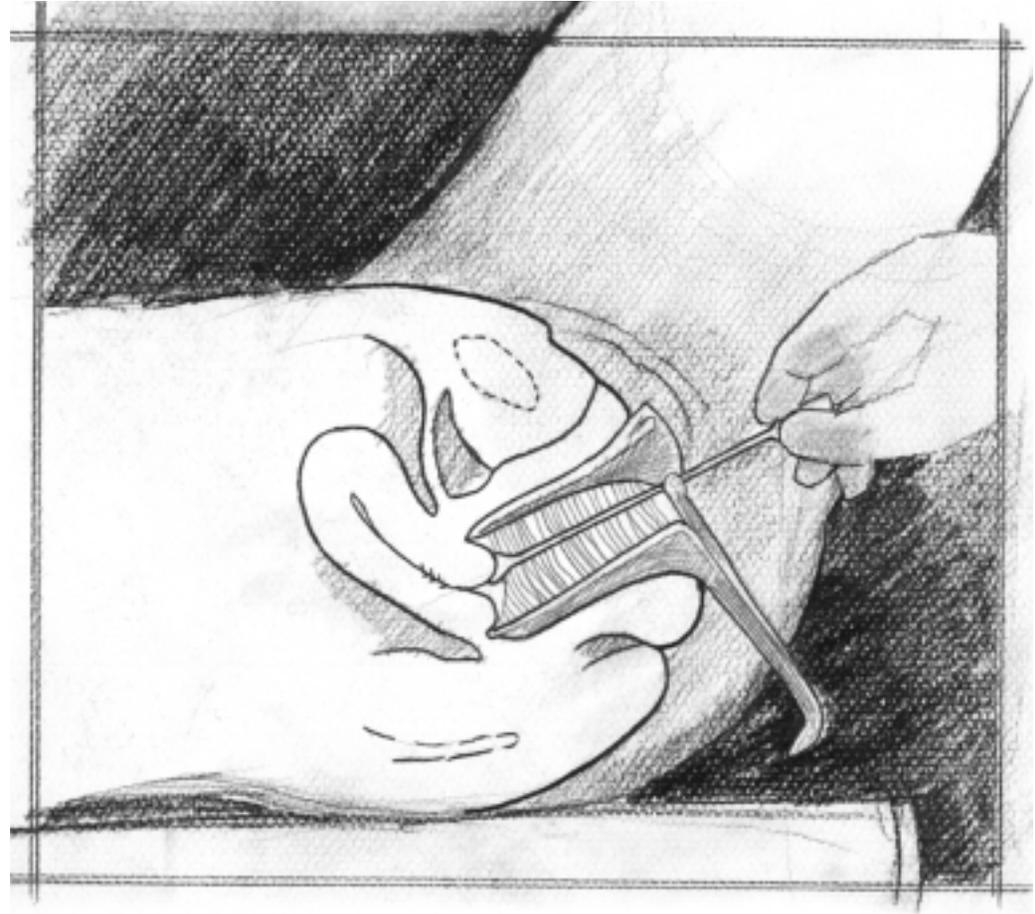
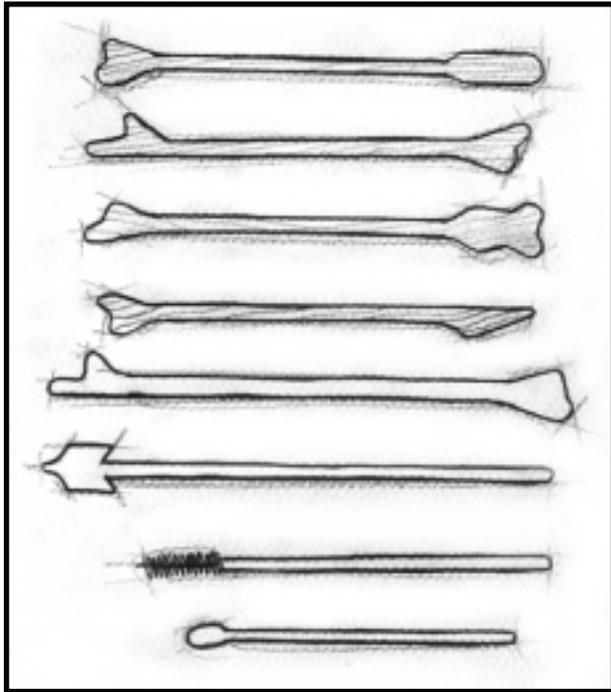
- Increasing age
- Lack of education
- Low income
- Lack of access to care
- Failure to receive regular screening  
(have not had a Pap test in the last 5 years)



# 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**

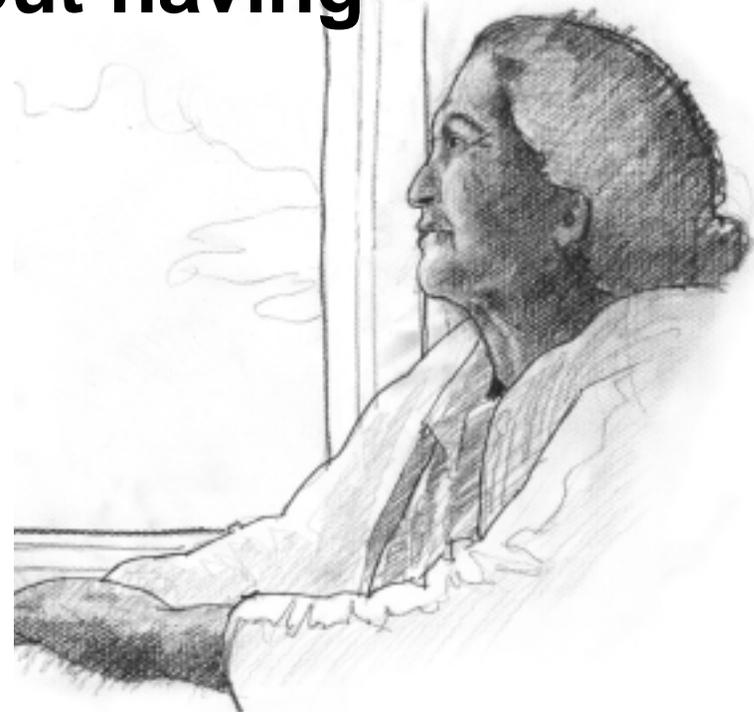
## **Stage 1: Precontemplation (not thinking about it)**

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



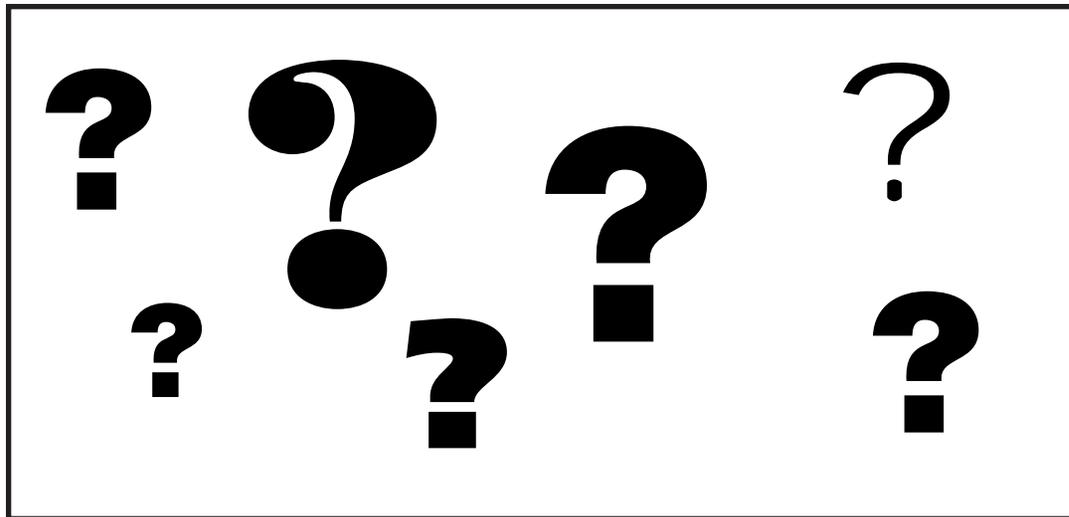
## **Stage 2: Contemplation (thinking about it)**

**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.**



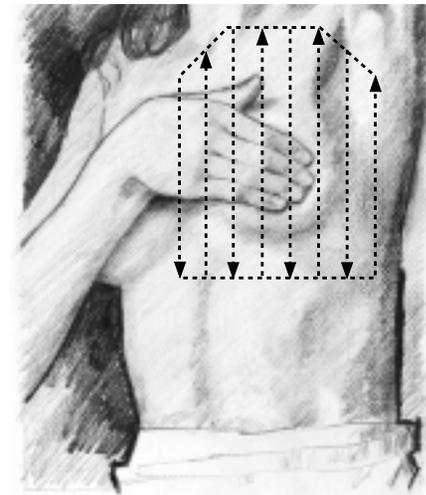
## **Stage 4: Action**

**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

