



## OCTOBER IS BREAST CANCER AWARENESS MONTH

October 11, 2021- October is National Breast Cancer Awareness Month and District Health Department #10 (DHD#10) urges people to be aware of their personal risk factors for the disease, schedule themselves for regular breast cancer screenings, and if eligible enroll in the Breast and Cervical Cancer Control Navigation Program (BC3NP).

Knowing one's personal risk for breast cancer is critical for early detection and prevention of the disease. Risk factors can include being a woman, being older, and having changes in your BRCA1 or BRCA2 genes.

The good news is there are ways to lower one's risk for breast cancer:

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol or limit the amount you do drink.
- Quit smoking.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

It is also important, if not more important, for individuals to schedule regular breast cancer screenings. Mammograms are the best tests doctors have to find breast cancer early. It is recommended that:

- Women should start talking to their health care provider about breast cancer screenings as early as age 40.
- Women who are more at risk should begin screenings at age 40.
- Women with an average risk of breast cancer – most women – should begin screenings by age 45.
- All women should begin screenings at the latest, by age 50.

DHD#10 urges program-eligible women to take advantage of and receive free cancer and health screenings through the Breast and Cervical Cancer Control Navigation Program (BC3NP).

BC3NP provides free breast and cervical cancer screening services, statewide to income qualifying women. This may include follow-up care, if needed, if a screening abnormality is identified. BC3NP does not pay for cancer treatment, however, women diagnosed with breast or cervical cancer may be eligible for a special Medicaid program that provides cancer treatment.

Not sure if you are eligible for the BC3NP program? A family of 4 can make up to \$66,250. Check to see if you are eligible [here](#).

DHD#10 also offers to women diabetes prevention programs, tobacco cessation programs, birth control, sexual health services, and immunizations, including the COVID-19 vaccine. To schedule a screening with DHD#10 or to learn more about the BC3NP, visit [www.dhd10.org](http://www.dhd10.org) or call 888-217-3904.



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