Tip Sheet for women with disabilities on Breast Cancer and Getting Screened

“ It’s your life. And no one can protect it better than you. “

– Judi, Breast Cancer Survivor
Breast Cancer:

- 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 ten 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:
  1. How should I dress?
  2. How do I prepare if I use a wheelchair or a scooter?
  3. Can the machine be adjusted so I can remain seated?
  4. How long is the appointment and can I have additional time if I need it?
• Let the scheduling staff know that you can/cannot:
  1. Sit upright with or without assistance.
  2. Lift and move your arms.
  3. Transfer from your chair/scooter.
  4. Undress/dress without assistance.

• Also let the scheduling staff know if you need:
  1. Sign language interpretation
  2. Help filling out forms
  3. Assistance moving from one room to another

• When preparing for your mammogram, remember:
  1. Wear a blouse that opens in the front.
  2. Wear a bra that you can easily remove.
3. Do not wear deodorant or body powder.

4. Talk to your healthcare provider about any disability-related concerns.

- If you’re over 40, check your breasts regularly, and have a mammogram and clinical exam every 1-2 years.

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

Breast Cancer Screening

The Right to Know