Central Michigan
District Health Department
Promoting Healthy Families, Healthy Communities

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PRESS RELEASE FOR LOCAL MEDIA

To: **Local News Media**

From: Central Michigan District Health Department

RE: CMDHD offers free Breast and Cervical Cancer Screenings to qualified women

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October is National Breast Cancer Awareness Month

This October, the Central Michigan District Health Department (CMDHD) is proud to support National Breast Cancer Awareness Month – a time to promote regular breast cancer screening and early detection of breast cancer. Breast cancer is a group of diseases that affects breast tissue. Both women and men can get breast cancer, though it is much more common in women. According to the Centers for Disease Control and Prevention (2016), other than skin cancer, breast cancer is the most common cause of cancer in women, no matter your race or ethnicity. In fact, 1 in 8 women will be diagnosed with breast cancer in their lifetime (Protect Your Health & Assess Your Risk, 2016). It is very important to get regular screenings like mammograms, that can help detect breast cancer early and also increases the effectiveness of available treatments (American Cancer Society, 2015). Programs are available to assist with the costs of having a mammogram.

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. The United States Preventive Services Task Force (2016) recommends that average-risk women who are 50 to 74 years old should have a screening mammogram every two years. Certain risk factors may lead to mammography in women younger than 50 and should be discussed with their primary doctor (Stay Healthy, 2017).

The Central Michigan District Health Department participates in the Michigan Breast and Cervical Cancer Control Navigation Program (BCCCNP). This program provides free annual breast and cervical cancer screenings and diagnostic services to eligible women. To be eligible for the program, a woman must be between age 40 and 64, have no insurance, and meet income requirements. Women between the ages of 21-39 who are referred to the BCCCNP with an abnormal screening Pap test, clinical breast exam or abnormal mammogram, which

requires breast or cervical diagnostic services, may also be eligible for services. Women who are diagnosed with breast or cervical cancer through the program or through another care provider without insurance may be eligible for Medicaid for their treatment. If you do not fit the eligibility, please call to find out about other programs that may be able to assist you. CMDHD also offers navigation services for women with insurance who need help accessing their services. They can help make appointments, find transportation, or further explain the breast and cervical cancer screening process. For more information or to schedule an appointment for breast and cervical cancer screenings, contact your local CMDHD branch office.

Arenac County: 989-846-6541 ext. 1316

Clare County: 989-539-6731 ext. 1216

Gladwin County: 989-426-9431 ext. 1316

Isabella County: 989-773-5921 ext. 1406

Osceola County: 231-832-5532 ext. 1216

Roscommon County: 989-366-9166 ext. 1316

For more information about the Breast and Cervical Cancer Control Program, please visit https://tinyurl.com/y8w4nfwf.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.

Reference

American Cancer Society, (2015). *Cancer Facts and Figures.* Retrieved from: http://www.cancer.org/%20acs/groups/content/@editorial/documents/document/acspc-044552.pdf

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U.S. Preventive Services Task Force (2016). *Breast Cancer Screening Final Recommendations*. Retrieved from: https://www.uspreventiveservicestaskforce.org/

Protect Your Health & Assess Your Risk. August 2016. http://www.nationalbreastcancer.org/.
Stay Healthy. March 2017. https://www.cancer.org/healthy.html.