

BREAST CANCER

A CALL TO ACTION



CALL TO ACTION



Encourage your loved ones and friends to undergo screening annually starting at the age of 40 or earlier if there is a strong family history or risk of genetic-based breast cancer



Educate women about breast health and the importance of early detection and annual screenings

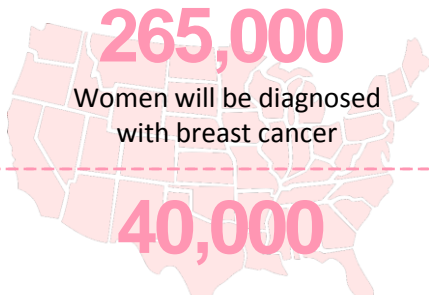
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I thought I had time. You don't have time. Save your life by getting screened annually and on time!

- Joanne Wilson
Triple Negative Stage 3 Breast Cancer Survivor
Siteman Cancer Center Patient

1 in 8

Women will be diagnosed with breast cancer in their lifetime



Importance of Screening & Early Detection For Black Women

Early screening reduces mortality by approximately 30% in women

Black women have an earlier age of onset of disease compared to White women

30% of breast cancers in Black women are diagnosed before age 50

More breast cancers are diagnosed in Black women under 45 than any other racial or ethnic group

The American College of Radiology, Society of Breast Imagers, and Siteman Cancer Center recommend annual screening for average risk women at age 40

2x

The mortality rate for Black women in STL County is higher than White women

Take the first step. It could save your life.

Breast Help Tips

- Limit your alcohol
- Don't smoke or use tobacco
- Exercise regularly
- Eat healthy foods
- Limit dose and duration of combination hormone therapy
- Know your family history
- Begin annual screening at age 40
- Educate yourself
- Schedule a follow-up if your mammogram is abnormal



RESOURCES TO HELP WITH BREAST SCREENINGS

LOCATION GUIDE



A

Show Me Healthy Women | free mammogram screenings | 1-866-726-9926
www.health.mo.gov/living/healthcondiseases/chronic/showmehealthywomen

Locations | STL City

- Affinia Healthcare | All sites
- Barnes-Jewish Hospital | Kingshighway
- Barnes Jewish at the Highlands | Oakland
- Betty Jean Kerr People's Health Center | Delmar
- Myrtle Hilliard Sites | Multiple Locations
- SSM St. Louis University Hospital | Grand

Locations | STL County

- Barnes Jewish West County Hospital | Creve Coeur
- Betty Jean Kerr People's Health Center | Florissant
- Breast Health Center at Missouri Baptist | Town & Country
- Mercy Hospital | Town & Country
- SSM DePaul | Bridgeton
- SSM St. Clare Hospital | Fenton
- SSM St. Mary's | Richmond Heights

B

Gateway to Hope | www.gthstl.org | 314-569-1113

C

Valeda's Hope | www.valedashope.org | 314-607-7799

D

The Breakfast Club | www.breakfastclub-stl.org | 314-972-8883

E

Siteman Cancer Center | www.siteman.wustl.edu | 1-800-600-3606

- Coming Fall 2019: Christian Hospital | North County



**I CAN DO THIS.
YOU CAN DO THIS.
WE CAN DO THIS.**



SPOTLIGHT

Show Me Healthy Women (SMHW) offers free breast and cervical cancer screenings for Missouri women.

Guidelines:

- Income at or below 200% percent of the federal poverty level, *and*
- Age 35-64, or older if you do not receive Medicare Part B, *and*
- No insurance to cover program services