

# 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 10 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:

- How should I dress?
- How do I prepare if I use a wheelchair or a scooter?
- Can the machine be adjusted so I can remain seated?
- How long is the appointment and can I have additional time if I need it?

Let the scheduling staff know that you can/cannot:

- Sit upright with or without assistance
- Lift and move your arms
- Transfer from your chair/scooter
- Undress/dress without assistance

When preparing for your mammogram, remember:

- Wear a blouse that opens in the front
- Wear a bra that you can easily remove
- Do not wear deodorant or body powder
- 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

