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HEALTH
DEPARTMENT
of Northwest Michigan

www.nwhealth.org

Health Department of Northwest Michigan Raises Awareness about Breast Cancer

HARBOR SPRINGS, Mich. – The Health Department of Northwest Michigan recognizes October as National Breast Cancer Awareness Month and encourages women to talk with their doctor about breast cancer. Screening and adapting healthy behaviors are proven to reduce breast cancer risk.

Over 100 women in Antrim, Charlevoix, Emmet and Otsego counties are diagnosed with breast cancer each year, according to the National Cancer Institute. Increasing physical activity, quitting smoking, maintaining a healthy weight and limiting alcohol can help reduce cancer risk.

Joy Klooster, Coordinator at the Health Department of Northwest Michigan, recommends that women talk with their doctor about breast cancer screening and any family history that could put them at a higher risk. Health organizations recommend that women begin mammograms between the ages of 40 and 50. Klooster wants residents to know that as a result of the Affordable Care Act, “most health insurance plans cover recommended preventive services, including cancer screening, at no out-of-pocket cost to the patient. Individuals should check with their insurance provider to learn what their plans cover.”

Depending on income, residents may be eligible to enroll in the Healthy Michigan Plan in order to receive cancer screening and other health care services. If residents are not eligible for the health plan, they may qualify for no-cost screenings and follow-up care through the Health Department of Northwest Michigan. The women’s health clinics at the Health Department serve women ages 40 to 64 and can help navigate health care services.

In recognition of National Breast Cancer Awareness Month, the Health Department of Northwest Michigan encourages area residents to contact their health care provider and insurer and ask about cancer risk and screening eligibility, in addition to engaging in healthy behaviors. To learn more, visit www.nwhealth.org and select “Breast and Cervical Cancer Control Navigation Page” from the top menu. Residents can also call the Health Department at (800) 432-4121.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego Counties.

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