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Health Department of Northwest Michigan

Every Woman. Every Year.

Breast Cancer Awareness Month reminds women to schedule their mammograms

Avoidance isn't the answer. Mammograms and clinical breast exams are the most common ways to detect breast cancer long before symptoms appear. Mammograms can sometimes locate breast cancer up to 10 years before it can be detected through self or clinical exams, according to the [Susan G. Komen](#) organization.

October is Breast Cancer Awareness Month. The annual campaign raises awareness of the impacts of breast cancer and how to best fight it—early detection. When breast cancer is detected early, and is in a localized stage, the five-year relative survival rate is 99%, according to the American Cancer Society. Early detection involves doing monthly self-breast exams and scheduling annual clinical exams and mammograms.

“Don't let insurance or the lack of insurance keep you from taking advantage of the ways we can detect breast cancer early. The Health Department of Northwest Michigan (HDNW) helps women afford and manage regular screenings,” said Holly Campbell, HDNW Deputy Health Officer. “Public health is an important link between our residents and the programs that help them lead healthy and fulfilling lives as women, mothers, wives, daughters, and friends.”

The agency's [Breast and Cervical Cancer Control Navigation Program](#) (BC3NP) calls for “Every Woman. Every Year.”—the goal of helping women 21 to 64 regularly received breast and cervical screenings. The program provides free breast and cervical cancer screenings to low-income women. It also involves follow-up care for an abnormal test result, and/or treatment if a breast or cervical cancer is diagnosed.

HDNW will also assist men and woman who do not qualify for BC3NP to apply for financial aid for breast health through the Northern Michigan Breast Health Services Assistance Fund and Medicaid.

According to the [National Breast Cancer Foundation](#):

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most common cancer in American women.
- There are more than 3.8 million breast cancer survivors in the U.S.
- Although rare, men get breast cancer, too.

To schedule an exam and check on BC3NP eligibility or other fundings sources, call 800-432-4121.

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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. For more information, visit nwhealth.org.