



Improving Health in Partnership  
with Families and Communities

## **Speak to Your Health! Breast Cancer Screening in Genesee County**

Breast cancer is the most frequently diagnosed cancer among Michigan women. Three hundred and forty-five women in Genesee County were diagnosed with breast cancer in 2007 and 71 women died of the disease in 2008.<sup>1</sup> Regular screenings are more likely to detect breast cancer at an early stage when it is most treatable. The American Cancer Society, the Michigan Department of Community Health and the Genesee County Health Department (GCHD) recommend annual mammograms for all women over 40. A clinical breast exam should be part of a periodic health exam every 3 years for women in their 20s and 30s and every year for women 40 and over.<sup>2</sup>

### **DID YOU KNOW?**

The Speak to Your Health! Community Survey is a resource that provides information about cancer screening in Genesee County. The results of the 2009 survey indicate that most women in Genesee County are following screening guidelines, but there is still room for improvement.

- A large majority (71%) of Genesee County women over 40 reported having a mammogram in the last year, and 73% reported receiving a clinical breast exam in the last year.
- On the other hand, 29% of Genesee County women over 40 said that they had not gotten a mammogram in over a year, and 27% had not had a clinical breast exam in the last year.
- Among women over 40, there were no differences by race, but older women reported having clinical breast exams less recently than younger women.

### **WHAT CAN YOU DO?**

The American Cancer Society recommends that all women avoid alcohol, exercise regularly, and maintain a healthy body weight to reduce their risk of breast cancer. The most important step in combating cancer, however, is early detection. Women age 40 and older should have a screening mammogram every year and should continue to do so for as long as they are in good health. The Genesee County Health Department's Breast and Cervical Cancer Control Program offers a free clinical breast exam, mammogram, pelvic exam and Pap smear to women over 40 that are uninsured, under-insured and income qualified. Breast cancer screening is covered by the Genesee Health Plan.

### **WHERE CAN YOU GET MORE INFORMATION?**

**GCHD Breast and Cervical Cancer Control Program:** 810-237-4545

**Genesee Free Medical Clinic:** 810-235-4211

**Genesee County Cancer Connection:** 810-766-8898

**Genesee Health Plan:** 810-232-7740

**Hurley Medical Center Breast Health Navigator:** 810-262-7207

**American Cancer Society:** 810-733-3702

The Community Survey is funded by a grant to the Prevention Research Center of Michigan (PRC/MI) from the CDC, and by the Genesee Co. Health Dept. and the Greater Flint Health Coalition. To see the survey results and learn more about the PRC/MI, visit <http://www.sph.umich.edu/prc>.

<sup>1</sup> Genesee County Health Department, (October 2010).

<sup>2</sup> American Cancer Society, (2010). [http://www.cancer.org/docroot/lrn/lrn\\_0.asp](http://www.cancer.org/docroot/lrn/lrn_0.asp)