

Community Health Coalition, Inc. (CHC)

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Health Sunday Topic: Breast Cancer Awareness

Early detection and treatment offer the best chance of surviving breast cancer. It is not known how to prevent breast cancer, but we do know if found early, the chance for successful treatment is greatest. When cancer cells are confined to the breast, the 5-year survival rate is over 95%.



Elaine Hart-Brothers, MD

The death rate is higher for African American women than any other race due to lack of proper screening, treatment and follow-up. **Elaine Hart-Brothers, MD, Internist of Metropolitan Durham Medical Group and Board President of CHC** states “early detection and effective treatment have been shown to improve survival.

Mammograms are especially important for African-American women, who have a high death rate from breast cancer. Many African American women have dense breast tissue so if they feel a lump even with a negative mammogram, they should contact their physician.”

Many clinics and hospitals in the Raleigh-Durham area offer the mammogram screenings, some free for women who qualify. Through funding provided by **Susan G. Komen for the Cure - NC Triangle Affiliate**, the Community Health Coalition, Inc. offers **FREE** mammograms to African American women; age 40+ who are underserved, uninsured and underinsured or who have a history of breast cancer in their family. Please call **919-470-8680** for an appointment.

However, if you meet the Federal Poverty Guidelines of 250% with no insurance we encourage you to FIRST go through the Breast and Cervical Cancer Control Program (BCCCP) at (919) 707-5300 for eligibility determination. This could possibly offset costs should there be a need to follow up with another procedure after having a mammogram.

Remember the **ABC's** to early detection:

A - Annual screening mammography for women at age 40. (Women under age 40 at high risk should consult their physician about having a mammogram early)

B - Be informed.

C - Clinical breast exam – by a trained medical professional at least every 3 years starting at age 20 and yearly after age 40

Know your risks: Women at increased risks if they:

- Began menstruating early or had a late menopause
- Are obese (BMI greater than 30)
- Had their first child after the age of 30
- Have an excessive alcohol intake
- Have 1st degree relative (mother, sister) with breast cancer
- Have high fat diet

See your health care provider right away if you notice:

- A lump or mass in your breast or armpit
- Swelling localized in an area of your breast
- Dimpling of the skin
- Nipple pain or inversion
- Nipple discharge
- Dry, scaling areas of the skin

Be informed. For more information, contact:



- www.komen.org or 1-877 GO KOMEN
- **The Living beyond Breast Cancer** 1.888.753.LBBC (5222)
- **Cancer Care Inc.** 1.800.813.HOPE
- **Nat'l Cancer Institute's Cancer Info Services** 1.800.4.CANCER
- **American Cancer Society** 1.800.ACS.2345
- **Community Health Coalition** 919.470.8680

CHC provides FREE mammograms from funds provided by Susan G. Komen for the Cure, NC Triangle Affiliate which is committed to raising funds to support breast health/cancer education, screening and treatment to underserved, uninsured and underinsured women.

A Message from your Community Health Coalition in association with the Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Life Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital. **REMEMBER: A HEALTHY PEOPLE 2020, A CLEAR VISION TO HEALTHY LIVING!**

Breast Cancer was the second leading cause of cancer death in Durham County from 2005-2009.

Source: 2011 Community Health Assessment; Partnership for a Healthy Durham-Durham County.

It is anticipated that 9130 females in North Carolina will be diagnosed with and 1,404 females will die of breast cancer in 2012.

Source: North Carolina Central Cancer Registry, State Center for Health Statistics – June 2012