

Get Screened! Women with Disabilities and Breast Health

Women with disabilities have the same risks of breast cancer as women without disabilities. For both the biggest risk factors are being a woman and age, and risk increases with age. It is estimated that one of out of every 8 women will get breast cancer in her life. Early detection increases chances of survival however some women with disabilities may experience challenges in receiving a quality screening.

Before you schedule determine if:

- You can transfer from your chair or scooter independently
- You can sit up on your own or with assistance
- You can remain steady for the pictures
- You can lift and move your arms

When scheduling discuss what assistance you may need including:

- How long will it take and can I have extra time if I need it
- Can the machine be adjusted so I can remain in my scooter or chair for the exam

Remember to wear a blouse that opens in the front, a bra that is easy to remove, do not wear underarm deodorant, body spray or body powder.

Talk to your Doctor about when and how often you should have a screening.

Other Breast Cancer Risk Factors

- A family history on both sides maternal/paternal of breast cancer in a first degree relative
- Began menstruation before age of 12 or started menopause after age 55
- Using hormone replacement therapy, combined estrogen and progestin
- Being overweight or obesity
- Smoking or second hand smoke exposer
- Not giving birth or having first baby after age 30

Having a risk factor for breast cancer does not mean you will get the disease but it is important to be aware and receive early detection screenings.

For more information visit IDPH website Iowa Care for Yourself, a national program that helps reduce risks from breast, cervical, and cardiovascular health issues at <http://www.idph.state.ia.us/CFY/>

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