

Your Chances of Getting Breast Cancer

How would I know if I have a higher chance of getting breast cancer?

Some women have a higher chance than others of getting breast cancer. Here are some things that can give you a higher chance of getting breast cancer.

Check the things that are true for you.

- _____ 1. I have had breast cancer before.
- _____ 2. My mother, sister or daughter has had breast cancer.
- _____ 3. More than one of my aunts or cousins has had breast cancer.
- _____ 4. I had my first baby when I was older than 30.
- _____ 5. I have never had children.
- _____ 6. I started my periods before I was 12.
- _____ 7. I am older than 50.
- _____ 8. I went through the change of life (menopause) after the age of 55.
- _____ 9. I have had 2 or more breast biopsies.
- _____ 10. I have taken hormone replacement therapy for a long time.

If I checked any of these things does it mean that I will get breast cancer?

If you checked any of these things, it **does not** mean you will get breast cancer. It **does** mean you have a higher chance of getting it than someone who has none of these things checked. You should talk to your doctor or nurse about your chance of getting breast cancer.

What if I think I might have a higher chance of getting breast cancer?

If you are 40 or older, you need regular mammograms. Ask your doctor or nurse how often you should have a mammogram. If you are under 40, ask your doctor or nurse when you should start having mammograms.

What is a mammogram?

It is an x-ray picture of the breast. It uses a special machine that only takes x-rays of the breast.



Why are mammograms so important?

A mammogram is the **best way** to find cancer early. If cancer is found early, it is easier to treat.

How much does a mammogram cost?

They usually cost between \$100 and \$150. If you have Medicare, it will pay most of the cost. Most insurance will pay for all or part of the cost. For women without insurance, there are programs that cover the cost of a mammogram.

What if I have no insurance and no money to pay for a mammogram?

You may be able to get a free or low cost mammogram. To find out:

- Call your local health department or clinic.
- or**
- Call the West Virginia Breast and Cervical Cancer Screening Program (WVBCCSP) at 1-800-642-8522. The call is free.
- or**
- Call the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237). The call is free.