

Refugee Women's Health Clinic (602-344-1445)
2525E. Roosevelt Street, 2nd floor - Phoenix, AZ 85008

Breast Cancer Screening

1. If you are a woman and you are growing older, are you at risk for breast cancer?

Answer: Yes. Breast cancer is the most common type of cancer among women and the second leading cause of death among women between the ages of 40 and 55.

2. How likely are you to develop breast cancer?

Answer: Your age and family history may impact how likely you are to develop breast cancer, but women with neither of these risk factors can also develop breast cancer.

3. What can be done to prevent breast cancer?

Answer: We do not know how to prevent breast cancer, but early detection may save your life. Monthly self-breast exams, clinical breast exams at your doctor's office, and after 40, mammograms should be done.

4. How can I do a self-breast exam?

Answer: Your health care provider can show you how to check your own breasts. This should be done once a month will allow you to notice any changes.

5. What is a clinical breast exam?

Answer: A health care provider will examine your breasts for any changes or signs of a problem. This exam should be done every year after the age of 20.

6. What is a mammogram?

Answer: A mammogram is a breast x-ray that shows changes or other problems that may be too small for either you or your health care provider to feel.

7. When and where should you get a mammogram?

Answer: A mammogram should be done every year after the age of 40 or as advised by your health care provider. The Refugee Women's Health Clinic provides mammograms.

8. How can I get help?

Answer: Doctor's offices and clinics such as the Refugee Women's Health Clinic.

*Information obtained from the Women's Health Network pamphlet: "What You Should Know about Breast Cancer"