



OCTOBER 2024

# October is Breast Cancer Awareness Month

**HAVE BREASTS? STAY UP TO DATE ON RECOMMENDED SCREENING TESTS!**

## Did you know?

- Breast cancer is the most common cancer in women in the United States, except for skin cancers. It accounts for about 30% (or 1 in 3) of all new female cancers each year.
- In 2024, it is estimated that there will be
  - 310,720 new cases of invasive breast cancer in women.
    - 42,250 deaths
  - 2,790 new cases of invasive breast cancer in men.
    - 530 deaths

## What should you do?



**Be aware of signs and symptoms of breast cancer, stay up to date on recommended breast screenings, contact your provider with any concerns!**

### **Signs and Symptoms:**

- A change in the look or feel of the breast or nipple
  - Lump, hard knot, or thickening inside the breast or underarm area
  - Swelling, warmth, redness, or darkening of the breast
  - Change in the size or shape of the breast
  - Dimpling or "orange peel" skin
  - Itchy, scaly sore or rash on the nipple
  - Pulling in of your nipple (inverted nipple) or other parts of the breast
  - New pain in one spot that does not go away
- Nipple discharge especially if it:
  - Occurs without squeezing the nipple
  - Occurs in only one breast
  - Is bloody or clear (Not milky)

### **Self Breast Exam:**

- While it is not necessary to complete regular, formal self-breast exams, it is important to understand the baseline of what is normal for you! Becoming familiar with how your breasts normally look and feel, will help you notice changes early on. Contact your provider with any new concerning signs or symptoms.

# Due for a screening mammogram? Contact these places!



- Northwestern Medical Center: **802-524-1058**
- University of Vermont Medical Center : **802-847-2446** or toll free at **1-866-513-5234**

**PLEASE NOTE THAT YOU DO NOT NEED A PROVIDERS ORDER TO SCHEDULE A SCREENING MAMMOGRAM AS LONG AS YOU MEET AGE REQUIREMENTS AND IT IS SCHEDULED 366 DAYS AFTER A PREVIOUS MAMMOGRAM!**



Reducing barriers because we care!

## Are you due for a mammogram?



### Age and timeline recommendations:

- Different organizations recommend different timelines in regard to screening mammography. Some organizations recommend annual screenings, while some organizations recommend screening every other year.
- Currently the United States Preventive Services Task Force recommends screening mammography at least every other year for women between the ages of 40-74.
  - Talk to your provider about what schedule is right for you!

## Worried about the costs?



There are resources to help!

- YouFirst is a program offered by the State of Vermont that helps patients access a variety of free services including mammograms, if eligible. For more information:
- Visit [www.healthvermont.gov/wellness/you-first](http://www.healthvermont.gov/wellness/you-first)
- Call a YouFirst Member Services Coordinator at 1-800-508-2222
- Call your NOTCH clinic to speak with a NOTCH Care Coordinator regarding YouFirst.
- You can also contact NMC/UVMMC patient financial assistance departments:
  - NMC: (802) 524-1048
  - UVMMC: (802) 847-8000