




Breast Cancer Awareness Month Toolkit


The following resources were created for wide distribution to encourage women to return to their healthcare providers to resume screening for breast cancer as well as other important preventive screenings and health care.

8.5 X 11 Print Ready: "It's Time..." Poster




 **If you are one of the more than 1/3 of adults** in the United States who failed to receive recommended cancer screenings during the pandemic, it's **TIME!**

Data Source: American Cancer Society and National Comprehensive Cancer Network

 **It is safe to get cancer screening tests.**




Health care facilities that provide cancer screening tests have precautions in place to be sure that screening tests are done as safely as possible.

 **Take care of your health.**

Regular visits to your primary care provider are necessary as part of your health care routine. If you notice any changes in your breasts that concern you, contact your healthcare provider immediately.

Who should get screened?

Mammography is the most effective screening tool used today to find breast cancer in most women. The benefits of mammography vary by age.

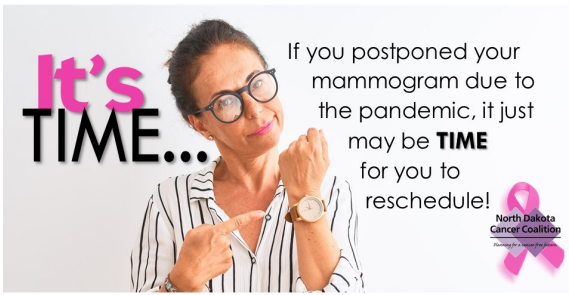
-  Women ages 40-44 should talk with their health care provider and together decide when to start getting mammograms.
-  Women ages 45-54 should receive annual mammograms.
-  Women 55 and older can switch to mammograms every two years, or can continue yearly screening. Women should consult with their healthcare professional to decide how long they should continue screening.

Is it TIME to schedule your mammogram?

Plain and simple...it could save your life



Social Media Messages



October is Breast Cancer Awareness Month and is a perfect reminder for women to schedule their mammogram if it is due or has been delayed. Routine screening helps detect cancer at an early stage when it is most curable. **DON'T DELAY** breast cancer screening! Plain and simple...it could save your life! (Use *BCA-SM-Image-1.jpg*)



Nearly 10 million cancer screenings were missed in the U.S. during the pandemic according to the National Comprehensive Cancer Network. The investigators report there may be as many as 10,000 additional deaths from breast and colorectal cancer alone over the next decade because people failed to get screened and therefore treated for it during the pandemic. Early detection of cancer can improve the chances of survival. If you missed **ANY** cancer screenings during the pandemic...**IT'S TIME!** (Use *BCA-SM-Image-2.jpg*)



Health care facilities that provide cancer screening tests have precautions in place to be sure that screening tests are done as safely as possible and have procedures in place to protect patient safety. With such precautions in place, patients can be comfortable adhering to their recommended cancer-screening schedules. While it is completely understandable that some people may be worried about returning to a healthcare setting, postponing recommended preventive health measures may be far more dangerous. (Use *BCA-SM-Image-3.jpg*)



OR



Women ages 40-44 should talk with their health care provider and together decide when to start getting mammograms. Women ages 45-54 should receive annual mammograms. Women 55 and older can switch to mammograms every two years, or can continue yearly screening. Women should consult with their healthcare professional to decide how long they should continue screening. (Use *BCA-SM-Image-4a.jpg* **OR** *BCA-SM-Image-4b.jpg*)



Regular visits to your primary care provider are necessary as part of your health care routine. If you notice any changes in your breasts that concern you, contact your healthcare provider immediately. (Use *BCA-SM-Image-5.jpg*)