

Breast Cancer Awareness



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Breast & Cervical Cancer Program
Navajo Cancer Prevention Program

Overview

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Strategic Planning Overview

Mission Statement:

To reduce breast and cervical cancers by engaging communities and partners to promote, increase, and improve the quality of health outcomes

Vision Statement:

Healthy Women, Healthy Families Across The Navajo Nation.

Strategic Priorities:

#1 – Focus program resources (e.g., human, fiscal, informational) on improving access to quality breast and cervical screening and services for Navajo women.

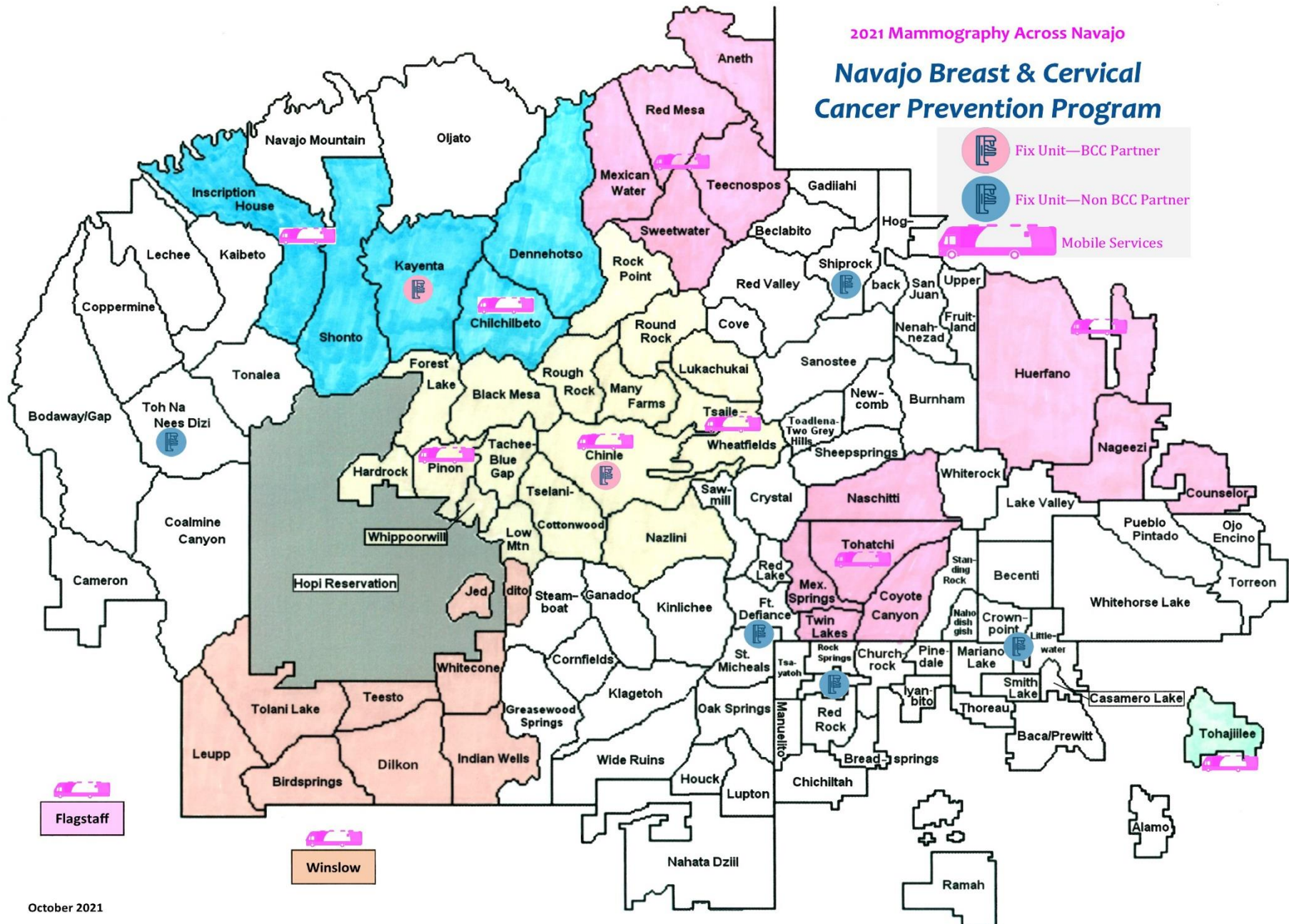
#2 – Initiate community-based interventions with Employers/Health Plans to promote cancer screening among the priority population.

#3 – Identify communities with priority population to inform, education, and link them to clinical services

#4 – Increase access to quality cancer screening to reach the priority population.

#5 – Identify and Collaborate with health partners to review and implement evidence-based interventions.

Navajo Breast & Cervical Cancer Prevention Program



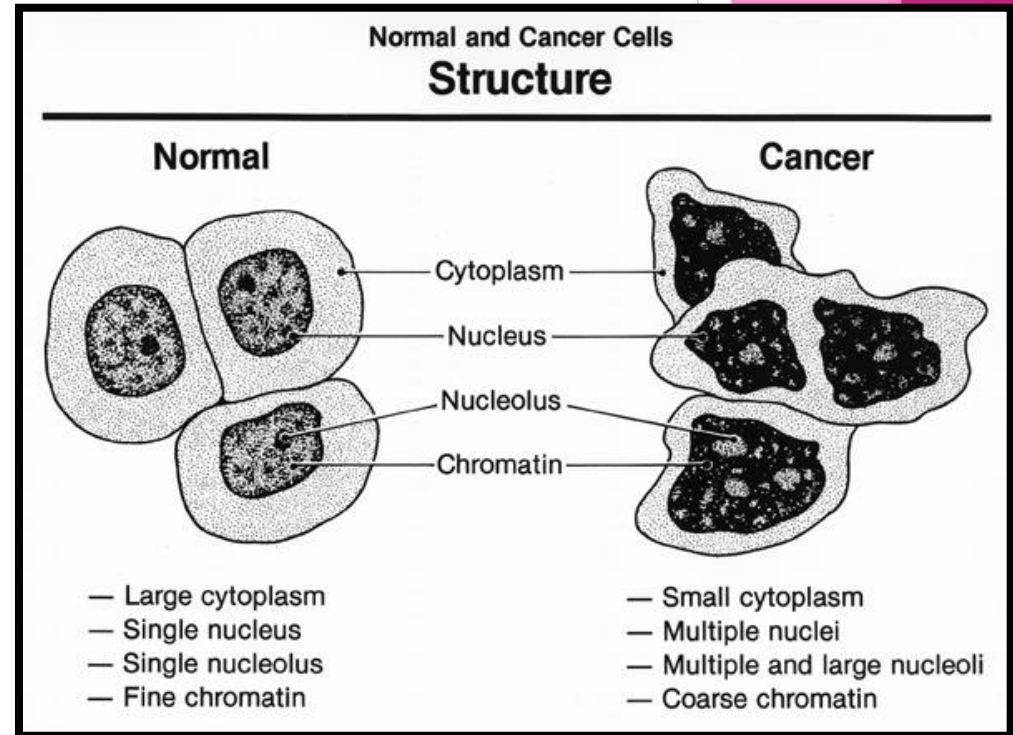
Just The Facts

Five-Year Summary:

	<u>01/13-12/17</u>	<u>07/13-06/18</u>	<u>07/14-06/19</u>	<u>01/15-07/19</u>	<u>07/15-06/20</u>
<i>Cervical Cancer Screening</i>					
Women receiving cervical screening:	1,543	1,433	1,418	1,344	1,231
Pap Test Provided:	1,555	1,446	1,444	1,373	1,243
Pap tests with abnormal results:	31	30	27	22	24
Percentage with abnormal results:	2.0%	2.1%	1.9%	1.6%	1.9%
Age-adjusted percentage:	1.1%	1.2%	1.1%	1.1%	1.2%
HPV Tests Provided:					1,063
HPV test with abnormal results:					118
Percentage with abnormal results:					11.1%
<i>Breast Cancer Screening</i>					
Women receiving breast screening:	3,956	3,829	3,795	3,627	3,388
Mammograms Provided:	5,348	5,264	5,139	4,847	4,355
Mammograms w/ abnormal results:	442	468	542	538	507
Percentage with abnormal results:	8.3%	8.9%	10.5%	11.1%	11.6%
Age-adjusted percentage:	8.1%	8.7%	10.3%	11.3%	11.8%

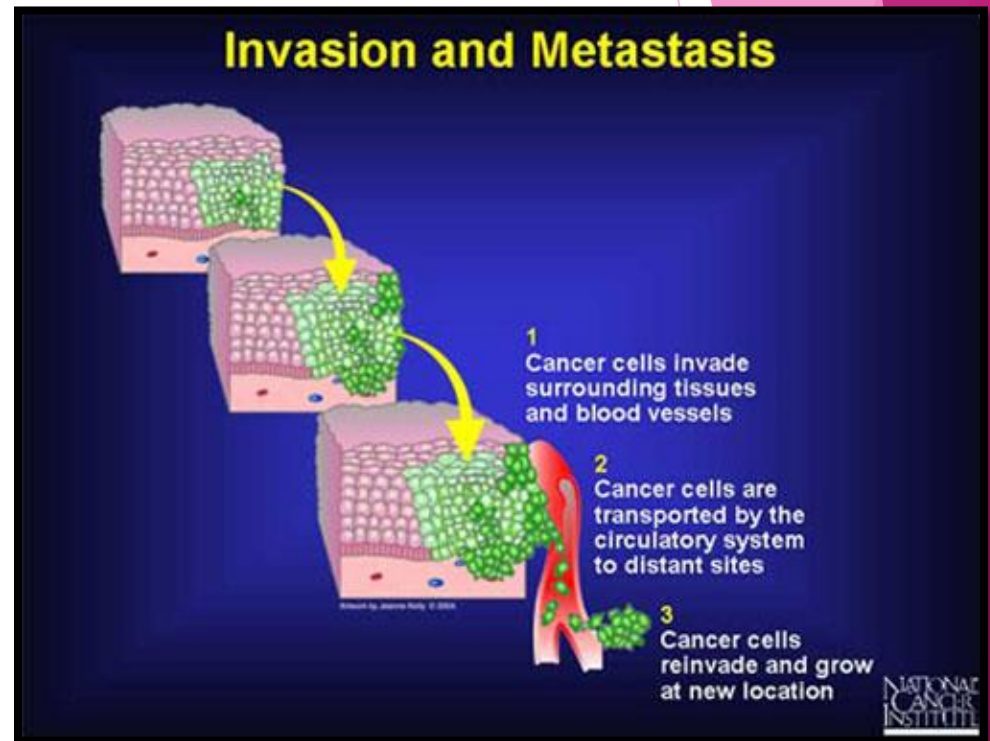
What is Cancer?

- The term “cancer” refers to more than 100 different diseases that begin in the cells.



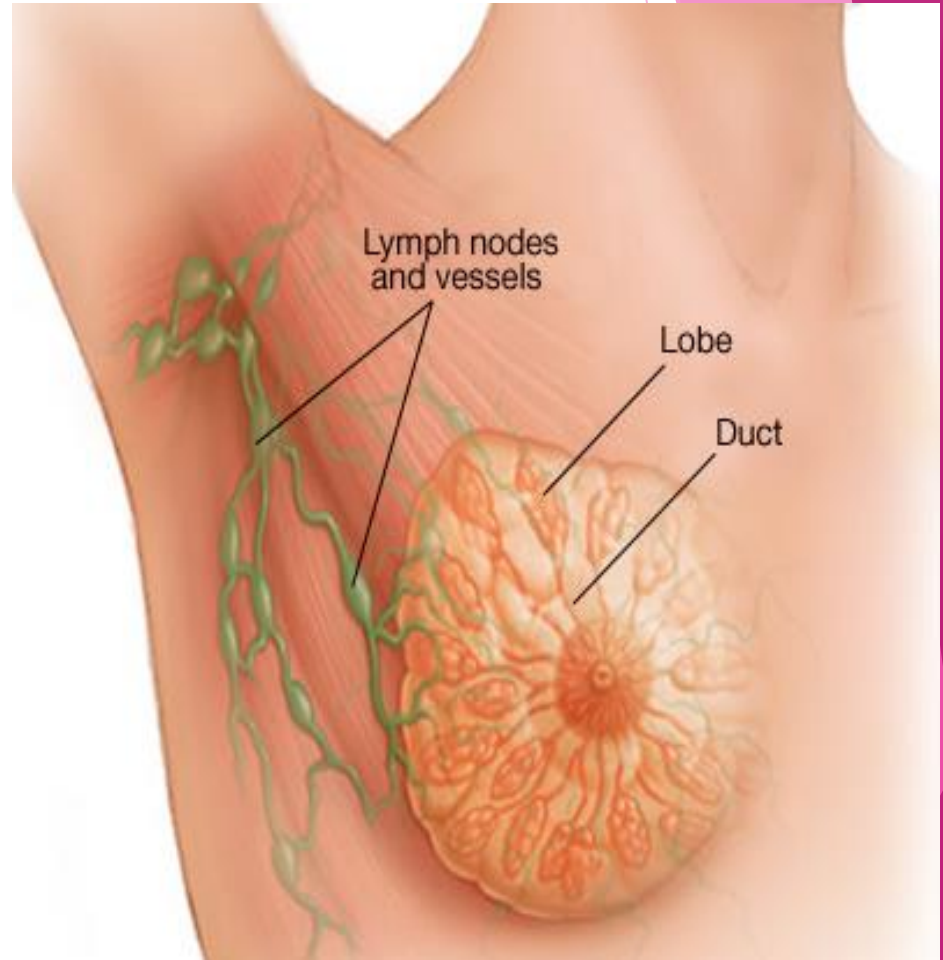
What is Cancer?

- Cancer is a disease that develops when **cells** grow (divide) and form more cells without control or order.



What is Breast Cancer?

- It forms in tissues of the breast. Usually occurs in the:
 - Ducts (tubes that carry milk to the nipple).
 - Lobes (glands that make milk).



Abnormal Cell Growth

Increasing number of dividing cells



Growing mass

(**Tumor**)



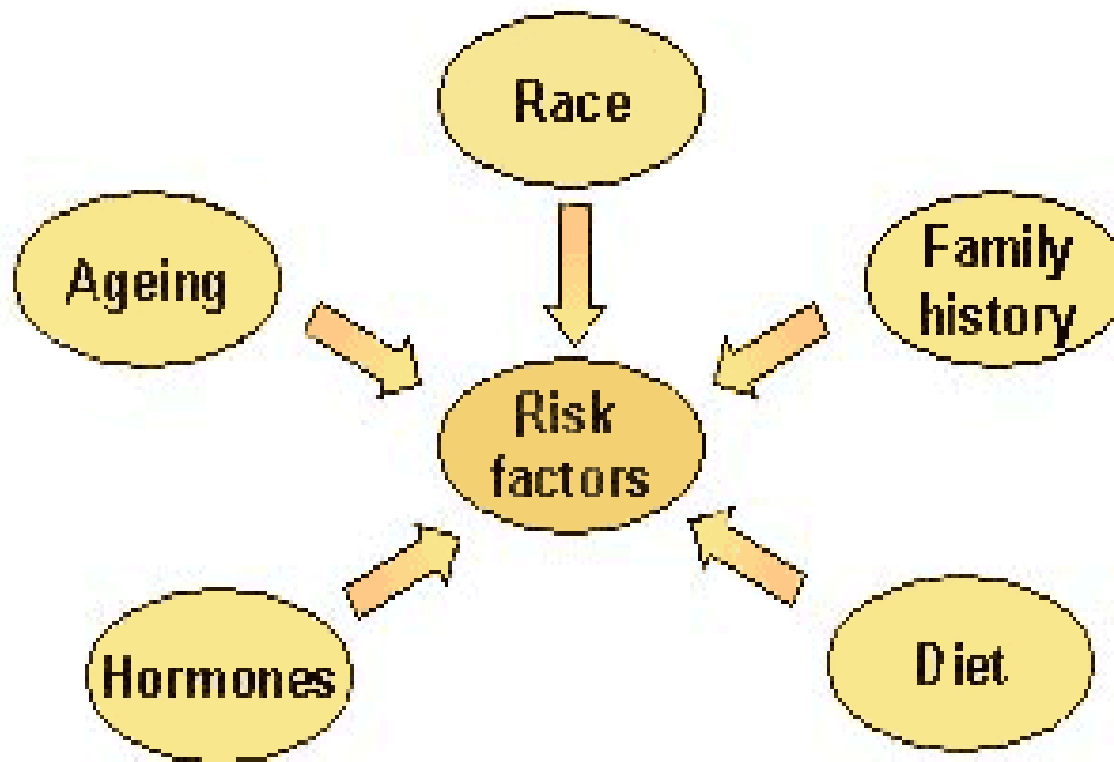
Benign

(non-cancerous)

Malignant

(cancerous)

Known Risk Factors

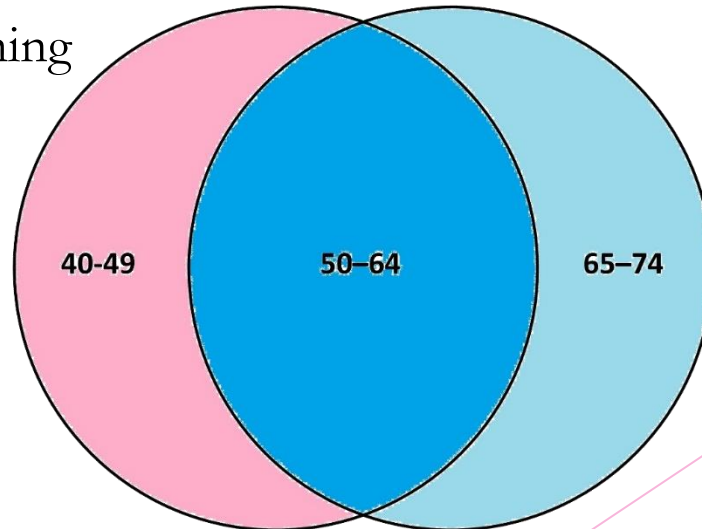


WHO DO WE SCREEN

Mammography:

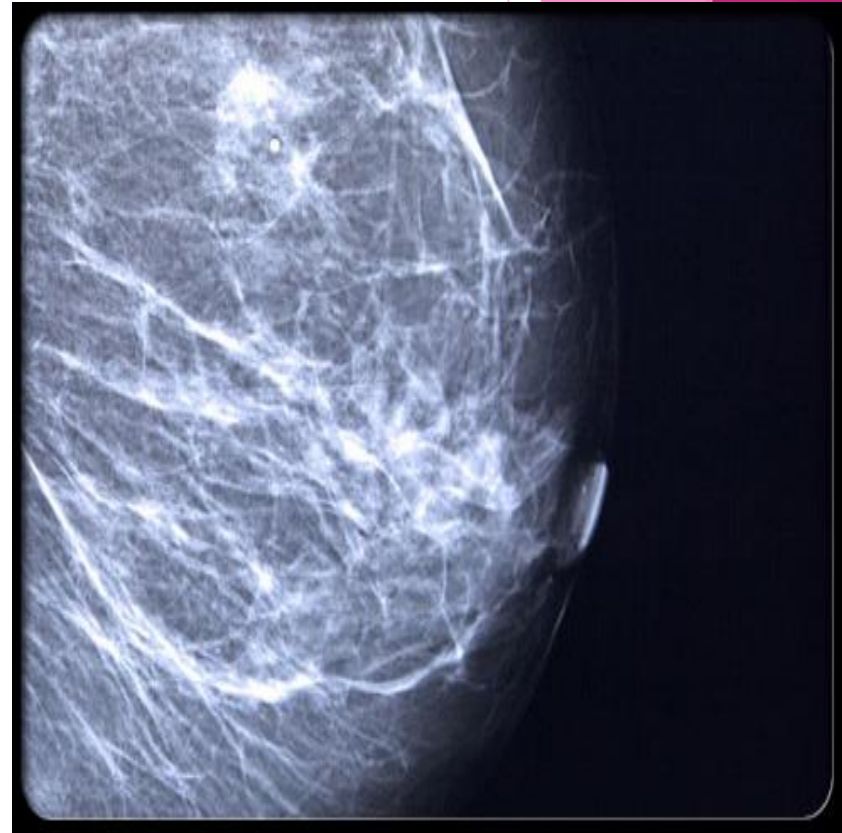
CDC Grant allows program to pay for women to be screened at least every 1 or 2 years between the ages of 40 to 64. However, priority is given to those age 50 to 64. Program is required to allocate 75% of screening mammograms paid for women ages 50 to 64.

United States Preventive Services Task Force recommends biennial (every 2 years) screening mammography for women aged 50 to 74.



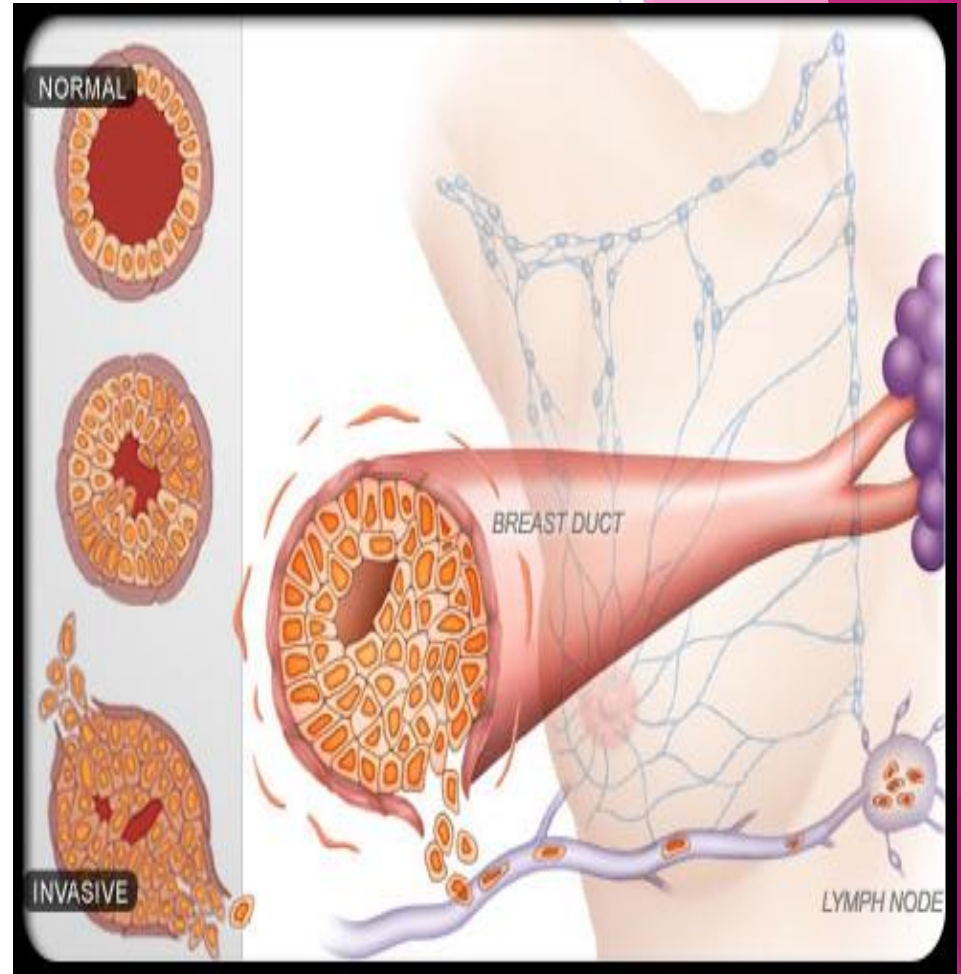
Finding a Lump

- The majority (about 80%) of breast lumps are not due to cancer.
- Cysts, benign tumors, or changes in consistency due to the menstrual cycle can all cause benign breast lumps.
- It's still important to let your doctor know about any lumps or changes in your breast that you find.
- Early detection of breast cancer is associated with high cure rates.



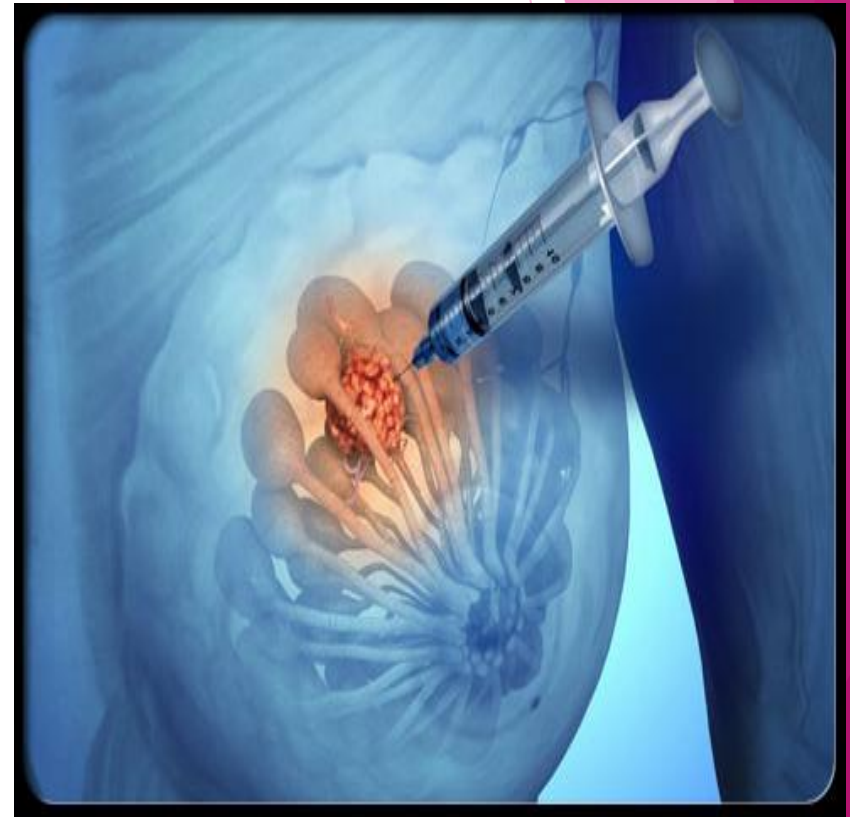
Stages of Breast Cancer

- Staging is the process of determining to what extent a tumor has spread within the body.
- Staging takes place after breast cancer has been diagnosed.
- Breast cancer is staged from 0 to 5, depending upon how far it has spread.
- Both the stage and type of breast cancer are important to determine the best treatment plan.



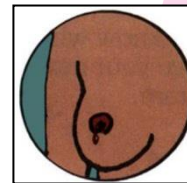
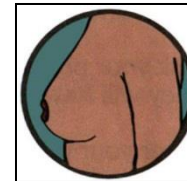
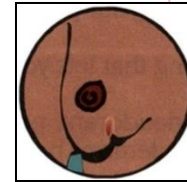
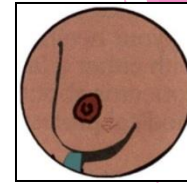
Breast Cancer Biopsy

- A biopsy is the most certain way to determine whether a breast lump is cancerous.
- Biopsies may be taken through a needle or through a minor surgical procedure.
- The results can also determine the type of breast cancer that is present in many cases (there are several different types of breast cancer).
- Treatments are tailored to the specific type of breast cancer that is present.



Breast Cancer Warning Signs

- ▶ A change in skin texture or color: Sometimes the skin looks like an orange peel.
- ▶ A depression or dimple on some part of the breast surfaces.
- ▶ A change in the way the nipple looks.
- ▶ A discharge from the nipple.



Although early breast cancer does not usually cause pain, you should see your provider about breast pain or other symptom that does not go away. Most often, these symptoms are not cancer, but it is important to check with your health care provider.

How Can I Reduce My Risk?

- ▶ Be physically active (40 minutes or more per day)



- ▶ Eat a healthy diet (more fresh fruits and fresh veggies)



- ▶ Cut down on alcohol consumption, or don't drink alcohol at all!



NAVAJO TRANSLATION

Breast Cancer

Ats'77 bit['00l dah d7n77s44h 11d00 ba'1t'e' h0l=
yileeh7g77 47 habe'b77 d7n7s44h

- **Ats'77 bit['00l** - The human body cell
- **dah d7n77s44h** - develops and grows
- **11d00 ba'1t'e' h0l= yileeh7g77** - uncontrollably and becomes abnormal
- **47 habe'b77 d7n7s44h** - in the breast area

Breast & Cervical Cancer Program

Navajo Cancer Prevention Program

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