



- In 2010, about 207,090 women in the U.S. will be diagnosed with invasive breast cancer and nearly 40,000 women will die from the disease.
- Except for skin cancer, breast cancer is the most common type of cancer among women today.
- When breast cancer is found early (within the breast), the chance for survival is the greatest.
- All women are at risk for breast cancer.
- Being a woman is the number one risk factor for breast cancer. Your breast cancer risk increases as you get older.
- Although breast cancer is more common in women over the age of 40, younger women can also develop breast cancer.

Susan G. Komen for the Cure does not provide medical advice. © 2010 Susan G. Komen for the Cure® Item No. KOMED070000 7/10

Komen Central and South Jersey Affiliate

Recommends That You:

- Talk to your family to learn about your family health history
- Talk to your doctor about your personal risk of breast cancer
- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40
- Know how your breasts look and feel and report any changes to your health care provider right away
- Make healthy lifestyle choices that may reduce your risk of breast cancer.



Southwest Council, Inc.

"Where the Science of Prevention Meets the Needs of the Community"

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www.southwestcouncil.org

The Southwest Council, Inc.

*"Where the Science of Prevention
Meets the Needs of the Community"*



Serving Cumberland, Salem & Gloucester Counties

The Breast Cancer Awareness, Education, & Screening Initiative

Funded by
**susan G.
Komen**
FOR THE **CURE** CENTRAL AND
SOUTH JERSEY

The Southwest Council, Inc.

The Southwest Council is a private, non-profit health agency dedicated to providing substance abuse services to the counties of Cumberland, Salem, and Gloucester.

Founded in 1991 as a primary Alcohol, Tobacco, and Other Drug (ATOD) prevention services provider, The Southwest Council's mission is to reduce substance abuse in Cumberland, Gloucester and Salem counties by leading in substance abuse prevention, education, advocacy, program services and recovery resources.

The Southwest Council's goal is to increase awareness about ATOD-related problems in our communities, schools, businesses, and professional organizations, as well as to assist families and individuals by offering services and referrals to appropriate services whenever possible.

Southwest Council's Commitment to Komen Central and South Jersey Affiliate and The Fight Against Breast Cancer

The Breast Cancer Awareness, Education, and Screening Initiative:

The use of alcohol is clearly linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed (American Cancer Society, 2010). Because Southwest Council's focus is to prevent and minimize the impact of substance abuse, the inclusion of breast health education is an important service enhancement for our clients.

The goal of the *Breast Cancer Awareness, Education, and Screening Initiative* is to increase the number of women aged 40 and over in Cumberland, Salem, and Gloucester counties completing annual mammography screenings. The initiative enhances existing Southwest Council (SWC) services and includes group education, an evidence based intervention program, one-on-one education, referrals to the *Affiliates Reach Out for Life* financing program, transportation to Cumberland County residents, and incentives. SWC will partner with treatment centers to offer additional education sessions and recruit women to the initiative.

Reach Out for Life (ROFL) provides free mammograms to uninsured women who qualify. The Southwest Council staff will refer women age 40-64 to ROFL so that eligibility can be determined. Call toll-free help-line, 1-877-MAMMOS-1, to find out if you are eligible and tell them you have been referred by the Southwest Council. All calls are free and confidential. Specialists are available 9am-5pm (M-F).

To receive your \$25 Wawa Gift card, please fill out this form and mail it back to The Southwest Council, Inc. after the radiologist that preformed the mammogram signs the below form.

Name: _____

Address: _____

Phone #: _____

Date of Birth: _____

Age: _____

When was your last mammogram? _____

Where did you receive your mammogram? _____

Date: _____

Radiologist Name: _____

Radiologist Signature: _____

Please return to:
The Southwest Council, Inc.
Attn: Amie Lidke
1405 N. Delsea Drive
Vineland, NJ 08360
1-800-856-9609 x306
Email: amie@southwestcouncil.org