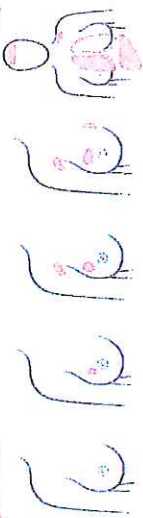
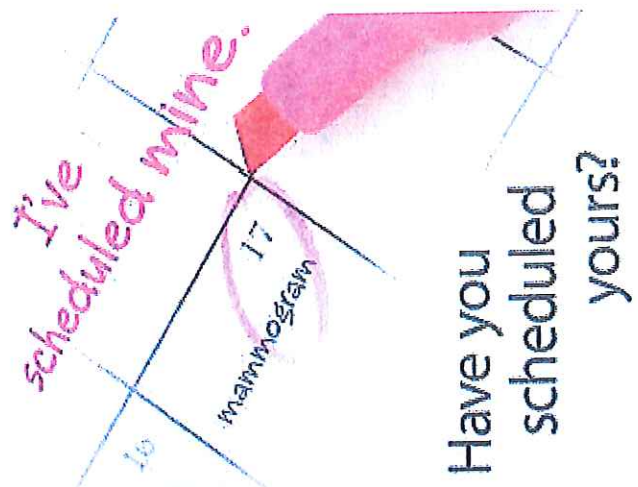


Stages of Breast Cancer

Stages of Breast Cancer



Stage	Description	Survival Rate
0	Abnormal cells in lining of the ducts or lobules of the breast. Results in increased risk of developing cancer in both breasts.	100% SURVIVAL RATE
1	Cancer is the breast tissue and has not spread to lymph nodes.	98% SURVIVAL RATE
2	Cancer is the breast tissue and has spread to 1-2 lymph nodes. Cancer may also spread to axillary lymph nodes.	88% SURVIVAL RATE
3	Tumor's location 2 inches across with axillary or nearby lymph nodes. Possible emptying inflammation or change of skin color.	52% SURVIVAL RATE
4	Spread of cancer beyond the immediate region of the breast.	16% SURVIVAL RATE



ENCOREplus

eliminating racism
empowering women

ywca

Working in partnership with:



YWCA ENCOREplus Breast Cancer Outreach Program

ENCOREplus provides free breast cancer prevention information, helps reduce barriers to getting mammograms, and becomes the reminder to women to get their annual mammogram.

ENCOREplus Program

304 N 8th St
St. Joseph MO 64501
P: 816-232-4481
F: 816-232-4494

Chelsea Teater
ENCOREplus Coordinator
cteater@ywcasj.org
Website: www.ywcasj.org

Spanish: 816-273-6665





What is ENCOREplus?

ENCOREplus helps to educate people in our community about the importance of taking an active role in your breast health.

ENCOREplus helps reduce barriers that keep women from going to their annual breast health appointments.

ENCOREplus works with Social Welfare Board (816-344-5233), Northwest Health Services (816-233-3338), and Mosaic Life Care Mammography (816-271-1278).

ENCOREplus services are provided in both English and Spanish.

Contact our office at
816-232-4481 o para servicios de
llamada Español 816-273-6665.

ENCOREplus Services

- Breast Self-Awareness Education to small or large groups such as churches, businesses, organizations, or individuals.
- Referrals for FREE mammograms or clinical breast exams.
- FREE transportation the day of your exam if available.
- FREE Spanish Translating and Educating during mammogram process.

Things to LOOK for – Detecting Breast Cancer

- A lump, hard knot inside the breast or underarm area.
- Swelling, warmth, redness, darkening of the breast.
- Change in size or shape of breast.
- Itching or scaly sore or rash.
- Nipple discharge or puckering.
- Pain in the breast that won't go away.

DID YOU KNOW

If you get a mammogram and contact the YWCA ENCOREplus program we will send you a FREE gift; just for giving us some basic information.

We will also put you in a monthly drawing for some awesome giveaways. This is our way of thanking you for taking care of yourself.

ANYONE is eligible to receive this gift!!!



Risk Factors that can increase Breast Cancer

- ✓ Being a woman
- ✓ Getting older – the older you get the greater your risk for breast cancer.
- ✓ Having inherited mutation in the BRCA1 or BRCA2 breast cancer genes.
- ✓ Having a previous biopsy showing hyperplasia or lobular carcinoma
- ✓ A family history of breast cancer
- ✓ Having a high breast density on a mammogram
- ✓ Being exposed to large amounts of radiation, such as frequent spine x-rays for scoliosis or treatment for Hodgkin's disease at a young age.
- ✓ A personal history of breast or ovarian cancer.
- ✓ Starting menopause after age 55
- ✓ Never having children or having your first child after age 35
- ✓ High bone density
- ✓ Being overweight after menopause or gaining weight as an adult
- ✓ Having more than one drink of alcohol per day.
- ✓ Currently or recently using estrogen or estrogen plus progestin hormone replacement therapy (HRT)
- ✓ Being younger than 12 at the time of your first period
- ✓ Current or recent use of birth control pills.