

ENCOREPLUS BREAST CANCER OUTREACH PROGRAM NEWSLETTER

Volume 1 / Issue 1

ENCOREplus provides breast cancer information and education materials, barrier reductions to ensure that people can go to critical breast health appointments, and becomes the reminder for individuals to get their annual mammograms.

Barrier Reduction Includes:

- Resource and Referral Information (financial aid)
- Transportation Assistance (to and from appointment)
- Bilingual Interpreter (Spanish- 273-6665)



eliminating racism
empowering women **ywca**

WHAT IS ENCOREPLUS?

The YWCA St. Joseph ENCOREplus Program began in 1994 to address breast health and cervical cancer needs for women in Buchanan County and the surrounding areas. As funding and resources changed, ENCOREplus began to provide more breast health education information and referrals for mammogram assistance; while phasing out the need for cervical cancer assistance. In 2015, ENCOREplus reached out to over 2,000 women and saw over 600 mammograms & 600 clinical breast exams. Most of the women utilizing ENCOREplus barrier reduction services are:

- un-/under- insured
- low income
- homeless
- immigrants
- Spanish speakers
- shelter residents

Have You Gotten Your Mammogram Recently?

ANYONE CAN USE THIS SERVICE!!!

Here at ENCOREplus we want to reward you for going and getting your mammogram; which is a VITAL tool in detecting breast cancer early.

Step 1: Get your mammogram

Step 2: Call ENCOREplus at 816-232-4481 and answer a few questions (this takes less than 5 minutes).

Step 3: We mail you a free gift and enter you in a drawing to win a massage. (The gift changes every year).

"I wouldn't be here today if it wasn't for the outreach and help of ENCORE." –Jacinta

ENCOREPLUS & PARTNER AGENCIES

Social Welfare Board : 816-344-5233

Northwest Health Services : 816-233-3338

Mosaic Life Care : 816-271-1278

United Way of Greater St. Joseph : 816-364-2381

YWCA ENCOREplus : 816-232-4481



2ND ANNUAL BRAS FOR A CAUSE EVENT

Saturday, February 4th – 7:00 to 9:00pm – Paradox Theater 107 S. 6th St

\$5.00 admission fee. Bras will be auctioned starting at \$5.00 and go up.

Come see our local men “model” the bras decorated in August/September for breast cancer awareness. Are you a male wanting to “model” for a good cause? Contact Chelsea Teater at 816-232-4481 or at cteater@ywcasj.org.

Tiger’s Den will be providing a cash bar and Hyvee is providing light refreshments.

ENCOREPLUS BREAST CANCER PROGRAM

★ **WANTED** ★

A FEW GOOD MEN WILLING TO "MODEL" FOR A GREAT CAUSE!

Saturday February 4TH 7:00 PM

Bras for a Cause is an annual breast cancer event featuring bras decorated and benefits the encoreplus breast cancer outreach program

Paradox Theater - 107 S 6th St

To participate contact Chelsea Teater at 816-232-4481 or cteater@ywcasj.org

KNOW YOUR RISK

These are the top 3 risk factors for breast cancer:

- Being a woman
- Getting older
- Family History



“I am a survivor! Early detection saved my life.”

–Sandy

Top 6 Reasons Women Aren’t Getting Mammograms

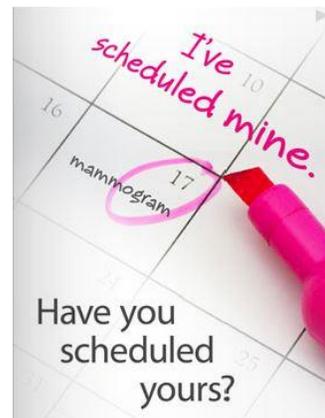
1. **A Mammogram Takes Too Long:** Exams usually take less time with digital mammography, and you are typically in and out for a screening mammogram in less than 30 minutes.
2. **Mammograms Cost Too Much:** Many insurance companies will cover the cost of a screening mammogram if you meet the guidelines. Also, low-cost and free mammograms are offered through national programs, community organizations, and financial assistance through the hospital.
3. **Mammograms Are Painful:** Mammograms may be uncomfortable but they should never be painful. With the transition to digital mammography, the level of discomfort you feel should be minimal. Digital mammograms are also quicker so the compression time is less.

Tips for a more comfortable mammogram:

- *Schedule your mammogram 10-14 days after you start your menstrual cycle; the breasts are usually less tender at this time.*
- *Avoid caffeine the week before your mammogram; it can make breasts tender.*
- *If you experience pain let the technician know; some simple repositioning may help.*

4. **Fear of Finding Something:** 8 out of 10 lumps are not cancerous. See a physician IMMEDIATELY if you discover a lump or change in your breasts. You know what is normal for you!
5. **The Radiation from a Mammogram Can Cause Cancer:** Digital Mammography uses the lowest radiation dose required to produce clear and precise exam images. For this reason mammograms are very safe.
6. **Mammograms are for Older Women:** The American Cancer Society (ACS) recommend that all women ages 35-39 should have one baseline screening mammogram. Women age 40 and up should get a yearly screening mammogram unless a doctor tells you otherwise. However, if you have a family history or have discovered unusual breast changes then you will want to get a mammogram earlier.

Information taken from: <http://www.floridahospitalradiology.com/services/womens-radiology/breast-imaging-myths>



United Way of Greater St. Joseph

ENCOREplus Breast Cancer Outreach Program – YWCA St. Joseph MO
 Contact: Chelsea Teater, ENCOREplus Coordinator Phone: 816-232-4481
 Website: <http://ywcasj.org/what-we-do/womens-health/>

304 N 8th St, St. Joseph MO 64501
 Email: cteater@ywcasj.org
 Facebook: YWCA St. Joseph

YWCA is proud to be a United Way Partner Agency