

ENCOREPLUS BREAST CANCER OUTREACH PROGRAM NEWSLETTER

Volume 1 / Issue 3

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 YOUR RISK OF BREAST CANCER?

Some women with one or more risk factors never get breast cancer. MOST women who get breast cancer have NO apparent risk factors. However, the genetic and lifestyle risk factors below can increase a person's chances of having breast cancer:

- Being a woman
- Age 55 and older
- Had a previous breast cancer or precancerous condition
- Have a close relative with breast cancer
- BRCA1 or BRCA2 gene mutation
- Had radiation to the chest area as a child/young adult
- Dense breast tissue
- Period started before age 12
- Reached menopause after age 55
- Never having children
- Had first child after age 30
- Overweight or obese
- Drinking excessively



Have You Gotten Your Mammogram Recently?

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.

Step 3: We mail you a free gift and enter you in a drawing to win a massage.



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/Spanish 816-273-6665

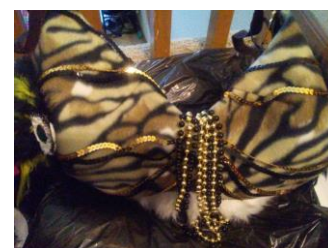


ENCOREplus would love to talk with your organization, church, or group about our program. Contact Chelsea at 816-232-4481 or at cteater@ywcasj.org if interested. Breast Cancer affects 1 in 8 women worldwide.

During the month of September ENCOREplus will be hosting 3 FREE lunch and learn events at various locations. To learn more about these events check out our Facebook page: YWCA St. Joseph or online at www.ywcasj.org.

IT's BLING A BRA TIME!!!!

This year's annual Bling a Bra contest runs from September 1st – 29th. Anyone can participate. Just find a bra, start decorating, and drop your completed bra off at the YWCA at 304 N 8th St. After September 29th, the bras will be judged by a special panel of judges who will pick our top 6 bras. The 6 bras will be at Josephine Expo on October 7th and the one that raises the most money for the ENCOREplus Program is our "World Cups" winner for 2017 and has ultimate bra bragging rights. *once submitted all decorated bras become property of the YWCA ENCOREplus Program.



"Tienes una mano amiga cuenta con migo en tu lucha contra el cancer." –Griselda

THREE WAYS TO REDUCE YOUR RISKS

- 1 Perform monthly breast self-exams**
 - Starting at age 20
 - 7 to 10 days after your period
 - At the same time every month if you do not have periods anymore
- 2 Have a clinical breast exam with a physician**
 - Every 3 years (at least) starting at age 20
 - Annually after age 40
- 3 Have annual screening mammograms**
 - Have your first by age 40
 - Consult with a medical professional about when to begin if you have a family history of breast cancer

What you should know about Breast Cancer

Breast cancer begins in the breast tissue that is made up of glands for milk production, called lobules, and the ducts that connect the lobules to the nipple.

All women are at risk for developing breast cancer.



Breast cancer is the 2nd deadliest cancer among women.



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