

GATEWAYS TO BREAST HEALTH

YOUR LIFE AND HEALTH ARE WORTH PROTECTING



Breast cancer is the most common cancer in women. Know the facts about breast cancer and why you need to make screening a regular part of your health care.

Women with disabilities are just as likely to be at risk for breast cancer as women without disabilities; the biggest risk factors are being a woman and aging.

Finding breast cancer early increases chances of survival.

Mammography can help find cancer early when it's most treatable.

As a woman living with a disability, you may face barriers including physical inaccessibility that make it difficult to get a quality mammogram and clinical exam. Here are some tips to make it easier:

When scheduling a mammogram, ask the scheduling staff:	Consider informing the scheduling staff if you might need support:	When preparing for your mammogram, remember:
Is there an accessible entrance and washroom?	Sitting upright with or without assistance	Wear a blouse/shirt that opens in the front
How do I prepare if I use a wheelchair or a scooter?	Lifting and moving your arms	Wear a bra you can easily remove
Will there be someone there to assist with transfers or dressing? Can this be arranged or do I need to bring someone with me to assist?	Transferring from your chair/scooter	Do not wear deodorant or body powder
Can the machine be adjusted so I can remain seated?	Undress/dressing without assistance	Bring any toileting supplies with you
On average, how long is the mammogram appointment? Should I allow for more time?	If you are a wheelchair user, come to the appointment in a chair with removable arms, if possible. If not, be prepared to be transferred. You may need to bring a support person to assist with dressing or moving to get close to the mammography machine.	Talk to your healthcare provider about any disability-related concerns
		Be prepared to book extra time for your appointment (perhaps 1 hour)
		Consider bringing an attendant if you need assistance with transfers, dressing and toileting