

# 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:
<p>Is there an accessible entrance and washroom?</p> <p>How do I prepare if I use a wheelchair or a scooter?</p> <p>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?</p> <p>Can the machine be adjusted so I can remain seated?</p> <p>On average, how long is the mammogram appointment? Should I allow for more time?</p>	<p>Sitting upright with or without assistance</p> <p>Lifting and moving your arms</p> <p>Transferring from your chair/scooter</p> <p>Undress/dressing without assistance</p> <p>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.</p>	<p>Wear a blouse/shirt that opens in the front</p> <p>Wear a bra you can easily remove</p> <p>Do not wear deodorant or body powder</p> <p>Bring any toileting supplies with you</p> <p>Talk to your healthcare provider about any disability-related concerns</p> <p>Be prepared to book extra time for your appointment (perhaps 1 hour)</p> <p>Consider bringing an attendant if you need assistance with transfers, dressing and toileting</p>