

Women's Preventative Health

Breast, Cervical, Heart Disease, Treatment Resources

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The HealthyWoman Program is a Pennsylvania Department of Health program and is made possible, in part, by funding from the Centers for Disease Control and Prevention.

Overview of the presentation



- ▶ Basics of breast, cervical cancer, and heart disease including risk factors and screening guidelines
- ▶ Resources and programs available for individuals
- ▶ How you can help individual access services



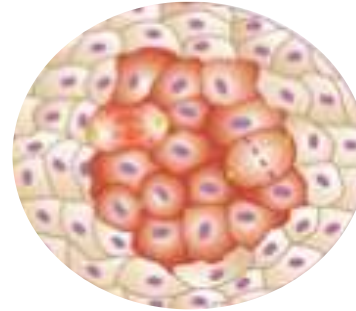
Breast Cancer Basics

- ▶ Breast cancer occurs when cells in the breast divide, grow, and spread incorrectly outside the body's control
- ▶ In the US, **1 in 8 women** and **1 in 1,000 men** will develop breast cancer over the course of their lifetime
- ▶ Due to the use of regular mammography screening, most breast cancers are found before warning signs appear
- ▶ Warning signs are not the same for everyone. Women should be aware of the following common warning signs, and perform regular and thorough breast exam to look for them
 - ▶ A lump in the breast
 - ▶ Change in the look or feel of the breast
 - ▶ Change in the look or feel of the nipple
 - ▶ Nipple discharge
 - ▶ Pain that does not go away

Types of Breast Cancer

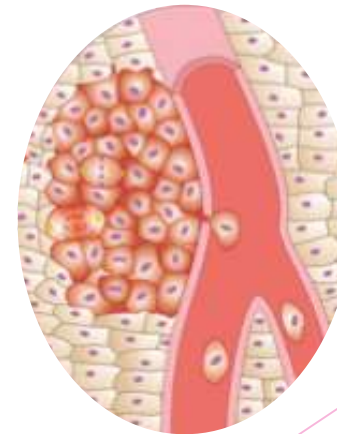
- ▶ Noninvasive breast cancer (DCIS)

- ▶ Abnormal cells develop in milk ducts breast and stay there
- ▶ Can develop into invasive breast cancer if left untreated



- ▶ Invasive breast cancer

- ▶ Abnormal cells move from breast into nearby tissue
- ▶ Typically travels to first lymph nodes in the underarm area
- ▶ Can travel to liver, lungs, bone, and brain (metastatic breast cancer)



Risk Factors

- ▶ Risk factors are associated with an increased chance of getting breast cancer
- ▶ Risk factors do not cause breast cancer
- ▶ Some risk factors can be controlled and other can't be changed.



Risk Factors

✓ Being female

- ▶ Family history of breast, ovarian, or prostate cancer
- ▶ Personal history of breast cancer
- ▶ Alcohol use
- ▶ Ashkenazi Jewish heritage
- ▶ Dense breasts
- ▶ Radiation exposure
- ▶ Menopausal hormone use

✓ Getting Older

- ▶ An inherited BRCA1 or BRCA2 gene mutation
- ▶ Being overweight
- ▶ Lack of exercise
- ▶ Never having children, or having first child after age 35
- ▶ Not breastfeeding
- ▶ Younger age at first period, older age at menopause

Who should be tested? How and How Often?

- ▶ Awareness is Key
 - ▶ Know what is normal for each individual, and talk to their doctor about what is normal
 - ▶ Women should talk to both sides of their family to better understand their family history
 - ▶ Talk to their doctors to better understand their risk and what tests are best for them
- ▶ Average Risk Guidelines
 - ▶ Clinical Breast Exams
 - ▶ Physical exams performed by health care providers
 - ▶ Every three years starting at age 20
 - ▶ Every year starting at age 40
 - ▶ Mammograms
 - ▶ Every year starting at age 40
 - ▶ Every 2 years after 55



Cervical Cancer Basics

- ▶ Almost all cervical cancer is caused by HPV (Human Papillomavirus)
- ▶ HPV is a very common STD (sexually transmitted disease)
 - ▶ Most people will have it at some point in their lives
 - ▶ Usually has no symptoms
- ▶ HPV usually goes away on its own. If it does not, there is a chance it will cause cervical cancer
- ▶ Screening can prevent cervical cancer

Cervical Cancer Screening

- ▶ Cervical cancer is the easiest gynecologic cancer to prevent, through regular screening
- ▶ Pap smear: Most common screening method
 - ▶ A sample of cells is taken from the cervix during a routine gynecology exam
 - ▶ Doctors look for changes in the cells
- ▶ How Often?
 - ▶ Women 21-64 should get screened every 3 years
 - ▶ Women 65 or older should ask their doctor how often they should get screened
- ▶ HPV Test
 - ▶ Looks for the virus that causes the abnormalities
 - ▶ Women over 30 can get this test every 5 years along with a pap smear



Heart Disease Basics

- ▶ Heart Disease is the leading cause of death among women and men.
- ▶ High blood pressure, high cholesterol, and smoking are key risk factors for heart disease. About **half of Americans (47%)** have at least one of these three risk factors.⁷
- ▶ Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:
 - ▶ Diabetes
 - ▶ Overweight and obesity
 - ▶ Poor diet
 - ▶ Physical inactivity
 - ▶ Excessive alcohol use

Barriers and Disparities

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Disparities = Higher Risks

- ▶ Some populations often lack access to regular health care and screenings, putting them at a higher risk. These populations include:
 - ▶ Disabled
 - ▶ African-American
 - ▶ Latina
 - ▶ Bhutanese non-citizens
 - ▶ Immigrant populations
 - ▶ Uninsured or under insured
 - ▶ LGBTQI
- ▶ Reasons are not limited to: lack of access to services (transportation, expense, time,) lack of understanding of screening guidelines, distrust of health professionals, discrimination, lack of language or culturally appropriate care...

Racial and Ethnic Differences

- ▶ New cases of breast cancer are the same overall for individuals of all racial and ethnic groups

But

- ▶ African American women
 - ▶ under 45 have higher rates of breast cancer
 - ▶ Of all ages have poorer survival rates: more aggressive cancers
 - ▶ Have higher rates of triple negative breast cancer
- ▶ Latinas are more likely to be diagnosed with late stage breast cancer
- ▶ The more negative outcomes are typically the result of low access to care due to financial difficulties or culturally incompetent health care providers.

LGBTQ Barriers to care

- ▶ The LGBTQ community in general has lower rates of cancer screenings
- ▶ Lesbians have an increased risk of developing breast cancer
 - ▶ Cluster of risk factors not genetic or physiological differences
 - ▶ Increased rates of cigarette smoking, alcohol use, obesity, and later in life pregnancies or no pregnancies
- ▶ Trans-Individuals: screening guidelines are not commonly known
 - ▶ Transgender women: screening mammograms every 2 years after 5-10 years of feminizing hormone use and over 50 years old
 - ▶ Transgendered men: should follow same guidelines as non-transgendered women

Resources to Access Care

What does insurance cover?

- ▶ Insurance plans that meet the guidelines under the Affordable Care Act (Obamacare)
 - ▶ Offers some preventative services without charging a copayment or coinsurance, even if you haven't met your deductible
 - ▶ Mammography screening every 1-2 years for women over 40
 - ▶ Chemoprevention counseling and breast cancer genetic test counseling (BRCA) for women at high risk
 - ▶ Cervical cancer screening for sexually active women
- ▶ Medicare
 - ▶ Covers yearly mammograms for women 40+, diagnostic mammograms may require meeting deductible and copay
- ▶ Medicaid
 - ▶ Covers screening mammograms and diagnostic services

What if someone is uninsured? What if the tests they need aren't covered?

- ▶ Healthcare Navigators can assist with enrollment in ACA or MA plans. Direct the person to the Consumer Health Coalition
- ▶ They may be eligible for one of the following assistance programs:
 - ▶ The HealthyWoman Program (HWP)
 - ▶ Well Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) program
 - ▶ Komen Pittsburgh's Mammogram Voucher Program

HealthyWoman Program

- ▶ Free cancer screening services provided through the PA Department of Health and Adagio Health for women who meet the following criteria:
 - ▶ They have no insurance
 - or
 - ▶ Has insurance but their insurance will not cover preventive screening (such as Medicare Part A) or has a deductible or copays that are too expensive
- ▶ Between 40 to 65 year old
- or
- ▶ Under 40 and experiencing symptoms (high risk,) or over 65 but not insured or underinsured
- ▶ Low income (250% FPL)





Mammogram Voucher Program

- ▶ Adagio Health and Susan G. Komen Pittsburgh provide a Mammogram Voucher Program for uninsured and underinsured women, offering
 - ▶ Screening mammograms for all women 40 and over who cannot afford them
 - ▶ Diagnostic services for all women in the program identified with breast abnormalities
 - ▶ Educational forums about breast health to be provided throughout the region

WISEWOMAN

- ▶ Same screening criteria and often referred from the HealthyWoman program
- ▶ Provides them with skills and opportunities to improve their diet, physical activity, and habits to prevent, delay, or control heart disease and stroke
- ▶ Pennsylvania WISEWOMAN works with health care providers to provide heart disease and stroke risk factor screenings.
 - ▶ Such as blood pressure, glucose (sugar, A1C), cholesterol, body mass index (BMI), medical history, quality of life indicators, tobacco use, diet/nutrition and physical activity.
- ▶ **Lifestyle Programs and Other Healthy Behavior Support Options:** provides life coaching and community based lifestyle intervention programs such as Take Off Pounds Sensibly (TOPS), Weight Watchers and a Curves Complete pilot project.



Center for Women with Disabilities

- ▶ Magee Women's Hospital of UPMC in Oakland (Main)
 - ▶ 412-641-4030
 - ▶ Open one day a week - all day on Fridays
 - ▶ Other satellite centers, contact Magee for details
- ▶ Specialized, respectful healthcare for women with disabilities
 - ▶ Sensitive gynecological, contraceptive, and childbirth care
 - ▶ Custom equipment, such as a special mammogram machine, adjustable height tables, and hoyslirlifts to help with transfer boards for people with different needs

How do I refer my clientele to these services?

- ▶ The Consumer Health Coalition provides free assistance to individuals needing help accessing services such as Medicaid and Marketplace insurance, the HealthyWoman and WISEWOMAN program, and the Komen Mammogram Voucher Program.



Phone: (412) 456-1877

Para el Español: (412) 456-1877
x205

HealthyWoman Program	WISEWOMAN	Komen Voucher
1-800-215-1494	1-800-215-7494	1-888-687-0505

Thank you for your time!

Questions? Comments?

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