

I screen.



You  
screen.



We all  
screen



for breast health!



*Breast  
Cancer  
Resource  
Center*

Breast Cancer Resource Center FREE  
Screening Mammogram Program  
serving Santa Barbara County

# It's a treat to serve you.

The Breast Cancer Resource Center of Santa Barbara (BCRC) is a non-profit organization offering free support services and educational programs on breast health and breast cancer.

Free services  
and screening  
mammogram

BCRC services include a variety of personal and public services including integrative therapies, a lending library, one-on-one peer counseling, and an Education Lecture Series. Now, thanks to a grant from Mentor Worldwide and a partnership with several radiology centers – the BCRC is pleased to offer residents a **FREE Screening Mammogram Program**.



I screen.



You screen.



The Breast Cancer Resource Center is not a medical treatment center and does not provide medical advice.

The Screening Mammogram Program is dependent on the availability of grant funds and may end without notice. Men may participate in the program.

It takes about 15 minutes  
for a radiology technician  
to perform a screening  
mammogram.



The BCRC encourages all women in Santa Barbara County to take full advantage of mammogram options from either a personal healthcare provider, the *California Detection Program: Every Woman Counts\** or the BCRC Screening Mammogram Program.

The BCRC Screening Mammogram Program may be an ideal option for you or someone you know. It enables residents of Santa Barbara County, who may currently have limited or no access to affordable breast screening, to receive a convenient, free mammogram at a participating radiology center. Call the BCRC at **805.569.9693** to enroll today.



Now, we can ALL screen  
for breast health!

\*The California Detection Program: Every Woman Counts is administered by the California Department of Public Health (CDPH). For information, visit [www.cdph.ca.gov](http://www.cdph.ca.gov).

# Here's the scoop.

## Early breast cancer detection

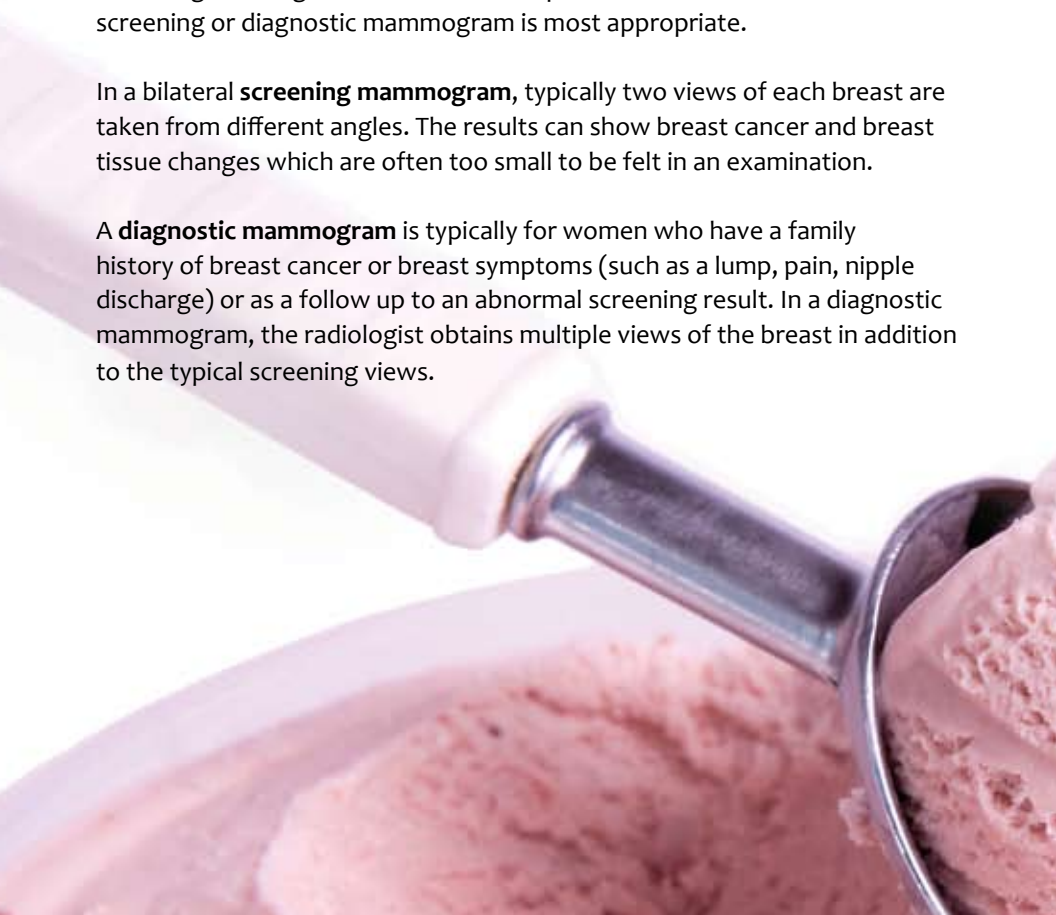
Mammograms are used to detect breast cancer. The earlier the cancer is found, the more likely it is to be small and confined to the breast – which greatly increases treatment success. In fact, early detection of breast cancer saves many lives each year.

## About mammograms

A mammogram is an x-ray exam of the breast used for breast cancer screening and diagnostics. A healthcare provider determines whether a screening or diagnostic mammogram is most appropriate.

In a bilateral **screening mammogram**, typically two views of each breast are taken from different angles. The results can show breast cancer and breast tissue changes which are often too small to be felt in an examination.

A **diagnostic mammogram** is typically for women who have a family history of breast cancer or breast symptoms (such as a lump, pain, nipple discharge) or as a follow up to an abnormal screening result. In a diagnostic mammogram, the radiologist obtains multiple views of the breast in addition to the typical screening views.



*Most breast changes, lumps, and tenderness are not related to cancer. However, a clinical exam and mammogram will confirm an assurance of good breast health or the benefit of early breast cancer detection.*



## Mammogram results

The radiology imaging provider mails the mammogram report to the doctor who prescribed your mammogram. You will also receive a confirmation letter. If the confirmation letter indicates that the mammogram is normal, simply mark your calendar to schedule an exam for next year. If the results are considered inconclusive, you may be asked to return for more x-ray views (angles) of the breast. It is possible to have an ‘abnormal’ mammogram and not have breast cancer.

## If breast cancer is detected

If breast cancer is detected, your doctor will contact you to review the results and direct you to an oncologist (cancer specialist) to discuss a treatment plan. Your doctor will work closely with you to help ensure you receive the medical care you need.

If you do not have medical insurance to cover treatment, you may qualify for programs such as the California Breast and Cervical Cancer Treatment Program. For details, talk to your physician or visit [www.cdph.ca.gov](http://www.cdph.ca.gov).

The BCRC is not a healthcare provider or cancer treatment center. However, our staff is available to guide you to treatment agencies, educational resources, and offer support or peer-counseling to help you through the treatment process.

An additional mammogram or ultrasound test may be provided without charge under the terms of the BCRC Screening Mammogram Program. For more information, contact the BCRC.

The BCRC is not a substitute for medical advice nor does it provide medical advice.

# The “I screen” dish

## BCRC Screening Mammogram Program

### 1 ENROLL

The BCRC is available to assist eligible participants at each step of the Screening Mammogram Program process and beyond if needed.

To participate, call the BCRC at **805.569.9693**. You will be asked to provide your contact information and to schedule a personal visit to the BCRC at 525 W. Junipero Street, Santa Barbara.

### 2 PREPARE

During the visit to the BCRC, each program participant must:

- Show proof of Santa Barbara County residency.
- Complete an application and brief questionnaire.
- Show a written prescription from a doctor for a mammogram.

**Note:** *If you don't have a doctor to provide a prescription, the BCRC can offer you a list of local clinics which can help you as well as provide a free or low-cost breast examination. After you have obtained a prescription for a mammogram, contact the BCRC to get an Imaging Certificate.*

- Attend a brief educational presentation on breast health and screening.

Upon completion of Screening Mammogram Program requirements, program participants shall receive an Imaging Certificate to use at one of the local participating radiology centers.

*If needed, you can depend on the BCRC to provide a comfortable environment, emotional support, plus pertinent information and services to help you cope with breast cancer.*



### 3 SCREEN

Within thirty days of receiving the Imaging Certificate, schedule a mammogram with one of the radiology centers listed on the Imaging Certificate.

**Note:** To avoid being billed, you **MUST** tell the radiology center that you are a BCRC Screening Mammogram Program participant when you schedule your appointment and you **MUST** provide your prescription for a mammogram **PLUS** your Imaging Certificate to the radiology center at the time of service.

### 4 FOLLOW UP

The BCRC will follow up with all program participants to answer questions that may arise as a result of the screening mammogram.

Financial assistance for breast cancer treatment is not available through the BCRC. However, if needed, we can guide you to treatment program agencies or to other local resources for treatment options. Additionally, the BCRC can assist individuals diagnosed with breast cancer through a variety of support services, integrative therapies, and breast health information.



Sweet!

BCRC Screening Mammogram Program

# I screen!

The Breast Cancer Resource Center (BCRC) is a non-profit organization which provides free support services and educational programs on breast health and breast cancer. For a limited time, the BCRC also offers an opportunity for a **FREE SCREENING MAMMOGRAM.**



Breast Cancer Resource Center of Santa Barbara  
525 W. Junipero Street, Santa Barbara, CA 93105  
805.569.9693 • [www.bcrccb.org](http://www.bcrccb.org)

MP\_08.2011\_Rev. A

The BCRC Screening Mammogram Program is possible through a grant from Mentor Worldwide.