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Established in 1945, DuPage County Health Department promotes physical and emotional health; prevents illness injury and disability; protects health from environmental risk factors, and strives to assure the provision of accessible, quality service.

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**FOR IMMEDIATE RELEASE**

## There is Still Time to Schedule Your Mammogram

**DUPAGE COUNTY**— October is National Breast Cancer Awareness Month and the DuPage County Health Department reminds women that early detection through regular screenings, especially for women at high risk, leads to better outcomes.

“If you have missed or delayed your mammogram this year due to COVID-19, now is the time to take care of yourself,” said Karen Ayala, DuPage County Health Department Executive Director. “Call your doctor and schedule your mammogram today. It’s not too late.”

Breast cancer is the most common cancer among women, other than skin cancer. Routine mammograms and breast exams are often critical in detecting cancer early, before it has spread, and while it is easier to treat successfully.

For uninsured and underinsured women, the Health Department offers the Illinois Breast and Cervical Cancer Program (IBCCP) that provides access to women’s health screening services at no cost. Through this program, eligible women can receive clinical breast exams, mammograms at a local hospital, pelvic exams, pap tests, and medical follow-up appointments related to breast and cervical health issues.

In 2019, the Health Department’s IBCCP served 767 clients who had 1,617 screenings and other procedures, including breast exams, mammograms, biopsies, magnetic resonance imaging (MRI), and pelvic/pap exams. Although IBCCP is available throughout Illinois, the Health Department program only serves DuPage County residents. For more information about IBCCP or to access the enrollment forms, visit [www.dupagehealth.org/331](http://www.dupagehealth.org/331) or call (630) 682-7400.

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**STAY SAFE  
DUPAGE**



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Symptoms of breast cancer vary, and some people do not experience any symptoms. Some warning signs of breast cancer include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

Many factors throughout a lifetime can influence a person's breast cancer risk. To reduce this risk, individuals can take care of their health by:

- Keeping a healthy weight and exercising regularly.
- Avoiding alcohol or limiting consumption.
- Asking their doctor about the risks of taking hormone replacement therapy or birth control pills.
- Breastfeeding their children, if possible.

To learn more about breast cancer, visit <https://www.cdc.gov/cancer/breast/index.htm>.

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