

Blanchard Valley Health System, through a grant from the Northwest Ohio Affiliate of Susan G. Komen, is offering free mammograms and genetic counseling for hereditary breast cancer to qualifying low and middle-income women and men living within Susan G. Komen's 24-county service area in Northwest Ohio.

The Northwest Ohio Breast Health Project is made possible thanks to:



Free Mammograms

419.425.3267

Eligibility criteria includes:

- Household income of no more than 300% of the federal poverty guidelines as determined by the income of any adult living in the home and contributing to household expenses.
- Private health insurance with a significant individual deductible or no health insurance.
- Female/male between ages 40 and 64.
- If below age 40, must be at high risk and have a physician's order.

Eligibility will be determined by Woman Wise staff members. Please call 419.425.3267 to learn more.

Did you know breast cancer is the most frequently diagnosed cancer among women? One woman is diagnosed with breast cancer every three minutes in the United States, and one woman will die of this disease every 13 minutes.

Early detection is key for survival. Susan G. Komen recommends women have a mammogram every year beginning at age 40 and a clinical breast exam at least every three years starting at age 20, and every year starting at age 40.

Be Aware of Your Breast Health

- Know Your Risk - Learn your family health history and talk to your doctor about your personal risk of breast cancer
- Get Screened – Have a mammogram & clinical breast exams
- Make Healthy Lifestyle Choices - Maintain a healthy weight, exercise, limit alcohol, limit post-menopausal hormone use and breastfeed, if you can
- Know What Is Normal For You

See Your Health Care Provider if Any of These Breast Changes Occur:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly, sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Sudden nipple discharge
- New pain in one spot that doesn't go away

Free Genetic Counseling for Hereditary Breast Cancer

419.420.8473

Genetic counseling is the first step in determining if genetic testing for hereditary breast cancer is right for you. The Northwest Ohio Breast Health Project is proud to make this service free for qualifying area residents.

Eligibility criteria includes:

- Household income of no more than 300% of the federal poverty guidelines as determined by the income of any adult living in the home and contributing to household expenses.
- Uninsured or having an insurance carrier that is out-of-network with InformedDNA.
- Meets screening guidelines for genetic counseling for hereditary breast cancer.

Eligibility must be determined through a discussion with a BVHS oncology patient navigator. Call 419.420.8473 to speak with an oncology patient navigator to determine if you qualify.

Genetic counseling through Blanchard Valley Health System is provided by InformedDNA, a phone-based genetic counseling company. Genetic counselors from InformedDNA are experts in hereditary cancer and will help you understand whether the cancer in your family is hereditary and what you can do.

These counselors will:

- Review your family health history and explain your risk for cancer.
- Discuss whether you are a candidate for gene testing and describe the benefits and limitations of testing.
- Facilitate the appropriate genetic test with your doctor if you choose to proceed with testing (testing not covered by the Northwest Ohio Breast Health Project, but is often covered by private insurance).
- Interpret gene test results and explain what they mean for you and your family.
- Discuss how to manage your cancer risk and provide recommendations in a written summary report to you and your physician for follow-up care.

If genetic testing is pursued and genetic counseling was provided by the Northwest Ohio Breast Health Project prior to testing, post-test counseling will also be provided at no charge to you.



Northwest Ohio Breast Health Project Offering Free Mammograms & Genetic Counseling



For qualifying residents of Northwest Ohio



Free Mammograms
419.425.3267



Free Genetic Counseling for Hereditary Breast Cancer
419.420.8473



A service of
Blanchard Valley Health System

