



## SCREENING FOR:

### BREAST CANCER\*

**Pink is the ribbon color for breast cancer awareness.** Breast cancer is the most diagnosed cancer and the second leading cause of cancer death in West Virginia women.

Mammography is the best screening tool we have for the early detection of breast cancer. Screening guidelines vary based on individual risk and family history. Talk to your healthcare provider to determine if you start screening at age 40 and whether you screen every year or every other year.

### LUNG CANCER\*

**White is the color for lung cancer awareness, represented by the pearl.** Lung cancer is the second most diagnosed cancer and the leading cause of cancer death in both men and women in West Virginia, causing more deaths than colorectal, prostate, and breast cancers combined.

Adults ages 50-80 should get a low-dose computed tomography (LDCT) lung cancer screening if they:

- Currently smoke or quit within the past 15 years
- Have at least a 20-pack year history  
# of packs/day X # of years smoked  
= pack-year history

\*USPSTF Guidelines

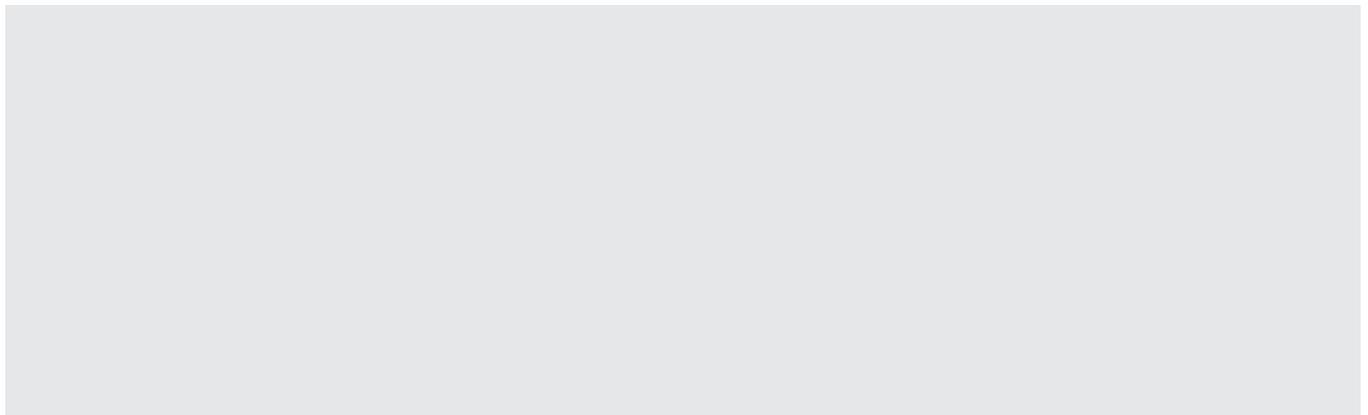
### HOW DO I GET SCREENED?

**Talk to your doctor about your risks and how to get screened.  
If you have insurance, ask your provider for a referral.**

If you do not have a healthcare provider and/or insurance and would like additional info, contact WVU Cancer Institute Cancer Prevention and Control team at 877-287-2272.

To see if you might qualify for free breast cancer screenings, contact the WV Breast and Cervical Cancer Screening Program at 304-558-5388 or 1-800-642-8522 or visit [WVDHHR.org/BCCSP](http://WVDHHR.org/BCCSP).

The Patient Advocate Foundation provides experienced case managers free of charge to assist with a variety of financial and insurance-related inquiries. Call 866-684-2479 for additional information.



# RISK FACTORS

# BREAST

Being female

Genetic mutations

Personal history of breast cancer or certain non-cancerous breast diseases

Family history of breast or ovarian cancer

Having dense breasts

Reproductive history resulting in greater exposure to estrogen

Long term use of Hormone Replacement Therapy

Previous treatment with radiation to the breast or chest exposure to the drug diethylstilbestrol (DES)

Alcohol intake

Obesity

Smoking or using tobacco products

Increased age

# BOTH

# LUNG

History of radiation to the chest

Secondhand smoke

Radon

Environmental exposures

Personal or family history of lung cancer



*In partnership with:*



*West Virginia Cancer Coalition  
Collaborating to Conquer Cancer*

**WVUCancerInstitute**