

# What is Sisters in Partnership?



Sisters in Partnership (SIP) is a program that aims to reach women in our community through education and support about breast cancer. The natural network of support that women share can be a powerful tool in the fight against breast cancer. **SIP's services are free and membership is open to all who share a concern for women's health.**

Join us in empowering and educating our community and in putting a stop to breast cancer once and for all!

For details on membership and presentation inquiries please contact:

980-622-5449

SistersInPartnership1996@gmail.com



Like us on Facebook  
@Sisters In Partnership

# Resources for you

Individuals who are low income, uninsured and/or underinsured may qualify for a free mammogram. Please contact the following providers to determine if you qualify:

## Cabarrus Health Alliance:

704-920-1205

[cabarrushealth.org/breasthealth](http://cabarrushealth.org/breasthealth)

## Atrium Health Cabarrus:

704-403-1729

## Rowan Medical Center:

704-210-7762

## Susan G. Komen Helpline:

1-877-465-6636

## American Cancer Society

1-800-227-2345

[cancer.org/cancer/breast-cancer](http://cancer.org/cancer/breast-cancer)



# Sisters in Partnership

Est. 1996

*Engaging. Encouraging. Empowering.*

The premier organization for breast cancer **education, awareness, & support** in Cabarrus County



**Mission Statement:** To help equip women with the facts and figures about breast health, and help them apply this information to themselves through our network of support. As advocates for women, we will encourage them to get regular screening, and assist those with abnormal screenings as they move through the process of diagnosis and treatment. Ours will be a shoulder to lean on as we help women with breast cancer cope with the changes in their lives.

**KNOW** breast cancer risk factors  
**SEEK** early detection &  
**PERFORM** self-breast exams



- There is no exact cause of breast cancer and it cannot be prevented. All women are at risk.
- It's never too late to adopt a healthy lifestyle. Being active, eating a balance diet and making healthy lifestyle choices can help reduce your risk for breast cancer.
- Stay on track with regular screenings-

✓ Have a **clinical breast exam** at least every **3 years** starting at age **20**, and every year starting at age **40**.

✓ Have a **mammogram every year** starting at age **40**, if you are at average risk.

*Susan G. Komen for the Cure, 2015*

# Risk Factors

Some risk factors cannot be changed, while other factors you may be able to control. **Being a woman and getting older are the two greatest risk factors for breast cancer** (although men can get breast cancer too). Knowing which factors may affect your risk can help you work with your healthcare provider to address any concerns.

## Other risk factors can include:

- Race & ethnicity
- Never having children
- Having 1st child after age 35
- Family history
- High bone density
- Exposure to large amounts of radiation
- Inherited gene mutation
- History of cancer
- Starting menopause after age 55
- Use of menopausal hormones
- Starting period younger than 12 years old
- More than one alcoholic drink per day
- Weight gain
- Use of birth control

## Incidence Rates in U.S. Women

*New cases per 100,000 women*

White	131.8
Black/African American	124.7
Asian/Pacific Islander	105.1
Hispanic/Latino	100.3
American Indian/Alaska Native	81.7
Susan G. Komen for the Cure, 2012-2016	

*Susan G. Komen for the Cure, 2021*

## Why Early Detection? Screening & Self Breast Examinations

### Changes that should be reported include:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the 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
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

- Early detection of breast cancer allows for greater treatment options and higher survival rate.
- Learn how your breasts normally look and feel and report any abnormal changes to your doctor.