

Show-Me Health

Topic: Show Me Healthy Women Program

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Breast cancer is a malignant (cancer) tumor that starts from cells of the breast. It is found mostly in women, but men can get breast cancer, too. About one-percent of all breast cancer diagnosed is diagnosed in men.

Excluding cancer of the skin, breast cancer is the most common cancer among women. Breast cancer accounts for one-third of all cancers diagnosed in Missouri, and is the leading cause of cancer deaths in women after lung cancer. Nearly all breast cancers can be treated successfully if detected early. When detected in the earliest stages, the cure rate is 97 percent.

A number of risk factors have been identified, but most women do not have any known risk factors at the time of their diagnosis. The biggest risk of a breast cancer diagnosis is being a woman and getting older. Breast cancer diagnosis and breast cancer deaths increase age. Ninety-five percent of new cases and 97 percent of breast cancer deaths occur in women aged 40 and older.

At this time, there is no guaranteed way to prevent breast cancer for women who are at average risk, which is why screening by mammography, clinic breast examination, and breast self-examination is so important.

Show Me Healthy Women (SMHW) is a free breast and cervical cancer screening program for the state of Missouri. To qualify for a free breast and/or cervical cancer screening, women must meet certain age, income, and insurance guidelines. There are approximately 180 facilities throughout the state that provide these free cancer screenings.

The objective of the SMHW program is to offer screening services to women who are considered high risk. High risk women include, but are not limited to, women with low income, women over 50, women with no or little insurance, women who have rarely or never been screened, rural women, women of color, and women with disabilities.

Free diagnostic or treatment services are available to women who are U.S. citizens and diagnosed with breast or cervical abnormalities or cancer by a Show Me Healthy Women provider.

As a woman, you may qualify for free breast and cervical cancer screenings, just as thousands of women have already done. Missouri's Show Me Healthy Women (SMHW) program provides these cancer screenings free to age and income eligible women. Other requirements are that applicants not be covered by Medicaid, Medicare or private insurance. However, if the

deductible on private insurance policies is too high for the patient to afford, this program still may be able to help.

Age Guidelines: Women Age 50 to 64 or older without Medicare Part B:

Are eligible for a clinical breast examination (CBE), a mammogram, plus a pelvic examination and Pap test.

Women Age 35-49:

- Are eligible for a pelvic examination, Pap test and CBE.
- Are eligible for diagnostic breast services if the CBE results are suspicious for cancer.
- Are eligible for diagnostic cervical services if their initial/follow-up cervical cancer screening (Pap test) was abnormal and was provided by a participating provider or through outside referrals with abnormal Pap test results.

Cervical cancer screenings for women who have had a hysterectomy:

- Due to cervical cancer or dysplasia are eligible for CBE, pelvic examination and Pap test.
- Due to any reason other than cervical cancer or dysplasia are eligible for one Pap test and pelvic examination to determine the absence or presence of the cervix.
- Due to conditions other than cervical cancer or dysplasia and the cervix is absent are eligible for a CBE.

Income guidelines for the program can be found at <http://health.mo.gov/> Search for “Breast Cancer” or “Show Me Healthy Women.” Guidelines range from annual income of \$21,780 for a one person household, to \$52,340 for a five person household. Add \$7,640 for each additional household member.

Meeting income guidelines does not guarantee eligibility for free breast and cervical cancer screening services through a Show Me Healthy Women provider. Contact the provider nearest you to find out more about eligibility and making an appointment.

In our county Green Hills Women’s Health Services (GHWHS), formerly Family Planning, is the SMHW Provider. They offer monthly clinics through their offices at 511 Elm in Chillicothe. GHWHS has also contracted with Hedrick Medical Center to perform mammograms locally. Call 1-877-611-7600 to find out more about eligibility and making an appointment.

Source: Missouri Department of Health, Green Hills Women’s Health Services.

All services of the health center are offered on a non-discriminatory basis.