

# Making Certain, Saving Lives

## health services



*I'm thankful to have the YWCA as a resource for early detection. It helps me protect myself against the increased risk I face given my family's history of breast cancer.*

### CASE FILE:

Subject > Yolanda

Status > Woman with family history of breast cancer

Dilemma > Ineligible for employer-sponsored health insurance

**THE CHALLENGE:** Yolanda's mother was diagnosed with breast cancer at age 56 and passed away shortly thereafter. Unfortunately, Yolanda's current job is part-time, so she is ineligible for health insurance benefits, and her salary at her previous job was so low that she wasn't able to afford the premiums. She has three kids, too, so she can't afford private insurance or the cost of a mammogram on her own.

**THE SOLUTION:** Through YWCA Women's Health, uninsured, low-income women are able to access preventive health care services.

- Free mammograms
- Free diagnostic screenings
- Case management
- Breast health education
- Transportation assistance

In 2006-'07, more than 1,500 women received free mammograms along with the YWCA's unique case management services. Additionally, 344 diagnostics tests were provided through the YWCA in response to abnormal mammogram results.

**THE OUTCOME:** With help from YWCA Women's Health, Yolanda has been able to make a habit of having regular mammograms. She has had four mammograms with the YWCA, and so far they have all come back clear. Her case manager has also worked with her to make sure she understands how important it is to receive an annual mammogram given her family history and also taught her how to perform a monthly breast self-exam.

### FUNDERS AS OF DECEMBER 2007:

- The Dallas County Affiliate of Susan G. Komen for the Cure
- Mary Kay Ash Charitable Foundation
- United Way of Metropolitan Dallas
- Quest Diagnostics