



BERRIEN COUNTY HEALTH DEPARTMENT

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For Immediate Release

Berrien County Health Department Promoting Breast Exam Services in Recognition of Breast Cancer Awareness Month

Benton Harbor, Michigan, Oct. 16, 2023 - October is Breast Cancer Awareness Month, and the Berrien County Health Department is recognizing the observance by promoting its breast exam services.

The Health Department's Sexual Health Clinic offers clinical breast exams for individuals ages 25 and older and provides education on how to complete a self-breast exam. Individuals who schedule an appointment for an exam during the month of October will receive a pink ribbon pin, courtesy of the Berrien County Cancer Society.

"Breast Cancer Awareness Month gives us an important opportunity to discuss tools for prevention," said Nurse Practitioner Jennifer Parrette. "Regular clinical and self-administered breast exams are critical tools for finding and treating breast cancer in its early stages when it is typically easiest to treat."

The Centers for Disease Control and Prevention recommend individuals aged 25-39 who are at regular risk for breast cancer have a clinical breast exam at least once every three years. Individuals over the age of 40 should receive an exam annually. Individuals who are at higher risk should consult their doctor on how often they should be screened. Self-exams are recommended every month.

Clinical breast exam appointments are available at the Health Department's Benton Harbor office, 2149 E. Napier Ave., and Niles office, 1205 N. Front St. Appointments typically last 45 minutes. To schedule an appointment, call 269.926.7121.

Step-by-step guides for how to complete a self-breast exam are also available in English and Spanish in both offices.

The Health Department accepts most health insurance plans, including Medicaid. Individuals aged 40-64 who are uninsured or underinsured and whose income is at or below 250% of the federal poverty guidelines may be able to receive a breast exam at no cost through the [Breast and Cervical Cancer Control Program](#).

For more information and to schedule an appointment, call 269.926.7121.

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