



Meet Kerry, a resilient woman who faced breast cancer not once, but twice.

Years before her diagnosis, Kerry noticed a lump in her left breast. An unsettling discovery, prompting a watch-and-wait approach. In 2010, the lump received a more thorough examination. A needle localization lumpectomy was performed, displaying benign results. However, about a year and a half later, a follow-up mammogram uncovered a larger suspicious mass. Concern was justified when a core biopsy revealed a grade 3 infiltrating ductal cancer - ER + and PR +, Her2 -.

In May 2012, Kerry underwent a left lumpectomy and had a port inserted. The journey involved chemotherapy and weeks of radiation. Kerry was fortunate to have good insurance at the time of her first diagnosis. However, life took an unexpected turn as her employer ceased offering an employee health plan. Forced to purchase a more affordable plan online, she continued her battle.

Kerry attended her mammogram appointments, bracing for the possibility of another biopsy. Each time, the results came back negative, but the emotional toll and financial strain were undeniable. Despite the challenges, Kerry remained consistent in attending her mammograms.

In 2016, Kerry received the second diagnosis. This was a grade III with High Grade involvement of mid breast and right lateral breast and residual invasive carcinoma. This time, with a new diagnosis and surgeon, Kerry opted for a complete double mastectomy, wanting to end the roller coaster once and for all.

Kerry felt fortunate, realizing the importance of timely screenings and proactive steps. Seven years since her last battle, she stands as a testament to the significance of early detection and taking the next step. Kerry's journey demonstrates the critical role screening plays in the battle against breast cancer, and she hopes her story can inspire others to prioritize their health and take that crucial next step.

TakingTheNextStep



**NORTH DAKOTA
CANCER COALITION**
Planning for a cancer-free future



Share your story and how YOU plan to take the next step! Use hashtag #TakingTheNextStep



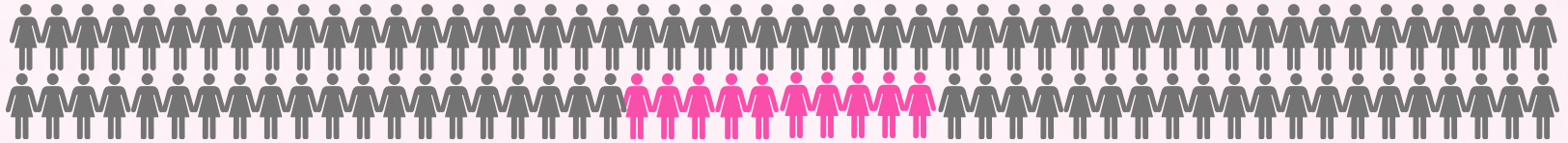


TakingTheNextStep

OUT OF EVERY **100** WOMEN WHO GET A SCREENING MAMMOGRAM:

90 will be told their mammograms are normal

10 will be asked to return for additional scan



6 will be reassured that their mammograms are normal



2 will be asked to return in 6 months for a follow-up exam



2 will be recommended to have a needle biopsy



**NORTH DAKOTA
CANCER COALITION**
Planning for a cancer-free future

Why Start at 40?



One in six breast cancers occurs in women in their 40s.



Mammography has helped **reduce breast cancer mortality in the U.S. by nearly 40%** since 1990.



One study shows mammography screening **cuts the risk of dying from breast cancer nearly in half.**



Three out of four women diagnosed with breast cancer have no family history of the disease and are not considered high risk.



**NORTH DAKOTA
CANCER COALITION**

Planning for a cancer-free future