

# “Being deaf is not a reason to skip getting a mammogram.”



– CHERYL STEELE  
CABOT, AR

Cheryl Steele, who was born deaf, had a pain in her breast at age 31. This, and having a sister with breast cancer, was incentive enough for Cheryl to get her first mammogram. She knew she had to be safe, and thankfully everything was fine. Now she gets a mammogram every year and recommends the same for all other women who are deaf.

If you're over 40, do a breast self-exam regularly and get a mammogram and a clinical exam every 1-2 years. The lack of accessible communication can be an obstacle preventing a woman who is deaf from getting a mammogram, but the consequences of not getting the exam could be worse. Find a provider who can meet your needs. For more information, visit [www.uams.edu/arkansasdisability](http://www.uams.edu/arkansasdisability) or call 1-800-342-2923 (V/TDD).

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