

# “Women with disabilities are not immune to breast cancer.”

— JEAN ELLEN WHITE  
HOT SPRINGS, AR  
DISABILITY ADVOCATE

Jean Ellen White uses a wheelchair, but her spinal cord injury hasn't stopped her from taking the right steps to prevent breast cancer.

Jean Ellen believes in preventive health care and gets a mammogram regularly. She knows that early detection is the key to living.

If you're over 40, do a regular breast self-exam and have a mammogram and a clinical exam every 1-2 years. As with Jean Ellen, overcoming the obstacles caused by a disability to get a mammogram may be difficult. But the consequence of not getting the exam could be worse. 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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