2. What is a mammogram?
- A mammogram is an X-ray of the breast.
- The best way to find breast cancer is with regular mammograms.

3. How often should I get a mammogram?
- The standard recommendations are:
  - Ages 40-49: talk to your doctor
  - Ages 50-74: every 2 years
  - Ages 75 and over: talk to your doctor
- If you have questions about when to start and how often to get mammograms, talk to your doctor.

4. Breast Awareness
- Be aware of how your breasts feel normally so you'll notice if they feel different than usual.
- If you feel a lump or swelling in your breast or underarm, see a doctor as soon as possible.

Where can I get a Pap test or Mammogram?
If you have medical insurance, Medi-Cal or Medicare, call your doctor.

If you have no insurance, call LA County Department of Public Health, Office of Women’s Health for a free or low cost appointment near you.
1-800-793-8090
Operators speak Armenian, Cantonese, English, Korean, Mandarin, Spanish and Vietnamese

How can I stay healthy?
You can reduce your risk of breast and cervical cancer by staying active, eating right, not smoking and getting checked on time.

Where can I learn more?
- Los Angeles County Dept of Public Health, Office of Women’s Health:
  http://publichealth.lacounty.gov/owh/index.htm
- National Cancer Institute:
  http://www.cancer.gov

Funded in memory of Rosalind M. Nelson
4. **How often should I get a Pap test?**
   - Always talk to your doctor. The standard recommendations for Pap tests are:
     - Ages 21 - 65: every three years
     - Women age 65 and older who have not been screened need Pap tests
     - Women and girls age 20 and under don’t need Pap tests

5. **What causes cervical cancer?**
   - Cervical cancer is caused by Human Papillomavirus (HPV). HPV is an infection that is sexually transmitted. HPV can also cause genital warts and other types of cancers.

6. **How common is HPV infection?**
   - It is very common. About half of all adults will have HPV at some point in their lives.

7. **How can HPV be prevented?**
   - HPV vaccines are one important way to lower the risk of getting HPV and cervical cancer.

8. **When is the best time to get an HPV vaccine?**
   - The vaccine works best if given before having sex for the first time.
   - Girls & boys should get the vaccine between ages 9 to 18.
   - Women and men may also get the vaccine up to age 26.
   - Ask your doctor about getting vaccinated.

---

**Cervical Cancer and Pap Tests**

1. **What is cervical cancer?**
   - Cervical cancer is a cancer of the cervix. The cervix is the bottom of the uterus, at the top of the vagina.
   - Cervical cancer can be serious and deadly if it is not found and treated early.

2. **How do I get tested for cervical cancer?**
   - A doctor will check your cervix for cancer or very early signs of possible cancer with a simple Pap test.

3. **Is cervical cancer preventable?**
   - Yes!
   - Women who have regular Pap tests are unlikely to get cervical cancer.

---

**Take Charge of Your Health!**

**Breast Cancer and Mammograms**

1. **Facts about breast cancer.**
   - Breast cancer is the most common cancer among women.
   - All women are at risk for breast cancer even if they have no family history.
   - As a woman gets older, her risk of breast cancer goes up.
   - When breast cancer is found and treated early, it is more likely to be curable.