

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 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/>

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.**

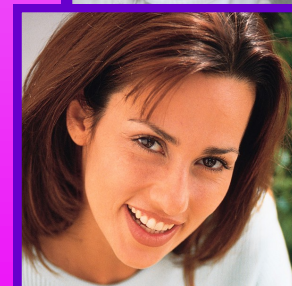


Funded in memory of Rosalind M. Nelson

Take Charge of Your Health!

Fight back against Cervical & Breast Cancer

Pap tests, HPV Vaccines & Mammograms

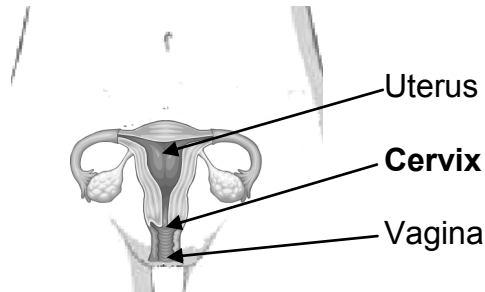


Take Charge of Your Health!

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.



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.



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.