

Check With Your Healthcare Provider About These Exams . . .

Cervical Exams

- Pap Tests should start at age 21 or within 3 years of beginning sexual activity.
- Women who have gone through menopause still need to have regular Pap tests.
- If you have had a hysterectomy, Pap tests may or may not be needed on a routine basis. Check with your doctor.
- Pelvic exam every 1-3 years or as recommended by your healthcare provider.

Breast Exams

- Mammograms every 1-2 years beginning at age 40.
- Regular clinical breast exams by your healthcare provider beginning at age 20.
- Breast self exams every month after your period or on the same date each month if you are no longer having periods.

FREE EXAMS

- ⌘ Pelvic exam
- ⌘ Pap smears
- ⌘ Clinical breast exam and/or
- ⌘ Mammogram
- ⌘ Limited diagnostic tests
- ⌘ Access to breast or cervical cancer treatment

Guidelines for qualifying for free exams:

- You must meet age and income guidelines to qualify.
- You must be without health insurance. (If you have Medicare Part B, Medicaid, or health insurance, you cannot sign up for this program.)

Call Today!

1-800-264-1296

*Wyoming Breast & Cervical Cancer
Early Detection Program
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Cheyenne, WY 82002*

www.health.wyo.gov/PHSD/bccedp/index.html

May 2007

FREE EXAMS

Call Today!

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Wyoming Breast & Cervical Cancer
Early Detection Program

WYOMING DEPARTMENT OF HEALTH

Cervical Cancer

RISK FACTORS

- Not having at least one Pap smear every three years
- Intercourse at an early age
- Smoking
- You, or your partner, have had multiple sexual partners
- You have HPV (Human Papillomavirus) or had a sexually transmitted disease
- Poor intake of fruits and vegetables

IT CAN BE PREVENTED



When cervical cancer is detected early, it is almost 100% curable.

SYMPTOMS

- None in the early stages
- Increased vaginal discharge
- Abnormal vaginal bleeding

Breast Cancer

RISK FACTORS

- Being a woman and age 50 or older
- Personal history of breast cancer or having two or more relatives diagnosed with breast or ovarian cancer at an early age
- First full term pregnancy after age 30 or no full term pregnancies
- Menopause after age 50
- Menstruation before age 12
- Obesity, especially after menopause
- Taking hormone replacement therapy for several years

EVERY WOMAN IS AT RISK



Regular screening is key to early detection of breast cancer.

SYMPTOMS

- None in the early stages
- A change in the size, shape, color, or feel of the breast
- Spontaneous nipple discharge
- A lump in or near the breast area

Screening: Looking for cancer before a person has any symptoms. This can help find cancer at an early stage when it may be easier to treat.

Cervical Cancer & Screening:

Cancer that forms in tissues of the cervix. It is usually a slow-growing cancer that can be found with regular Pap tests.

Pap Test: A procedure in which cells are scraped from the cervix and looked at under a microscope.

Breast Cancer & Screening:

A disease in which cancer cells form in the tissue of the breast.

Mammogram: An x-ray of the breast.

Clinical Breast Exam: An exam by a doctor or other health professional. The doctor will carefully feel the breasts and under the arms for lumps or anything else that seems unusual.

Breast Self Exam: An exam to check your own breasts and under the arms for lumps or anything else that seems unusual.

