

Call us toll-free:
1-800-511-2300

or visit:
dhcs.ca.gov/OPL

English, Spanish, Arabic, Armenian, Cambodian/Khmer, Cantonese, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Mandarin, Punjabi, Russian, Tagalog, Thai, and Vietnamese.

(available 24/7)

To get these free tests to check for breast and cervical cancer, you must:

- Live in California.
- Meet the age requirements.
- Have no or limited health insurance.
- Have health insurance with a co-payment or deductible you cannot afford.
- Have low household income.

Statement of Non-Discrimination

The California Department of Health Care Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Language Assistance Services

Si habla español, usted puede conseguir ayuda para entender este documento, hablando con su proveedor de atención primaria del programa EWC o llamando al Contratista Regional de su condado. Los teléfonos del Contratista Regional se encuentran abajo. Esta asistencia lingüística es gratis.

如果您說漢語，我們可以幫助您瞭解這份文檔。請諮詢您所在地EWC附近診所或當地負責聯絡人。當地負責人電話見下文，他們會免費提供說明服務。

PLACE LABEL HERE



Every Woman Counts



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EVERY WOMAN COUNTS

Free Breast & Cervical Cancer Screenings

What is the Every Woman Counts program?

The Every Woman Counts program provides free breast and cervical cancer screening and follow-up services. This includes clinical breast exams, mammograms, and Pap tests to eligible women in California.

As women get older, especially after the age of 50, the chance of getting breast and cervical cancer goes up. Women should be screened regularly for breast and cervical cancer by a doctor.



Why should you get a breast cancer screening?

- Breast exams help the doctor see or feel any changes in your breasts.
- Mammograms can find breast cancer that is too small for you or your doctor to feel.
- When breast cancer is found early, it is easier to treat.

How often should you get a breast cancer screening?

If you're 40 years or older talk to your doctor about when and how often you should be screened for breast cancer.

Every Woman Counts offers free:

- Clinical breast exams and mammograms to women age 40 years and older.
- Breast cancer testing to women with symptoms under 40 years. (see warning signs below)
- Pap tests to women age 21 years and older.
- Pap & HPV co-testing to women age 30 years and older.
- Follow-up tests if needed.

Some warning signs and/or symptoms of breast cancer include:

- Lump, mass, or swelling in the breast or underarm;
- Changes in size or shape of the breast;
- Change in skin texture and color (dimpling, puckering, redness, scaly skin, or thickening) of the breast or nipple;
- Nipple retraction or inversion;
- Nipple discharge; and/or
- Breast pain.

Please note that these warning signs and/or symptoms may occur with conditions other than breast cancer.

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Why should you get a cervical cancer screening?

- Cervical cancer screening tests are the Pap test and the HPV test.
- The Pap test looks for cell changes in the cervix that may lead to cancer.
- The HPV test looks for the virus that can cause cell changes in the cervix.
- Treating these cell changes can prevent cervical cancer.



How often should you get a cervical cancer screening?

The Every Woman Counts program offers free Pap tests to women age 21 and older who qualify, and then every three years if the results are normal. Women 30 years and older may choose to have a Pap test along with a HPV test if she wants to increase screening to 5 years. If both tests results are normal, the chance of getting cervical cancer in the next few years is very low.