

95% of women who have their breast cancer found early survive!

Call 1-800-511-2300  
Not just once,  
but for a lifetime.

Free clinical breast exams, mammograms and Pap tests.



Cancer Detection Programs:  
Every Woman Counts

### Why should you have a clinical breast exam and mammogram?

Clinical 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.

### Why should you have a pelvic exam and Pap test?

Pelvic exams help the doctor see if there are any problems with your reproductive organs.

Pap tests can find cancer of the cervix early.

Finding cancer of the cervix early means it can be cured!

**When you qualify for *Cancer Detection Programs: Every Woman Counts*, you will be referred to participating doctors in your neighborhood.**



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[www.dhs.ca.gov/cancerdetection](http://www.dhs.ca.gov/cancerdetection)

Upon request, this document will be made available in Braille, large print, and audiocassette or computer disk. To obtain a copy in one of these alternate formats, please call or write:

Cancer Detection Section  
PO Box 997413, MS-7203  
Sacramento, CA 95899-7413  
Phone number 916-449-5300  
California Relay 711/1-800-735-2929

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Cervical cancer is nearly 100% preventable with regular Pap tests.

## Can you get breast and cervical cancer?

All women can get breast and cervical cancer.

As you get older, especially after the age of 50, the chance of getting breast and cervical cancer goes up.

## How can you get free tests to check for breast and cervical cancer?

Call 1-800-511-2300 to see if you qualify. Monday–Friday, 8:30 a.m.–5 p.m.

We speak English, Spanish, Cantonese, Mandarin, Korean and Vietnamese.

*Cancer Detection Programs: Every Woman Counts* offers free

- Clinical breast exams and mammograms to women age 40 and older who qualify
- Pelvic exams and Pap tests to women age 25 and older who qualify
- Women also get follow-up tests if necessary

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

- You must live in California.
- You must have no health insurance or
- You have health insurance with a co-payment or deductible you cannot afford (not including Medicare Part B).
- You must have low family income.

“Go and get tested every year  
— mandatory like birthdays!”

BERNADETTE, 60



## When should you get a clinical breast exam and mammogram?

Starting at age 40 you should have a clinical breast exam and mammogram every year.

If you are under the age of 40 you should have a clinical breast exam every 3 years.

*Cancer Detection Programs: Every Woman Counts* offers free clinical breast exams and mammograms to women age 40 and older.



A WOMAN HAVING A MAMMOGRAM

## When should you get a pelvic exam and Pap test?

Starting when you are age 21 or when you start having sex, whichever comes first.

If you have three normal Pap tests in a row your doctor may decide you only need a Pap test every 3 years instead of every year.

If you have had a hysterectomy because of cervical cancer speak with your doctor about how often you should have a Pap test.

*Cancer Detection Programs: Every Woman Counts* offers free pelvic exams and Pap tests to women age 25 and older.



“Women don’t get mammograms because they are shy and afraid of getting hurt. But the older you get the more you should think about getting checked for breast cancer.”

JANE, 50

For more information, call  
1-800-511-2300 or visit us on the  
Web at [www.dhs.ca.gov/cancerdetection](http://www.dhs.ca.gov/cancerdetection)