



**We're All
in This
Together.**

Studies show that
finding cancer
early saves lives
and increases
treatment
options.

So, tell your
friends who are
ages 40 to 64
about Arkansas'
BreastCare
Program.



*Say
Yes!*



BreastCare
Say Yes to a Mammogram!
www.ARBreastCare.com

BreastCare
Free Mammograms, Clinical Breast Exams and Pap Tests
www.ARBreastCare.com

Arkansas' BreastCare Program is All About Women's Health.

Good health is important to you, your family and your community. Through the BreastCare program, the state of Arkansas is committed to helping keep you healthy. Early detection is the best weapon against breast and cervical cancer, so we're helping Arkansas women take an active role in the fight.

If you qualify,
the following services are FREE:

Mammograms

Clinical Breast Exams

Pelvic Exams and Pap Tests

Follow-up Tests

An Arkansas Program for Arkansas Women

Our best chance to help Arkansas women fight breast cancer is by early detection and treatment. Through the BreastCare program, we're making sure that no one slips through the cracks for lack of money needed to get yearly mammograms, clinical breast exams, pelvic exams and Pap tests.

BreastCare is for women who:

- are ages 40 to 64
- meet income eligibility requirements
- do not have health insurance (including Medicaid and Medicare)



Find Out If You're Eligible. It's Easy.

It's easy to find out if you are eligible for BreastCare services.

Just call a BreastCare provider or local county health department. Free BreastCare services are offered by healthcare providers all over Arkansas. If you qualify, the mammogram, clinical breast exam, pelvic exam and Pap test are absolutely free to you.

What's Involved?

Once enrolled, you will receive your personal ID card along with complete information on the BreastCare program. Your BreastCare provider will schedule an appointment for your clinical breast exam and Pap test if needed. After this visit, an appointment will be made for you to have a FREE mammogram.



What is a Mammogram?

The best tool for finding breast cancer early is a mammogram. A mammogram is an X-ray of the breast performed at a hospital or outpatient radiology facility. There are two basic types of mammograms: screening and diagnostic. A screening mammogram is an X-ray of the breast of a woman who has no symptoms. A diagnostic mammogram is an X-ray used to evaluate unusual breast changes. Several X-rays are taken to obtain pictures of the breast from different angles to help the doctor make an accurate diagnosis.



Things to Remember Before Your Exams

For a mammogram:

- Make sure your mammogram appointment is not scheduled for the week before your period when your breasts may be more tender. Track your periods and see whether they usually fall in the early, middle, or late part of the month. Then try to schedule your appointment for the week following your period.
- On the day of your appointment, do not wear deodorant or talcum powder. These products can interfere with the test result.
- Wear a button-up blouse or two-piece outfit for ease and comfort in the dressing room.

For your Pap test:

- Don't have sex for at least 24-48 hours before your exam.
- Don't use vaginal creams or other vaginal products.
- Don't douche at least 24-48 hours prior to the exam.

What is a Pap Test?

A Pap test is a simple, reasonably painless procedure that can be performed by a healthcare professional as part of a pelvic exam. A small sample of cells is collected from the cervix, transferred to a slide and examined under a microscope. There's no need to be afraid or nervous. Most Pap tests and pelvic exams take just a few minutes and are performed right in your healthcare provider's exam room.

Take Control of Your Breast Health.

Breast Screening Guidelines

- Women 20 and over – Be familiar with your breasts. Women should report any breast changes promptly to their health care provider.
- Women 20 to 39 – Clinical breast examinations (CBE) should be part of a woman's periodic physical examination about every three years.
- Women 40 and over – See your doctor every year for a CBE as well as a mammogram.

Know the risks for breast cancer.

- Female
- Age: At 50 the risk doubles
- Personal history of breast cancer: A woman who has had cancer in one breast is more likely to develop it in the other breast or in the remaining breast tissue
- First degree family history (e.g. mother, father, sister, brother, daughter, son)
- Previous breast biopsy
- Began menstrual periods at an early age (12 or younger)
- No live births or first birth after age 30
- Race: Caucasian women are slightly more likely to develop breast cancer than African American women, while African American women have higher mortality rates than any other race.

Changes you can make to reduce your risk

- Stop smoking
- Get more exercise
- Maintain a healthy weight
- Reduce your exposure to estrogen by taking birth control pills and hormone replacement therapy for shorter intervals of time
- Learn about nutrition and eat a healthy diet

Take Control of Your Cervical Health.

Cervical Screening Guidelines

- Women should have a Pap test with a pelvic exam every year starting at age 21 or within three years of becoming sexually active.
- After three normal Pap tests in a row, your doctor may decide to perform the Pap test less often.
- Women who have had a hysterectomy (surgery to remove the uterus and cervix) do not need to have a Pap test unless the surgery was done as a treatment for an abnormal Pap test or cancer.

Know the risks for cervical cancer.

- Human Papillomavirus (HPV) infection
- Sex at an early age, sex with multiple partners, or sex with someone who has had multiple partners
- DES exposure – diethylstilbestrol, a drug given to mothers during pregnancy to prevent miscarriage – used from 1940-1970
- Smoking
- Human Immunodeficiency Virus (HIV) infection
- Oral contraceptives

Changes you can make to reduce your risk of cervical cancer

- Avoid exposure to HPV
- Detect abnormal cells by having regular Pap tests
- Stop smoking
- Avoid risky sexual behaviors