



Cervical Cancer Symptoms

There may not be signs early on, but as the cancer advances, symptoms may include:

- Bleeding after sex
- Abnormal vaginal bleeding or discharge

Cervical Cancer Tests

- **The Pap Smear** checks for cell changes that might become cervical cancer if not treated appropriately.
- **The HPV (human papillomavirus) test** checks for HPV infection, the most common cause of cervical cancer.

Cervical Cancer Risk Factors

Almost all cases are caused by HPV, the most common sexually transmitted disease. Other risks include:

- Smoking
- Having HIV (Human Immunodeficiency Virus) or another condition that makes it hard for your body to fight off illness
- Having had more than 1 sexual partner in your lifetime
- Exposure to the medication Diethylstilbestrol (DES)
- History of abnormal pap smear



Breast and Cervical Cancer Checklist

- Pap Smear and/or HPV Test every 3-5 years after age 21**
- Screening mammogram every 1-2 years starting between ages 40-50**
- Yearly breast exam at your health care provider**
- Know your family history of breast cancer**
- Limit alcohol to no more than one drink per night**
- Eat healthy (fruits and vegetables)**
- Exercise 30 minutes a day five days a week**
- Limit number of sexual partners (use protection as needed)**
- Don't smoke**

What you should know about breast and cervical cancer.



BreastCare

www.ARBreastCare.com

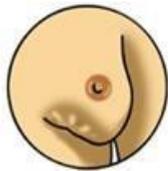
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Breast Cancer Symptoms

- Lump, thickening or swelling of part of the breast or armpit
- Changes in size and shape of the breast
- Skin dimpling or irritation
- Skin looks like an orange peel or skin redness
- Nipple changes (discharge, crusting, inversion)
- Constant pain in any area of the breast



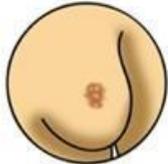
Lump



Skin dimpling



Change in skin color or texture



Change in how the nipple looks, like pulling in of the nipple

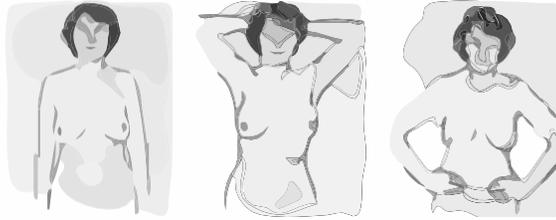


Clear or bloody fluid that leaks out of the nipple

Breast Cancer Screening

A mammogram is an x-ray of the breasts. You can get a mammogram at your healthcare provider.

Look: Look for changes in the mirror.



Feel: Feel for changes while standing and laying down.



Squeeze: Squeeze to check for discharge.



Be Breast Aware

- Talk with your health care provider about your risk. You may need different screening.
- Be aware of breast cancer history in your family.
- Know what is normal for your breasts by doing breast self-exams.

Breast Cancer Risk Factors

- Getting older. Most cases are diagnosed after age 50
- Genetic Mutations (BRCA 1 and BRCA 2)
- Starting period before age 12
- Late menopause, after age 55
- Family history with breast cancer of first degree relative (parent, child, sibling)
- Chest radiation before age 30
- Prior breast cancer diagnosis
- First pregnancy at or after age 30
- Not having children

