

# *Women Staying Healthy, Active and Well*



***Breast and Cervical Health Facts***  
***What Everyone Should Know about Cancer***  
***Heart Health and You***  
***Nutrition and Physical Activity***



# Breast and Cervical Cancer Screening Services

The North Carolina Breast and Cervical Cancer Control Program (BCCCP) provides free or low-cost breast and cervical screenings for women who meet all of the following eligibility criteria:

- Have a household income at or below 250 percent of the Federal Poverty Level;
- Are uninsured or underinsured;
- Are without Medicare Part B or Medicaid; and
- Are age 40 to 64 for cervical screenings or age 50 to 64 for breast screenings.

A woman who meets all of the eligibility requirements may receive:

- A pelvic exam and Pap test;
- A clinical breast exam;
- A mammogram for women age 50 to 64; and
- Certain diagnostic services if needed such as ultrasound, diagnostic mammogram, colposcopy or biopsy.
- Women diagnosed with breast or cervical cancer while enrolled in the North Carolina Breast and Cervical Cancer Control Program may be eligible for treatment through Breast and Cervical Cancer Medicaid.

## ***Where are these services available?***

BCCCP services are offered at most local health departments and some other agencies across North Carolina. Some BCCCP service providers offer transportation to patients.

For more information about BCCCP enrollment, call your local health department or **919.707.5300**.



# WISEWOMAN Project

WISEWOMAN is a health program for 40- to 64-year-old women who are enrolled in the Breast and Cervical Cancer Control Program (BCCCP). WISEWOMAN educates, screens, and counsels them on ways to lower their risk for heart disease and stroke.

The following program services are provided to eligible women:

- Blood pressure checks;
- Cholesterol checks;
- Blood sugar checks;
- Education on ways to lower risk of heart disease and stroke;
- Referral to a clinic or doctor for follow-up as needed; and
- Referral to community resources.

To learn more about WISEWOMAN:

- Visit the WISEWOMAN Web site at [www.cdc.gov/WISEWOMAN](http://www.cdc.gov/WISEWOMAN).
- Call the North Carolina Breast and Cervical Cancer Control Program and WISEWOMAN Project at **919-707-5300**.
- Wisewoman is not available in all counties.



NC WISEWOMAN™

# Breast Health and You

- Good breast health includes clinical breast exams (CBE) and mammograms. Breast self-exams (BSE) may also be something for you to consider.
- A clinical breast exam is done by your doctor or nurse.
- When you do your own breast self-exams regularly, you will know how your breasts feel and may be more likely to notice any changes. Your doctor or nurse can teach you how.
- A mammogram is an x-ray picture of your breast.
- A mammogram may find a lump up to 2 years before you can feel it with your hand.
- To get ready for a mammogram:
  - Make your mammogram appointment for seven to ten days after your period begins. Your breasts hurt less after your period.
  - Wear a shirt with shorts, pants or a skirt. That way you can undress from the waist up and leave your shorts, pants or skirt on when you get your mammogram.
  - Do not wear any deodorant, perfume, lotion, or powder under your arms or on your breasts on the day of your mammogram appointment. These things can make shadows show up on your mammogram.

## Good Breast Health Includes:

### Breast Self-Exam (BSE)

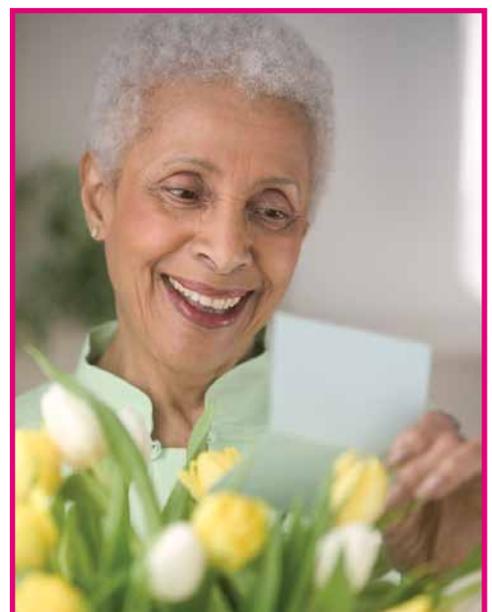
- Ask your doctor or nurse about monthly BSE.

### Clinical Breast Exam (CBE)

- Every three years, age 20-39
- Every year, age 40 and over

### Mammogram

- Every 1 to 2 years, age 50 and older
- 40-49 ask your doctor or nurse if mammograms are right for you
- Under age 40, based on symptoms





## What you need to know about breast cancer . . .

- Any woman can get breast cancer, but as you get older your chance of cancer increases.
- More women over age 50 get breast cancer than do younger women.
- Breast cancer is easier to treat if it is found early.
- You may have a greater chance of a full recovery if you find breast cancer early.

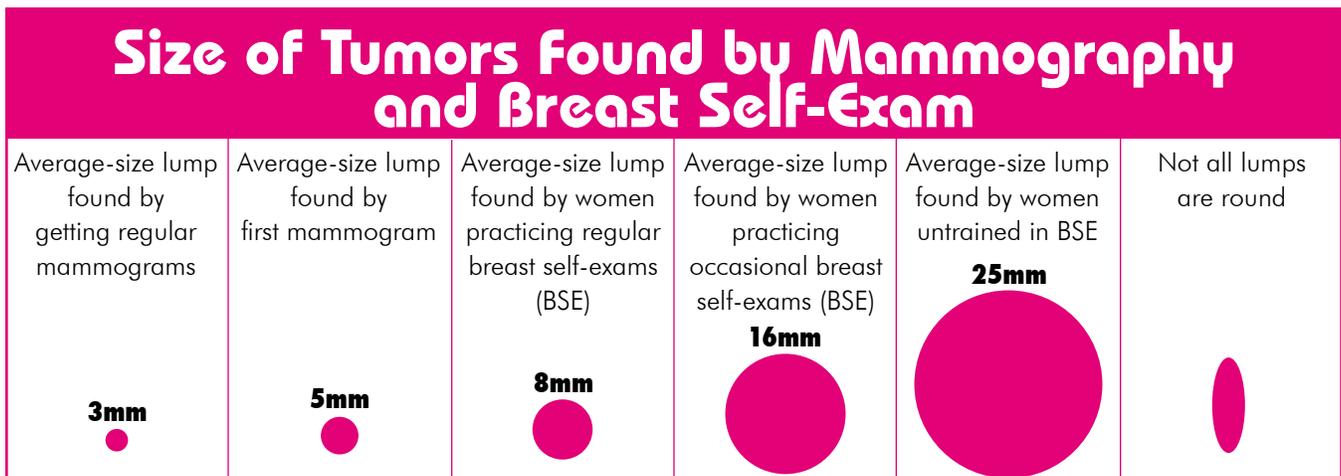
## Why do I need to do breast self-exam?

- Ask your doctor or nurse if BSE is right for you.
- You may find breast cancer earlier, when it is easier to treat.
- When you know how your breasts usually feel, you may be more likely to feel any changes.

## When should I do my breast self-exam?

- Do your breast self-exam each month. With practice, BSE takes about 15 minutes once a month.
- The best time to do your breast self-exam is right after your period, when your breasts are not tender or swollen.
- If you do not have regular periods, choose a day and do your exam on the same day each month.
- If you are breastfeeding, empty your breasts before doing BSE.
- If you have had a mastectomy, you still need to do BSE. Remember to check carefully along your scar line and in the entire breast area.

**If you find any lumps or other changes in either breast, tell your doctor or nurse right away.**



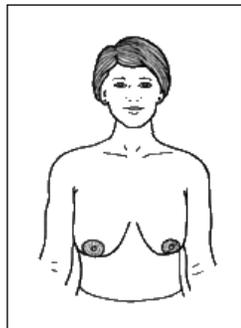
Source: The Breast Health Program of New York

# How to do a Breast Self-Exam

Ask your doctor or nurse to demonstrate the proper way to perform a BSE

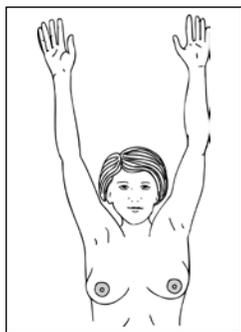
## Step 1

**Look** for changes in front of a mirror.



**a.** Stand in front of a mirror in which you can see to your waist.

- As you look at your breasts, keep your arms relaxed at your sides.
- Look for changes in shape and color.
- Check the front and turn from side to side. Look for:
  - puckering
  - dimpling
  - skin changes
  - scaliness
  - any nipple discharge
- If your breasts are large, lift each one up to see underneath.

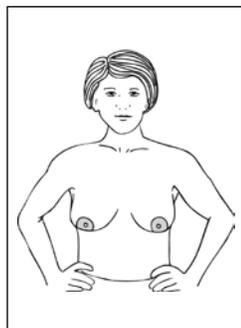


**b.** Raise your hands above your head.

- Check the front and turn from side to side.
- Lean forward, bending at the waist, and check as you did before.

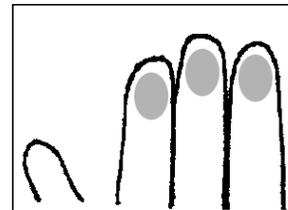
**c.** Place your hands on your hips and press down.

- Check front and each side as you did before.



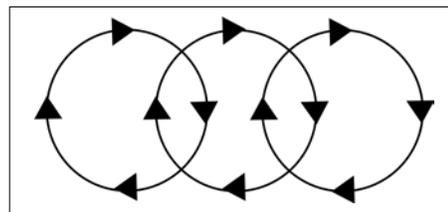
## Step 2

**Getting Started.**



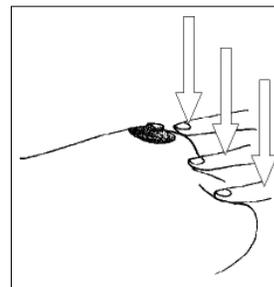
**d.** Use the pads of your fingers

- Use the pads of your 3 middle fingers.
- Do not use finger tips.
- Keep your fingers together.



**Use dime-size circles**

Move your fingers in 3 dime-size circles, one at each of the levels of pressure.



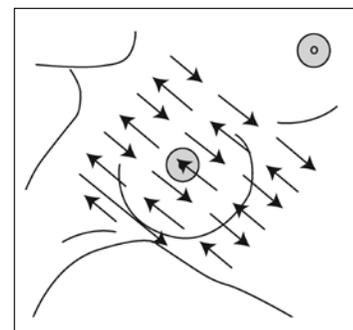
**3 levels of pressure are important**

1. light (just brushes skin)
2. medium
3. deep (you may feel your ribs)

**Use the vertical strip**

Use a vertical strip pattern (like cutting the grass or vacuuming the carpet) to check all your breast tissue. Continue vertical strips over the whole breast area including the nipple.

Do not squeeze the nipple.



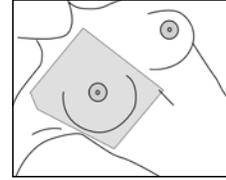


## Step 3

**Feel** for changes lying down.

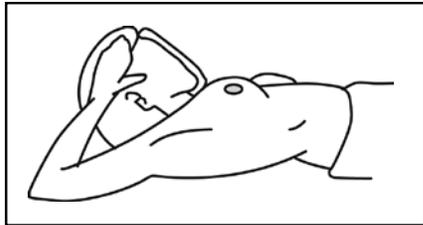
**Lie down on your bed or other firm surface.**

You will need to examine all your breast tissue (the shaded part on the drawing).



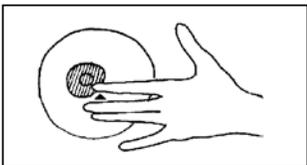
**“All your breast tissue” means:**

**From your armpit to your lower bra line, across to the center of the chest, up to the collar bone and across, back to the deepest part of the armpit.**



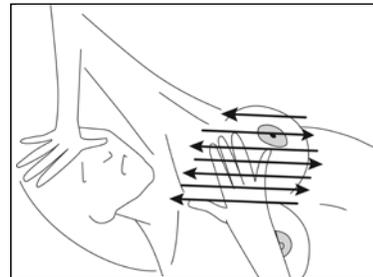
### **e.** Check your right breast with your left hand:

- Lie on your left side. Roll your right shoulder back towards the bed.
- Raise your right arm above your head, and put the back of your right hand on your forehead.
- Begin under your arm in the deepest part of your armpit.
- Make dime-size circles at each of the 3 levels of pressure (light, medium, deep) in that spot.



- Then extend the outer finger of the 3 fingers and move down one finger width. Make 3 more circles of pressure.
- Continue to do this as you go down the vertical strip to your lower bra line.
- Then move over a finger's width and go back up your breast to your underarm.
- Go up and down your breast in strips until you get to the center of your chest, or breast bone.

- The nipple will be checked using the same pattern as the rest of the breast tissue. If you have large breasts, roll onto your back when you reach the nipple. Do not squeeze the nipple!



### **f.** You are now ready to check your left breast with your right hand

- Lie on your right side. Roll your left shoulder back towards the bed.
- Raise your left arm above your head, and put the back of your left hand on your forehead.
- Do just as you did with your right breast, beginning at the top of your armpit.

### **g.** Check above and below the collarbone for any swelling or lumps.

This completes your breast self-exam.

**If you see or feel any skin changes, nipple discharge or lumps, be sure to tell your doctor or nurse right away.**

# Breast Health Facts

## Breast Conditions

The phrase “breast condition” does not automatically mean cancer. In fact, most breast conditions are benign (not cancerous) and will cause no serious harm to you. It is still important that you get regular checkups by your health care professional. It is also important to tell your health care provider about changes you notice, even if this change might be benign. Following are some common breast conditions:

- **Benign (non-cancerous) breast lumps**  
These come in all shapes, sizes and textures. Cysts, which are fluid-filled lumps, are one common type of lump. Cysts are often smooth and tender and can be either soft or firm. A lump that is painless and moveable and usually feels smooth, firm and rubbery is probably made of fibrous and glandular tissue. This is often called nodularity.
- **Breast infection**  
Mastitis is one of the most common forms of breast infection. This is an inflammation of the mammary glands and may be caused by breast-feeding. The symptoms of mastitis include pain, warmth and skin redness.
- **Fibrocystic changes**  
This benign condition often causes painful thickening in the breasts. The causes of this condition are not fully known, but it may be an exaggerated response to hormones. Cysts are one common result of fibrocystic changes. Localized cysts or solid lumps may form and become bigger and more tender just before your period.

- **Nipple discharge**  
A pinkish discharge can be caused by a benign growth in a duct near the nipple. If you have bloody or clear discharge, or one that occurs without any pressure applied to the nipple, you should have it checked right away. Do not squeeze the nipple when examining your breasts.

All women are at risk for breast cancer, especially as they get older. Have regular screenings. If you have these or any other breast changes, make sure to tell your doctor or nurse.

## The Warning Signs of Breast Cancer

Breast cancer may cause one or more of the following changes in your breasts:

- A bloody or clear discharge from the nipple or one that occurs without any pressure applied to the nipple.
- A pulled-in (retracted) nipple in a breast that was normal before.
- A change in skin color (like redness) or texture.
- A single, distinct lump that feels different from the tissue around it. Lumps may be hard or soft.
- An indentation in one part of the breast (skin dimpling).

If you notice any change in the size or shape of either breast, or if you have any nipple or skin changes, see your doctor right away.

### It is okay if:

- Both breasts are not the same size.
- Your nipples point in different directions.
- You have flat or inverted nipples.
- Your areolae (brown area) is smaller, larger, darker or lighter than other women.

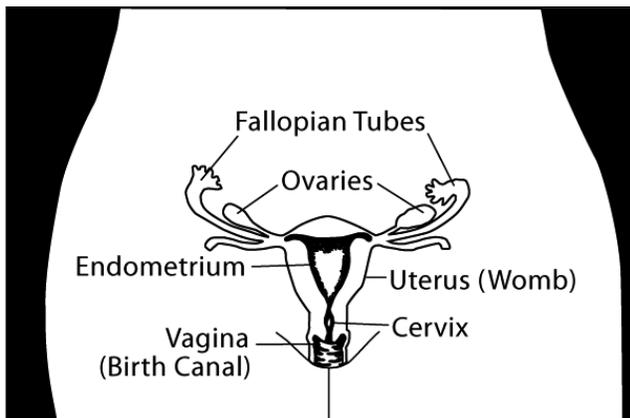
These differences are probably okay if they have always been that way.

# Cervical Health Facts

## The Cervix

The cervix is the lower, narrow part of the uterus (womb). The uterus – a hollow, pear-shaped organ – is located in a woman's lower abdomen, between the bladder and the rectum. The cervix forms a canal that opens into the vagina, which leads to the outside of the body.

Because the cervix opens into the vagina, it is exposed to bacteria and viruses. These may travel up the vagina and gather at the opening of the cervix. Sometimes the bacteria or viruses cause sexually transmitted infections (STIs). Depending on the type of STI, infection may lead to abnormal cervical cell changes.



## Changes in the Cervix

A Pap test, done by your healthcare provider during your pelvic exam, checks for cervical cell changes. A change in the cells in your cervix may cause an abnormal Pap test. Some abnormal cell changes are precancerous and may become cancerous with time. Not all changes are cancerous. An abnormal Pap test result could mean:

- **Inflammation**  
This means non-cancerous changes are present. Inflammation may be due to cell changes. It may be caused by an infection such as HPV or yeast. More testing may be needed.
- **Atypical squamous cells**  
The test results are unclear when cells on the surface of the cervix show changes. Testing for HPV and other STIs may be needed. Treatment may also be needed.
- **Atypical glandular cells**  
Cells lining the cervix show abnormal changes. Further testing is likely. You may also need treatment to remove problem cells.

**Precancerous changes of the cervix usually do not cause pain. In fact, they generally do not cause any symptoms and are not detected unless a woman has a pelvic exam and a Pap test.**

# ***Cervical Health and You***

## ***What is a Pap test?***

- A Pap test is a quick and simple test that can find cancer cells or other changes in and around your cervix (the opening to the womb).
- During a Pap test, the doctor or nurse uses a small brush or a swab to take a few cells from your cervix.
- These cells are sent to a lab to be checked for changes.

## ***Why is a Pap test important?***

- A Pap test can help find a change in your cervix before it becomes cancer.
- A Pap test can help prevent cervical cancer.
- Cervical cancer needs to be found and treated early.

## ***How often should I have a Pap test?***

- Age 21 and over, every three years or as you are told by your clinic.

## ***How do you get ready for a Pap test?***

- Make sure that you are over your monthly period.
- Do not have sex, douche or put anything in the vagina for two days before the test.

## ***What if a change is found in my cervix?***

- A change in your cervix may cause an abnormal Pap test.
- An abnormal Pap test does not always mean that you have cancer. An infection may cause your cervix to be inflamed or irritated.
- A change in your cervix needs to be found and treated early, even if it is not cancer.

## ***What is cervical cancer?***

- Cervical cancer is an abnormal growth of cells on the cervix.
- You can have a change in your cervix or you can have cervical cancer and not know it. There often is no pain or any other sign.
- When a change in the cervix is taken care of, cervical cancer may be prevented.
- When cervical cancer is found early, it may be easier to treat.



## ***Do I need a Pap test . . .***

### ***if I have had a hysterectomy?***

Women who have had a hysterectomy (removal of the uterus) may still need regular Pap tests. Talk with your doctor or nurse about whether you should have a Pap test and how often.

### ***if I am no longer having sex?***

You can have changes in the cells of your cervix even if you are not having sex. Regular Pap tests are still an important part of your health.

### ***if I am past childbearing?***

Even if you are no longer having children, you still need regular Pap tests. A Pap test is a good way to find changes in your cervix and to find cervical cancer early. If you are over age 65, talk to your doctor or nurse about whether you should have a Pap test.

### ***if my doctor has not told me that I need a Pap test?***

Talk with your doctor or nurse about getting a Pap test. It could save your life!



# Colposcopy

A colposcopy (col-pos'-co-pee) is a special exam done by a specially trained doctor or nurse. This exam is done much the same way as your regular pelvic exam. After putting the speculum into the vagina, the doctor or nurse will look at your cervix (opening of the womb) with a very bright light through a magnifying lens. Sometimes this close look is all that is needed.

If during this exam, the clinician sees something that is not normal, a biopsy (a tiny piece of the abnormal tissue) will be taken and sent to the lab. You may feel a pinch or some mild cramping while the biopsy is being taken.

## ***Who needs a colposcopy?***

Your doctor or nurse practitioner will decide if you need a colposcopy. You may need this special test if you have a Pap test that is not normal, or if your doctor finds a problem with your cervix, vulva or vagina during your regular exam.

## ***How do you get ready for a colposcopy?***

Make sure that you are over your monthly period. Do not have sex, douche or put anything in the vagina for two days before the test.

## ***What will happen after the colposcopy and/or biopsy is done?***

How many and what type of abnormal cells are found will determine whether or not you need treatment. Your doctor will talk with you about what is needed. It is important that you get any treatment you need.

## ***Can a colposcopy be done during pregnancy?***

Yes! Make sure your doctor knows you are pregnant.

# What Everyone Should Know about Cancer

**Cancer** affects both men and women of all races. Millions of people are living with cancer or have had cancer. There are many different kinds of cancer. You can lower your risk of developing some cancers by changing your lifestyle: quit smoking, eat a better diet, and be physically active. The good news is that the earlier cancer is found and treated, the better the chances are for living many more years. Early detection is your best protection!

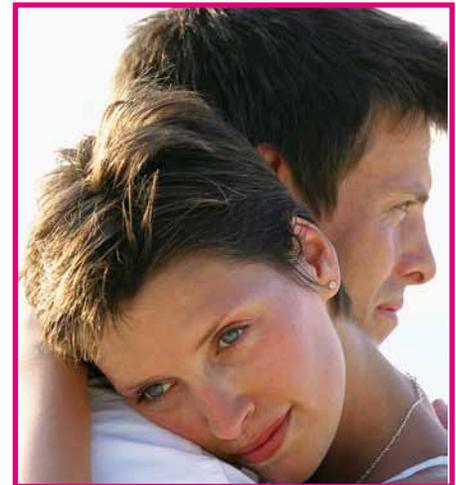
## Lung Cancer

Lung cancer is the leading cause of cancer death in both men and women. In its early stages, lung cancer may cause no symptoms. Tobacco smoking is by far the most important risk factor for developing lung cancer. Harmful substances, called carcinogens, in tobacco damage the cells in the lungs. Over time, the damaged cells may become cancerous. Stop smoking to greatly reduce your risk for getting lung cancer. You should also limit your exposure to second-hand smoke. Exposure to other inhaled carcinogens can also cause lung cancer.

### Signs and Symptoms

Common signs and symptoms of lung cancer include:

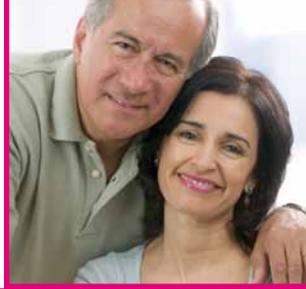
- A cough that does not go away and gets worse over time
- Constant chest pain
- Coughing up blood
- Shortness of breath, wheezing, or hoarseness
- Repeated problems with pneumonia or bronchitis
- Swelling of the neck and face
- Loss of appetite or weight loss
- Fatigue



### Check with Your Doctor

To help find the cause of the symptoms, your doctor will need to check your medical history, smoking history, exposure to harmful substances in your environment, and family history of cancer. The doctor will also perform a physical exam and may order a chest x-ray. If cancer is suspected, the doctor may want to get a deep-cough sample of mucus from the lungs. To confirm cancer in your lungs, the doctor uses a medical procedure to take a small sample of tissue from the lungs for examination under a microscope.

Treatment options depend on the type, size, location and stage of the cancer. Many different treatments may be used to control the lung cancer and/or improve quality of life by reducing symptoms.



## **Colon Cancer**

Colon cancer is the third most common cancer in both men and women. Cancer that begins in the colon is called colon cancer. Cancer that begins in the rectum is called rectal cancer. Cancer that affects either of these organs may also be called colorectal cancer.

### **Risk Factors**

Colorectal cancer is more likely to occur as people get older. This disease is more common in people over the age of 50, but it can also occur at younger ages. Risk factors include diets that are high in fat and low in fiber; polyps (growths on the inner wall of the colon and rectum); personal or family history of cancer; and a condition called ulcerative colitis (inflammation of the lining of the colon).

### **Signs and Symptoms**

In its early stages, colorectal cancer usually causes no symptoms. Common signs and symptoms of colorectal cancer in its later stages may include:

- A change in bowel habits (diarrhea, constipation, or feeling that the bowel does not empty completely)
- Blood (either bright red or very dark) in the stool
- General abdominal discomfort (frequent gas pains, bloating, fullness, cramps)
- Weight loss with no known reason
- Constant tiredness
- Vomiting

### **Check With Your Doctor**

Beginning at age 50, men and women who are at average risk for developing colorectal cancer may need one of the following tests. These tests are used to detect polyps, cancer or other abnormalities, even when a person does not have symptoms. Your health care provider can explain more about each test.

- Digital rectal exam
- Fecal Occult Blood Test (FOBT)
- Flexible sigmoidoscopy
- Colonoscopy

Surgery is the most common treatment for colorectal cancer. Treatment options depend on the type, size, location and stage of the cancer.



## Skin Cancer

Most types of skin cancer are highly curable. The most serious type of skin cancer is melanoma. Melanoma is one of the most common cancers. The chances of developing it increases with age but can occur at any age. People with many moles, fair skin, personal or family history of melanoma, history of sunburn, and excessive exposure to ultraviolet (UV) radiation including sun exposure, tanning booths and sunlamps, are at risk for developing melanoma.

Skin cancer can occur on any skin surface. In men, it is usually found on the trunk of the body, between the shoulders and the hips, or on the back of the neck. In women, it often develops on the lower legs. Melanoma is rare in African Americans and others with dark skin. When it does develop in dark-skinned people, it tends to occur under the fingernails or toenails, or on the palms or soles of feet.

### Signs and Symptoms

Symptoms may include any change on the skin, such as:

- A new spot or one that changes in size, shape, or color
- A sore that does not heal
- A mole or other dark growth or spot on the skin that changes
- Scaliness, oozing, bleeding, or change in the appearance of a bump or nodule
- The spread of pigmentation beyond a mole's border
- A change in sensation, itchiness, tenderness, or pain

### Prevention

Limit your exposure to the sun during the midday hours (10 a.m. - 4 p.m.). When outdoors, wear a hat that shades the neck, face and ears and a long-sleeved shirt and long pants. Wear sunglasses to protect the skin around your eyes. Use sunscreen with an SPF of 15 or higher. The best advice for you and your family is to cover up.

See your health care provider if you notice any changes in your skin.

## For the Men in Your Life

Many women have fathers, brothers, husbands or friends who need to know about their risk of cancer. Talk to them about their health and about getting screened for **prostate cancer**.

Prostate cancer is the most common cancer in American men. Men over the age of 50, those with a family history of cancer, and African-American men are most likely to develop prostate cancer.

Every man should discuss prostate screening tests with a doctor.

# Heart Health and You

**Did you know that,** in the United States, more women die from heart disease than from any other cause, including all types of cancer? Heart disease and stroke are the first and third leading causes of death for women in the United States.

Many women do not take their risk of heart disease seriously. Anything that increases your chances of getting a disease is called a risk factor. Some risk factors for heart disease and stroke, such as age, race and family history, are out of your control. But there are risk factors that you can change.

## **These are risk factors for heart disease you can change:**

**High blood pressure (hypertension).** Blood vessels become tight and constricted, forcing your heart to pump harder to move blood through your body.

**High blood cholesterol.** Cholesterol can build up on the walls of the arteries that carry blood to your heart, slowing down or blocking the flow of blood and oxygen to your heart.

**Smoking.** Cigarette smoking increases the risk of heart disease by increasing blood pressure, decreasing ability to exercise, and increasing the tendency for blood to clot. Smoking also increases LDL (bad) cholesterol and decreases HDL (good) cholesterol.

**Being overweight.** Overweight women are more likely to develop heart-related problems even if they have no other risk factors. Being overweight increases the chance of developing other risk factors, such as high blood pressure, high blood cholesterol, and diabetes.

**Little physical activity.** Physical inactivity adds directly to heart-related problems and increases the chances of developing other risk factors, such as high blood pressure and diabetes.

**Diabetes.** Diabetes raises the risk of heart disease and stroke. Diabetic women are more likely to have high blood pressure and high blood cholesterol.





## Know the Warning Signs

### Signs of a Heart Attack

- Chest discomfort or uncomfortable pressure, fullness, or squeezing, or pain in the center of the chest that lasts longer than a few minutes, or comes and goes
- Spreading pain to one or both arms, back, jaw, or stomach
- Cold sweats and nausea

### Signs of a Stroke

- Sudden numbness or weakness of face, arm, or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause
- Blurred or double vision, drowsiness, and nausea or vomiting

**Not everyone gets all of these warning signs. Sometimes, these signs can go away and return. Every minute counts. If you have any of these signs, call 911 right away!**

## ***Lower your risk of heart disease and stroke***

- If you smoke, quit!
- Keep appointments with your clinic or doctor.
- If your doctor wants you to take medicine, please take it.
- Eat fruits, vegetables, whole grains and low-fat dairy foods.
- Choose a diet low in total fat, saturated fat and cholesterol and moderate in sugars, salt and sodium.
- If you have diabetes or pre-diabetes, learn what you can do to keep your blood sugar more normal.
- If you sit at work, get up and stretch or move at least once every hour.
- Increase your physical activity; walk more minutes each day. Try to get at least 30 minutes of physical activity on most days of the week.
- Maintain a healthy weight. Ask your health care provider what a healthy weight is for you.

# Steps to a Healthier You

## Steps to Moving More!

- Choose an activity that's fun.
- Change activities so you don't get bored.
- Doing housework may not be fun, but it does get you moving. So does gardening, yard work and walking the dog.
- If you can't set aside one block of time, do short activities during the day, such as three 10-minute walks.
- Create opportunities for activity, such as parking your car farther away, or taking the stairs instead of the elevator.
- Don't let bad weather stop your activity! Find activities to do indoors like organizing closets, cleaning house, or chair exercises for strength training.
- Set specific, short-term goals, and reward yourself when you achieve them.
- Make your activity a regular part of your day, so it becomes a habit.

**Talk to your health care provider before you start any physical activity if you have heart disease or had a stroke or are at high risk for them; have diabetes or are at high risk for it; are obese; have an injury; are older than age 50; or are pregnant.**

## Steps to Eating Smart!

A healthy diet helps promote good heart health and may help prevent some cancers. The basic steps to good nutrition come from a diet that:

- helps you either lose weight or keeps your Body Mass Index (BMI) in the “healthy” range;
- is balanced overall, with foods from all groups, with lots of fruits and vegetables, low-fat milk products, and whole grains;
- is low in saturated fat and keeps trans fats as low as possible, with most fats coming from fish, nuts and vegetable oils;
- includes a rainbow of fruits and vegetables – nine or more servings a day;
- has a very small number of calories from added sugars (like candy, cookies, and cake); and
- has foods prepared with little salt.
- If you drink alcoholic beverages, limit to one drink a day.
- Prepare meals at home and eat less processed food.

**For more information, visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).**



# Screening Schedule

Early detection is your best protection. This chart shows the screening tests recommended by the Breast and Cervical Cancer Control Program (BCCCP) and WISEWOMAN for women ages 18 and over. These tests are provided to you for free or at low cost from BCCCP and WISEWOMAN. Check with your health care provider for specific recommendations for screenings based on your age, current health and past medical history.

TESTS	AGE		
	21-39	40-49	50+
Breast Self-Exam	Monthly, as recommended by your doctor or nurse		
Clinical Breast Exam	Every 3 years	Yearly by a health care provider.	
Mammogram	Based on symptoms	Ask your doctor or nurse if regular mammograms are right for you.	Every 1 to 2 years
Pap Test	Every 3 years		
Blood Pressure	Every 3 to 5 years	Every year	
Cholesterol	Based on risk	Every year from age 40 on	
Blood sugar	Based on risk	Every 3 years from age 40 on	

## My Health Provider Contacts

Doctor \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Mammogram Facility \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

## My Appointment Dates

BSE (monthly) \_\_\_\_\_

CBE \_\_\_\_\_

Mammogram \_\_\_\_\_

Pap Test \_\_\_\_\_

Blood Pressure \_\_\_\_\_

Cholesterol \_\_\_\_\_

Blood Sugar \_\_\_\_\_

Information in this publication was adapted from:

American Cancer Society, 2007: *Cancer Facts & Figures 2007*. Atlanta

Dietary Guidelines for Americans, 2005. [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

National Cancer Institute, 2006: *What You Need to Know About Cancer*. [www.cancer.gov](http://www.cancer.gov)

National Women's Health Information Center, 2007: *Women's Steps to a Healthier US. 2007 Daybook*.

US Department of Health and Human Services, Office of Women's Health. [www.4women.gov](http://www.4women.gov)

**The Breast and Cervical Cancer Control Program  
is here to serve you.**

## ***Additional Resources:***

**Cancer Information Service** (español, English, & TTY) at  
**1-800-4-CANCER (1-800-422-6237)**

**American Cancer Society**  
**1-800-227-2345 (24-hour, 7-day)**

**Quit Now N.C. to stop smoking** (español and English)  
**1-800-QUIT NOW (1-800-784-8669)**  
**(TTY: 1-877-777-6534)**  
**[www.quitlinenc.com](http://www.quitlinenc.com)**

Local Program Information



State of North Carolina • Department of Health and Human Services  
Division of Public Health • Chronic Disease and Injury Section • Cancer Control and Prevention Branch  
[www.publichealth.nc.gov](http://www.publichealth.nc.gov)

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