

Cervical Cancer Is Linked to Sexual Activity

Cervical cancer affects the lower part of a woman's reproductive system. There are 15,000 new cases of cervical cancer each year.

Studies have found a number of activities can contribute to a woman getting cervical cancer, including having sexual intercourse with many partners and cigarette smoking.

Learning how to find breast and cervical cancer in their early stages can help save your life.

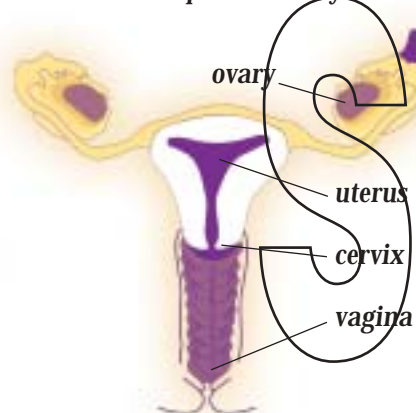
Breast Cancer Is the Second Most Common Cancer in Women

More than 180,000 women get breast cancer each year. If it is found early enough, it can be treated.

Some groups of women are at higher risk for breast cancer than others, these include:

- Women over 40 years old
- Women with a close family member that has had breast cancer
- Women who have had a child after age 30

Woman's Reproductive System



Your Health Is Important

Take care of your health, do it for yourself and for your family.

For more information on breast and cervical cancer, call the National Cancer Institute at:

1-800-4-CANCER

Or visit their Web site at:

www.cancer.gov

Breast & Cervical Cancer

*find them early
and save your life*



Three Easy Steps to Check Yourself for Breast Cancer

1. Stand in front of a mirror. Look for any changes on your skin, nipple, or in the shape of your breast.
2. Feel for any bumps or lumps in your breasts, your armpits, and your collarbone.
3. Check yourself at least once a month. If you see anything out of the ordinary, or feel a lump, visit your doctor or a health clinic.

Get Tested by a Doctor or Nurse Once a Year

Have a doctor or nurse perform a clinical breast exam. They may be able to find a lump that you have missed.

A doctor can also take an x-ray picture of your breasts. This is known as a *mammogram*. It is quick, painless, and is the best way to make sure your breasts have no hidden lumps.

If a lump is found, the doctor will check to see if it's *benign* – meaning it isn't cancer and will not spread, or *malignant* – which means the lump is cancer and could spread through your body.

Breast Self-Exam



Cervical Cancer Can Only Be Found by a Doctor

Doctors first learned how to test for cervical cancer in the 1940s. The test is called the *Pap test* and it has lowered cases of cervical cancer in the United States by 75 percent!

The *Pap test* is fast and it doesn't hurt. You don't need to feel shy or embarrassed. You have the right to ask for a female doctor if you want one.

The doctor will take a small sample from your cervix and analyze it in a lab. You will get the results in a couple of weeks.

Pap Test



Finding Places that Test for Breast and Cervical Cancer

Many community health centers and clinics offer free or low cost breast exams and Pap tests. Your regular doctor or nurse, or any hospital will also be able to provide these services.

Look for special programs in your community that will help you get information about breast and cervical cancer and where to get tested.

Six Tips for Preventing Breast and Cervical Cancer

- Avoid using alcohol or tobacco
- Include fruits and vegetables in your diet. They have nutrients that fight cancer
- Avoid sexually transmitted infections. Get to know your partner before having sexual contact, and always use a condom
- Know your family history. If a woman in your family has had cancer, you could be at greater risk to get it as well
- Examine your breasts for lumps at least once a month
- Ask your healthcare provider how often you should get breast exams and Pap tests

Be aware. You can save your own life!

Testing is important. Ask your healthcare provider how often you should get breast exams and Pap tests.

