

"Getting tested was the best thing I ever did"



"I need to be there for my family"

Need more information?

National Cancer Institute
1-800-4-CANCER (1-800-422-6237)
www.cancer.gov

Moffitt Cancer Answers
1-888-MOFFITT (1-888-663-3488)
www.moffitt.org

American Cancer Society
1-800-227-2345
www.cancer.org

**Let's talk about
breast and cervical cancer.
For your health, for your family.**



Contact us at **1-866-84-TBCCN (1-866-848-2226)**
or visit **WWW.TBCCN.ORG**

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Let's Talk About Breast and Cervical Cancer



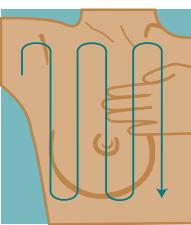
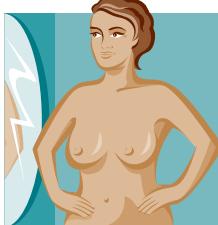
Four ways to take care of your health

1 Make breast self-awareness a part of your life

Know what is normal for you. Check your breasts once a month. Wait 7 days after your period (cycle) has ended. If you do not have periods, check your breasts on the same day each month.

Look for changes in the color, size or appearance of your breasts.

In front of the mirror



Feel your breasts for lumps and talk to your doctor if you have questions or concerns.



Lying down

Use the tips of your fingers

In the shower

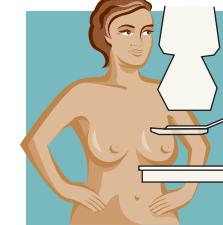
2 Get your breasts checked by a doctor or nurse

When you get your Pap test or regular check-up.

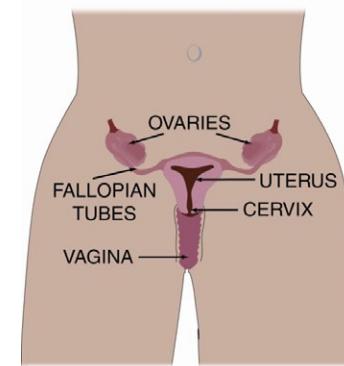


3 Get a Mammogram (X-ray of your breasts)

Every 1-2 years if you are 40 years of age or older, or earlier than 40 years old if you have a family history of breast or ovarian cancer.



4 Get a Pap test no later than age 21



The Pap test checks your cervix for abnormal cells that could turn into cervical cancer. Cervical cancer is caused by the Human Papilloma Virus (HPV). HPV is spread by sexual contact.

Each year, ask your doctor how often you should get your Pap test.

