



Make a Promise To Yourself And Your Family

Promise to get a checkup every year...

Because breast and cervical cancer can strike any woman at any time.

- During her lifetime, one woman in eight will be affected by breast cancer.
- Breast cancer is one of the leading killers of women, but most will survive if treated early.
- Every year, cancer of the cervix will affect thousands of women.
- These cancers can be cured if treated in time.
- Regular screening for breast and cervical cancer is important.

**Call the Learn To Live Line at the
Anne Arundel County Department of Health
for more information**

410-222-7979

**or go to www.aahealth.org ...
learn to live ... women's health**

Learn To Live

Healthy Living From The Anne Arundel County Department Of Health
www.aahealth.org



Promise To Remember These Tips... For Your Health, For Your Life

- *Get a Pap test and breast exam*

If you are sexually active or older than age 21, get Pap tests and breast exams done by your doctor. They will help detect cervical cancer and breast problems early.

- *Get a mammogram*

This safe and easy test will help detect breast cancer early while it is still easy to cure. At age 40, you should consider starting this healthy habit. After age 50, you should have a mammogram once a year because your risk of breast cancer increases with age.

- *Call for more information*

If you are not already getting regular checkups, call your doctor or the number below for more information on health care resources.

Ask about the Breast and Cervical Cancer Program, which offers FREE mammograms, Pap tests and breast exams, depending on your age, income, and insurance. Appointments are made with participating local health care providers. You can sign up easily by calling **410-222-6180**. All calls are confidential.

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