

LOVE  
YOUR  
SELF

GET BREAST AND CERVICAL CANCER SCREENINGS.

*You're worth it.*

TALK TO YOUR  
HEALTH CARE PROVIDER.  
Don't have one?

Call 302-407-0158 or visit [HealthyDelaware.org/WomensHealth](https://HealthyDelaware.org/WomensHealth)  
to have a Nurse Navigator help schedule a screening for you.



HEALTHY  
DELAWARE



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Bureau of Chronic Diseases

# breast

## **WOMEN SHOULD GET MAMMOGRAMS EVERY YEAR TO PROTECT THEIR LIVES. YOU CAN DO IT.**

A mammogram is a breast cancer screening. You should get a mammogram every year after your 40th birthday — if you have a family history of breast cancer, talk to your health care provider to find out if you should start getting mammograms at an earlier age. A mammogram takes just a few minutes and can give you peace of mind.

### **GETTING A MAMMOGRAM IS EASY.**

A machine will look at your breasts using digital technology. It's fast and easy. You'll be a little uncomfortable for a few seconds, but it's worth it to know that your breasts are healthy.

The mammogram lets the health care provider look at breast tissue that can't be felt during an exam. It's good to know if something does show up on your mammogram. The sooner you know about it, the easier it is to treat. After the screening, your health care provider will notify you of your results.

# cervical

## **CARE ENOUGH ABOUT YOURSELF TO GET SCREENED FOR CERVICAL CANCER.**

A Pap test looks for cell changes on your cervix — and finds them early so that they can be treated. You should start getting Pap tests at age 21. **Over the last 30 years, the cervical cancer death rate has been reduced more than 50 percent.**

### **THE PAP TEST IS DONE AT YOUR HEALTH CARE PROVIDER'S OFFICE.**

A Pap test is a simple procedure that takes just a few minutes. The health care provider will collect a few cells from your cervix that will be examined by a lab. At most, a Pap test may cause a little discomfort, but only for a few seconds. Your health care provider will let you know how to obtain your results.