



Protect Yourself from Breast Cancer: *Know the Facts*

CANCER IS A DISEASE IN WHICH CELLS IN THE BODY GROW OUT OF CONTROL. WHEN CANCER STARTS IN THE BREAST, IT IS CALLED BREAST CANCER. BREAST CANCER IS THE MOST COMMON CANCER IN CALIFORNIA WOMEN.

You May Qualify for **FREE Breast Cancer Screening** if You:

- ✓ Are 40 years old or older
- ✓ Have low income
- ✓ Have no or limited insurance
- ✓ Are not getting these services through Medi-Cal or another government-sponsored program
- ✓ Live in California

Breast Cancer Screening Saves Lives

Breast cancer screening means checking a woman's breasts to find breast cancer early, when it is easier to treat. Doctors can find breast cancer early with a mammogram and/or a clinical breast exam.

A **mammogram** is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Clinical Breast Exam: A health provider will check the breasts for lumps and other changes.

Be aware of your breasts, know how your breasts look and feel normally. Let your doctor know if you see or feel any changes.

Talk with your doctor about when to start breast cancer screening and how often you should have a mammogram, especially if you have an increased risk (e.g., family or personal history of breast cancer).

To see if you qualify for the Every Woman Counts Program, call **1-800-511-2300** or the California Relay Line **711-1-800-735-2929**.

For more information, please visit:
<http://dhcs.ca.gov/EveryWomanCounts>



Every Woman Counts

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