

Prevent Breast Cancer

Find breast cancer early with regular testing

What is breast cancer?

Breast cancer is when cells in the breast grow out of control. The cells usually form a tumor or lump you can see with an X-ray or sometimes feel.

It is important to find and treat this disease early before it spreads to other parts of the body.

There are free and low-cost test options.



Who needs to be tested?

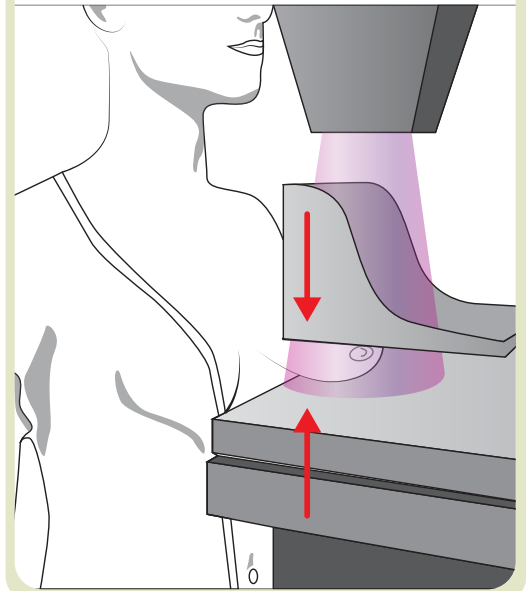
Age	What to do
Under 40	Talk to your doctor
40 - 49	Talk to your doctor
50 - 74	Get a mammogram every 2 years
75+	Talk to your doctor

What is the test?

A **mammogram** is an x-ray of the breast.

Some places you can get a mammogram:


- Doctor's office
- Community health center
- Hospital
- Mobile mammogram truck



Who should get tested early?

You have a higher risk of breast cancer if:

- You or someone in your family has had breast cancer
- You had radiation therapy to your chest or breast
- You had your 1st menstrual period before age 12
- You had your 1st baby before age 30, or never had a full term pregnancy
- Your mother used DES estrogen treatment to prevent miscarriage, and you were born between 1940-1971

 **If someone in your family has had breast cancer, talk with a doctor about getting tested early.**

Talk to your doctor if you have a higher risk and ask if you should get tested early.



Should I get tested for breast cancer?



Paying for the test:

Health insurance

Breast cancer tests are free with health insurance.

Well Woman Program

Pays for breast cancer tests if you:

- ☐ Are between ages 45-65
- ☐ Don't have health insurance, or need help paying for a breast cancer exam
- ☐ Have a monthly income between:

Family Size	1	2	3	4	5
Annual Income	\$36,450	\$49,300	\$62,150	\$75,000	\$87,850

Count the income of all people in your family

Call 2-1-1 to find a Well Woman program near you.

If you need treatment, you may qualify for Well Woman Medicaid. This is a different program that covers the cost of treatment and services. Call 608-266-1720 to apply.

Community Health Center

Can give you a breast cancer test at a discount based on your income and family size.

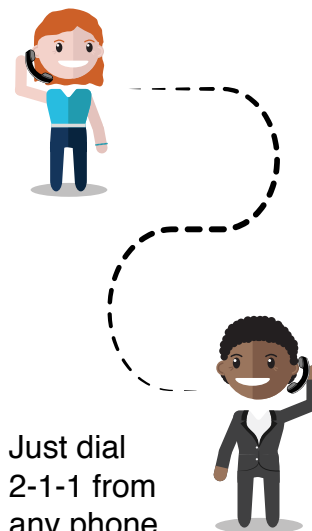
Call 2-1-1 to find a community health center near you.



Developed by:
covering
Wisconsin
Connect to Care, Engage in Health
www.coveringwi.org

What is 2-1-1?

2-1-1 is a United Way Helpline that connects people to local help in the community.



Just dial
2-1-1 from
any phone.

How can I lower my risk for breast cancer?

- Get regular exercise
- Keep a healthy weight
- Limit alcohol. If you drink, no more than 1 drink per day
- Talk to your doctor about medication or other ways to lower your risk
- If you use birth control pills or take hormones for menopause symptoms, talk to your doctor about the risks for breast cancer.



What is 1 drink?