

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.

Check the back



Who needs to be tested?

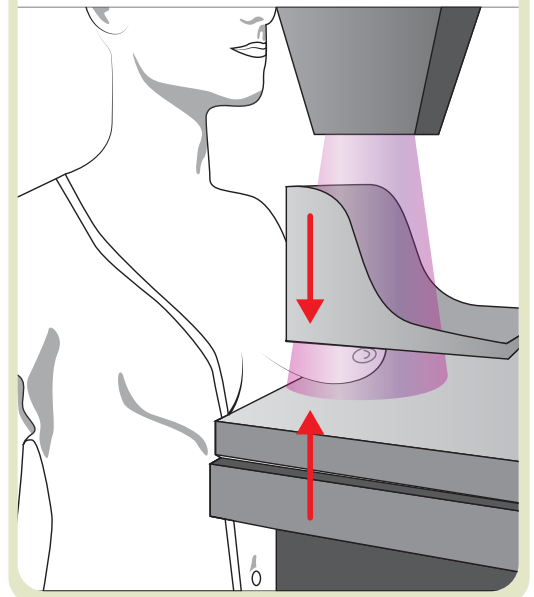
| Age | What to do |
|----------|--------------------------------------|
| Under 40 | Talk to your doctor |
| 40 - 74 | Get a mammogram every 2 years |
| 75+ | Talk to your doctor |

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 first menstrual period before age 12
- You had your first 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.

Wisconsin Well Woman Program

Pays for breast cancer tests if you:

- Are between ages 40-64
- Don't have health insurance, or need help paying for a breast cancer exam
- Your income is at or below 250% of the federal poverty level. Check if your income qualifies by scanning the QR code.



There are some exceptions for the age requirements, depending on need. To learn more, go to www.dhs.wi.gov/wwwp

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

If you need treatment, you may qualify for Wisconsin 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.

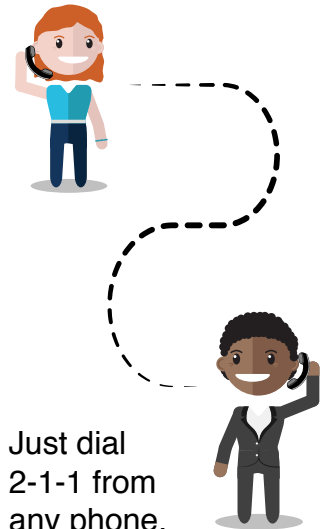
Call 2-1-1 to find a community health center near you.



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?