

Getting screened could save your life.

The *Care for Yourself* program provides free or low-cost breast and cervical cancer screenings to qualified Iowans. Regular screening is the best way to prevent and detect cancer in its earliest stages.



Regular Cancer Screenings. Priceless Moments.

There are many program sites serving people across the state of Iowa. Call the Iowa *Care for Yourself* program today at **1-866-339-7909** to find a program near you.

Why wait? Call today.

Iowa *Care for Yourself* Program

Iowa Department of Public Health
Lucas State Office Building
321 E 12th Street
Des Moines, IA 50319

1-866-339-7909

www.idph.iowa.gov/CFY



The Iowa Breast and Cervical Cancer Early Detection Program is a special service for people ages 40 and older sponsored by the Iowa Department of Public Health with funds provided by the Centers for Disease Control and Prevention. This material is supported in part by Cooperative Agreement NU58DP006327-04 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.
11/2020

Care for Yourself

The Iowa Breast & Cervical Cancer Early Detection Program

CANCER DOESN'T WAIT.



SCREENING SHOULDN'T EITHER.



Don't Wait!

Early stages of cancer usually have no symptoms. Screening tests can find cancer before any signs or symptoms develop. That's why it is important to be screened regularly.

Did you know that one in eight individuals with breast/chest tissue will be diagnosed with breast cancer in their lifetime?

The screening tests for breast cancer include an office visit with your healthcare provider, a breast exam and a mammogram, if eligible.

Did you know that nearly all cervical cancers can be prevented if a person is screened regularly?

The screening test for cervical cancer is a Pap test, an HPV test, or both. Regular testing gives you the best chance of preventing cervical cancer.

If you've got it, check it.

You may qualify for these services:

- Clinical breast exam
- Mammogram
- Pap test and/or HPV test
- Pelvic exam
- Diagnostic tests
- Assistance with transportation
- Assistance making appointments

You meet the program guidelines if you can mark a box in each category:

Age

- I am age 40 years or older; OR
- I am under age 40 and have breast cancer symptoms

Household Income

- My household income is at or below 250 percent of the Federal Poverty Level.



What if I'm diagnosed with breast or cervical cancer?

If you need treatment for breast or cervical cancer and are uninsured, you may be eligible for Medicaid to pay for treatment. If you need this service, the *Iowa Care for Yourself* program can help guide you through the process.



Still not sure if you qualify?

Call **1-866-339-7909** or visit
www.idph.iowa.gov/CFY

If you need accommodations for hearing or speech, call 711 for the Telecommunications Relay Services line.

Early detection saves lives.