

## Breast Cancer Screening Guidelines

### Mammogram Every 1 - 2 years

A mammogram is an X-ray of the breast. Having regular mammograms can lower the risk of dying from breast cancer.



If you are between 50 and 64 years old, get a mammogram every 1-2 years.

If you are symptomatic or have family history, you may want to talk to your provider about when and how often you should have a mammogram.

## Cervical Cancer Screening Guidelines

### Pap Test Every 3 OR 5 years (age dependent)

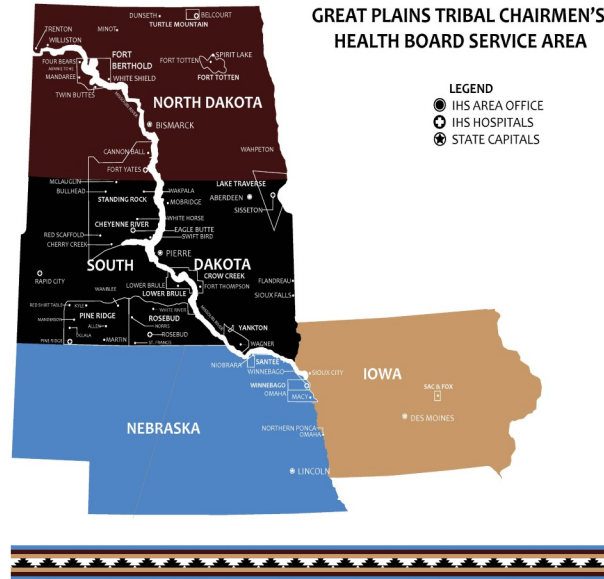
The Pap test (or Pap smear) looks for cell changes on the cervix that might become cervical cancer if they are not treated.

The Pap test is recommended for most women 21 - 64 years old.



Please contact your provider if you have any questions or concerns about screening.

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Contact us!

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HONOR EVERY WOMAN

Great Plains Breast & Cervical Cancer  
Early Detection Program



“Hecel Oyate Kin Nipi Kte”  
“So that the People May Live”

## Who We Are

Honor Every Woman's mission is to reduce the number of American Indian/Alaska Native women in the Great Plains diagnosed with breast and cervical cancer, and to increase the number of women who receive life-saving pap tests, HPV tests, and mammograms.

By creating and maintaining partnerships at multiple levels of healthcare Honor Every Women will be able to increase screening rates in rural and urban communities.

### *Honor Every Woman*



#### Program Support

- ◆ Revenue generating - provide reimbursement for screening services
- ◆ Subaward funding for implementation of Evidence Based Interventions
- ◆ Patient Navigation & Training
- ◆ Technical Assistance
- ◆ Education materials
- ◆ To request educational materials visit:

<http://health.gptchb.org/gpbccedp/>

## Early Detection

### Why is early detection so important?

- Breast and cervical cancer screenings and **early detection saves lives.**
- An estimated 8%-11% of U.S. women of screening age are eligible to receive no cost mammograms or pap tests through the Breast and Cervical Cancer Early Detection Program



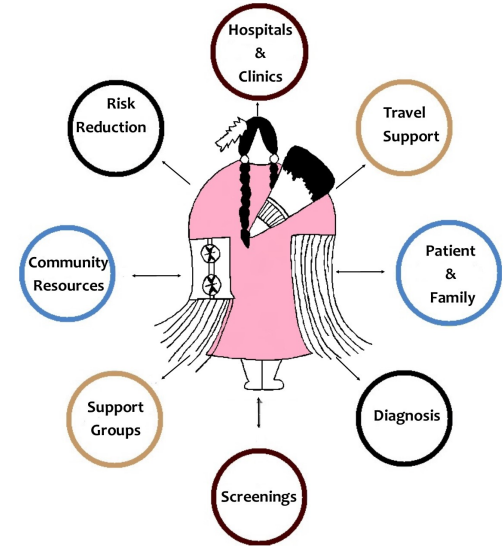
Honor Every Woman provides grant opportunities for Great Plains Tribal programs & IHS clinics to apply for funding to increase their breast and cervical cancer screening rates. By utilizing two different ways they are able to achieve this goal.

- 1) Using Evidence based interventions at clinics such as:
  - Provider Assessment & Feedback
  - Provider Reminders
  - Client Reminders
  - Reducing Structural Barriers
- 2) Using a unique model to encourage patient navigation, HEW and local partners can detect more cancers at an earlier stage.

## Patient Navigation

### Patient Navigators

Function like the hub of a wheel to coordinate patient access to resources across the continuum of care.



Helps Patients and Families of Patients to:

1. Overcome access to care barriers.
2. Provide outreach to patients' State and/or Tribal programs.
3. Help find referrals for financial assistance resources, travel and transportation or medication costs.
4. Access support systems.
5. Provide access to information and resources relevant to a cancer diagnosis.
6. Understand their diagnosis.
7. Connect patient with other supportive health care professionals (social workers, homecare providers, and counselors).