

*It's time
for your
mammogram*

*Do it for yourself;
do it for your family.*

Please bring this flyer with
you to your appointment.



Breast & Cervical
CANCER
Program of Alabama

Alabama Department of Public Health

Reminder for Annual Mammogram

Your Health Is Important! If you are a woman between ages 40-64 and have not had a Breast Cancer Screening Test in the last two years, then you are eligible to get a Free Screening Mammogram.

A Mammogram is an X-ray of the breast to check for signs of breast cancer. Having a Mammogram once every year saves lives from breast cancer. A Mammogram can find breast cancer at an early stage when the cancers are too small to see or feel. When diagnosed early, the survival rate is over 95%.

- If you are age 40-49, please call your county health department and schedule an appointment for a free clinical breast exam. You will then be referred to a mammogram facility for a free mammogram through the Alabama Breast and Cervical Cancer Early Detection Program.
- If you are age 50-64, please call your Patient 1st Primary Care Provider to schedule your annual mammogram.

BREAST CANCER

Be Informed

Breast cancer is the most common cancer diagnosed and the second leading cause of death among women in Alabama and the United States

About 85% of breast cancer occurs in women who have no family history of the disease

There are approximately 3.5 million breast cancer survivors in the United States

1 in 8 women in the United States will develop breast cancer in her lifetime

Up-to-date Mammography, Women 45 Years and Older



In Alabama, an African American woman diagnosed with breast cancer is 48% more likely to die from the disease than her Caucasian peer

48%

Risk Factors

Beyond Your Control

Major risk factors for breast cancer are **BEING A WOMAN** and **GETTING OLDER**

Other Risk Factors Include:

- Gene Mutation
- Family History
- Obesity
- High Breast Density
- Heavy Drinking
- Hormone Therapy
- Smoking
- Radiation

Women often detect breast cancer on their own

Free Screening

Alabama Breast and Cervical Cancer Early Detection Program provides breast cancer screening including mammograms and clinical breast exams for women who qualify.

For more information about free screenings, contact ABCCEDP toll-free at 1-877-252-3324 or contact your local county health department.

Sources:

Centers for Disease Control and Prevention, 2020
American Cancer Society, 2018
Susan G. Komen, North Central Alabama



Don't Forget...
MONTHLY
BREAST SELF-EXAMINATION

*holding your hand
every step of the way*

FREE

MAMMOGRAM

(with follow-up)

PAP SMEAR

(with routine follow-up)

FURTHER TESTING

(for those who need it)

CANCER TREATMENT

(for those who need it)

If you are age 40 to 64, have no insurance and a low income, you may qualify for the Alabama Breast and Cervical Cancer Early Detection Program.

*early detection of breast and
cervical cancer saves lives*



For more information contact
Stephen Jaye at
334-206-3336



FREE

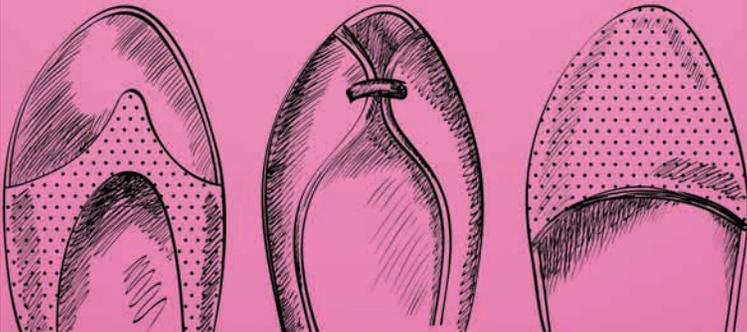
mammograms and pap smears

If you are age 50 to 64, have no insurance and a low income, you may qualify for a FREE Mammogram and Pap smear.

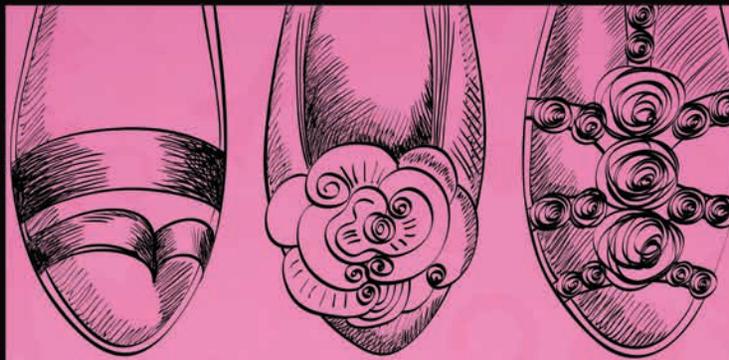
With you every step of the way from FREE SCREENING to FREE TREATMENT



For more information, call toll-free
1-877-252-3324
adph.org/earlydetection



17X33 POSTER/SHOES



FREE

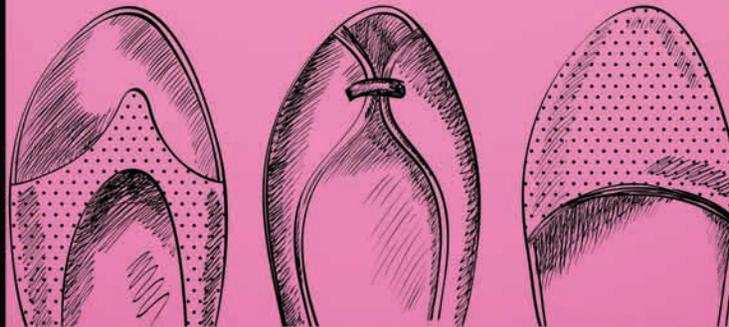
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With you every step of the way from FREE SCREENING to FREE TREATMENT



For more information, call toll-free
1-877-252-3324
adph.org/earlydetection



17X33 WALL GRAPHIC/SHOES

CLIENT: ALDOH CANCER
MARKET: NATIONAL/SHOES
POST DATE: APR 2016



FREE

mammograms & pap smears

*holding your hand
every step of the way*



If you are age 40 to 64, have no insurance and a low income,
you may qualify for a FREE Mammogram and Pap smear.

early detection of breast and cervical cancer saves lives



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FREE MAMMOGRAMS & PAP SMEARS

If you are age 40 to 64, have no insurance and a low income, you may qualify for a FREE Mammogram and Pap smear.

Early Detection of Breast and Cervical Cancer Saves Lives

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Breast & Cervical
CANCER
Program of Alabama

Alabama Department of Public Health

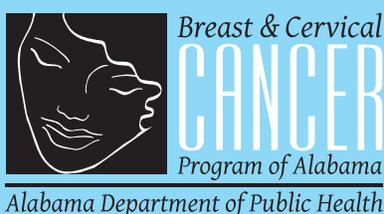
adph.org/earlydetection



*Is it time for
your Pap smear?*

*Do it for yourself;
do it for your family.*





Reminder: Free Pap Smears Save Lives!

Your health is important! If you are a woman between the ages of 21 – 64 and have not had a Pap smear in the past three years, you may qualify for a free Pap smear.

A Pap smear is a test that is done to look for signs of early cell changes on the cervix that can lead to cervical cancer. Testing for human papilloma virus (HPV) is often done at the same time as a Pap smear in women 30 and older. HPV is known to cause the majority of cervical cancers.

Call your Patient 1st or primary care provider to schedule your Pap smear.





CERVICAL CANCER PREVENTION

DID YOU KNOW?

Up to 93% of cervical cancers are preventable²



Over 90% of all cervical cancers are caused by human papillomavirus (HPV)²

HOW CAN CERVICAL CANCER BE PREVENTED?

HPV VACCINATION

- Protects against the types of HPV that most often cause cervical, vaginal, vulvar and cancers of the mouth, throat and neck.
- Is recommended for 11- and 12-year-old girls and boys
- Is also recommended for teens, women, and men age 13 through 45 who have not yet been vaccinated or completed the vaccine series
- Is safe and long-lasting



CERVICAL CANCER SCREENING

- Women should get the Pap test starting at age 21 every 3 years
- Women aged 30 – 65 should have a Pap test and an HPV test (co-testing) every 5 years
- Screening tests offer the best chance to have cervical cancer found early when treatment can be most successful
- The screening process is simple and fast
- Women who received the HPV vaccine should still follow screening guidelines for their groups



85%
of Alabama women age 21-65 received recommended Pap/HPV test¹

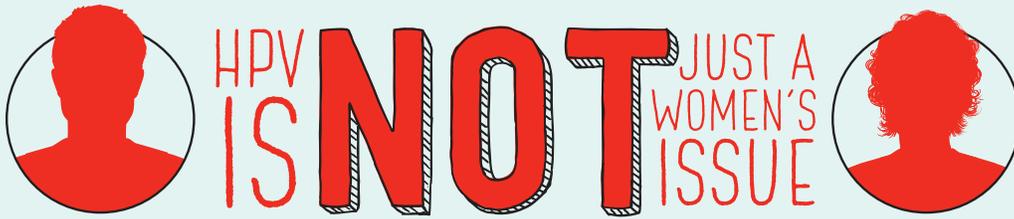
When detected at an early stage, the 5-year survival rate for women with invasive cervical cancer is 92%.¹

ALL women are at risk, but African American women die at nearly twice the rate of white women in Alabama. The Alabama Black Belt region is particularly impacted, with less than half having at least one OB/GYN.

1. American Cancer Society, 2020
 2. Centers for Disease Control and Prevention, 2019
 3. Human Rights Watch, 2018
 4. ADPH Primary Care and Rural Health



PREVENT CERVICAL CANCER: IT'S NOT TOO LATE!

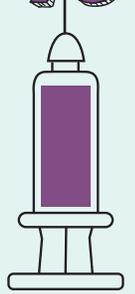


HPV IS **NOT** JUST A WOMEN'S ISSUE

THE HPV VACCINE PREVENTS

90%

OF HPV CANCERS



EVERY YEAR IN THE UNITED STATES,
14 MILLION MEN AND WOMEN
ARE INFECTED WITH THE HPV VIRUS.

EVEN THOUGH IT IS IDEAL TO GET HPV VACCINE AT AGE 11-12, IT IS STILL **HIGHLY EFFECTIVE** UP TO **AGE 26**

3 SHOTS GIVEN OVER **6 MONTHS**

WILL BE NEEDED FOR PERSONS WHO HAVE NOT RECEIVED THEIR VACCINE SERIES BEFORE AGE 15.

TALK TO YOUR DOCTOR ABOUT THE HPV VACCINE AND CERVICAL CANCER PREVENTION

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ALABAMA
PUBLIC
HEALTH



When I grow up
I want to be...

A DOCTOR
A LAWYER
A CEO

I WON'T LET HPV STOP ME!

ALABAMA
PUBLIC
HEALTH

The HPV Vaccine is a cancer prevention vaccine. Boys, girls, and young adults should receive the vaccine to defend against several different strains of cancers. The Advisory Committee on Immunization Practices recommends the vaccine begin at 11 to 12 years of age.

IMM
IMMUNIZATION DIVISION

DON'T LET HPV KEEP YOU FROM REACHING YOUR GOALS.
FOR MORE INFORMATION, VISIT ALABAMAPUBLICHEALTH.GOV/IMMUNIZATION
OR FACEBOOK.COM/ALABAMAIMMUNIZATIONINFO



*When I grow up
I want to be...*

AN OLYMPIAN

**A PROFESSIONAL
ATHLETE**

**A DANCE
INSTRUCTOR**



I WON'T LET HPV STOP ME!



The HPV Vaccine is a cancer prevention vaccine. Boys, girls, and young adults should receive the vaccine to defend against several different strains of cancers. The Advisory Committee on Immunization Practices recommends the vaccine begin at 11 to 12 years of age.



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OR FACEBOOK.COM/ALABAMAIMMUNIZATIONINFO**



When I grow up
I want to be...

A MOM
A DAD

I WON'T LET HPV STOP ME!

ALABAMA
PUBLIC
HEALTH

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MYTH 1: THE VACCINE IS NOT SAFE.

TRUTH:

Years of research has proven that the HPV vaccine is safe. More than 80 million doses of the HPV vaccine have been given in the U.S. with no serious problems.

MYTH 2: THE HPV VACCINE CAUSES BAD SIDE EFFECTS.

TRUTH:

The U.S. Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) have found no proof that the HPV vaccine causes bad side effects. All vaccines may cause some side effects such as slight pain, redness, and/or swelling where the shot was given.



MYTH 3: THE HPV VACCINE IS ONLY FOR GIRLS.

TRUTH:

Both young females and males can be infected with HPV. The vaccine is strongly recommended for both girls and boys to help protect against HPV-linked cancers.



**STOP
HPV**
Be Cervical
Cancer
Free!



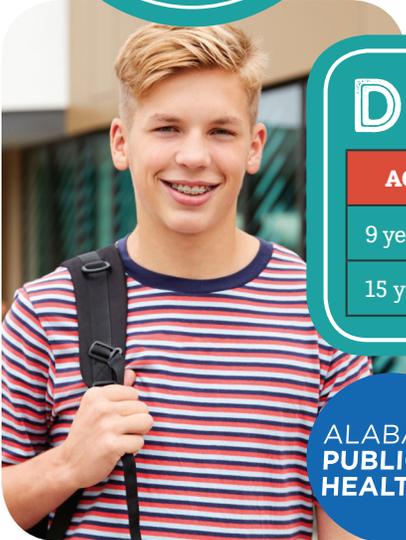
More than 26,000 new cases of HPV cancers could be prevented with HPV vaccination

**HPV Vaccine is
Cancer Prevention!**

**Don't Delay.
CALL
TODAY!**
Vaccine costs are covered by most insurance programs, Medicaid, and the Vaccine for Children Program (VFC).



**Prevents 90%
of HPV cancers**
Protects against half a dozen cancers including cervical and other HPV cancers.



DON'T WAIT TO VACCINATE

AGE AT FIRST DOSE	DOSE #2	DOSE #3
9 years until 15th birthday	6-12 months after dose #1	Not Needed
15 years or older	1-2 months after dose #2	Approximately 4 months after dose #2



Visit **alabamapublichealth.gov/cancer** for more information and other available resources.

ADULTS NEED VACCINES TOO!

✕ Flu ✕ HPV ✕ Tdap

Adult men and women between the ages of 19 and 45 should get the HPV VACCINE.

WHY GET THE HPV VACCINE?

The HPV vaccine protects against half a dozen cancers including cervical, vaginal, vulvar, penile, anal and oropharyngeal cancers.

Even though it is ideal to get the HPV vaccine between the ages of 9 and 12, research has shown that older adults can still benefit by gaining protection against the HPV types to which a person has not been exposed.

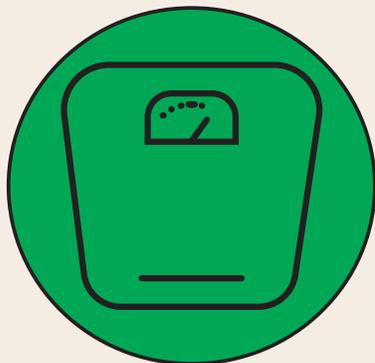
THE FACTS:

- HPV is a very common infection. Nearly 80 million American men and women are currently infected.
- Each year in Alabama more than 750 cases of HPV associated cancers in both men and women will be diagnosed.
- In general, HPV is thought to be responsible for about 91% of cervical cancers, 75% of vaginal cancers, 69% of vulvar cancers, 63% of penile cancers, 91% of anal cancers, and 70% of oropharyngeal cancers.
- The HPV vaccine prevents more than 90 percent of all HPV cancers.
- The vaccine is administered in 3 doses over a 6 month period.
- Research has shown that a new HPV infection can take anywhere from 10 to 20 years to develop into cancer.
- The HPV vaccine is safe and long-lasting.

EATING WELL & STAYING ACTIVE HELPS FIGHT CANCER



Some of the most important things you can do to help reduce your cancer risk include:

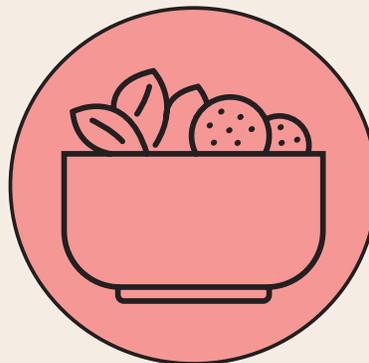


Maintain a healthy weight



Be physically active on a regular basis

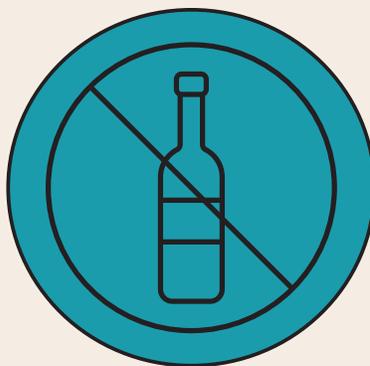
(at least 150 minutes a week)



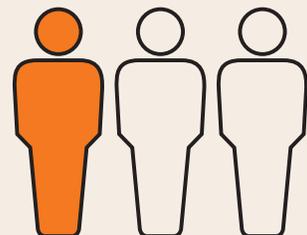
Make healthy food choices



Quit smoking



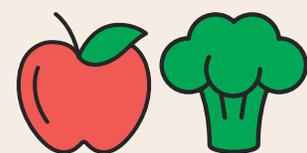
Limit the amount of alcohol you drink



1 in 3 Adults and 1 in 6 Children & Adolescents are Obese



A healthy diet includes 1 to 2 cups of fruit per day & 1 to 4 cups of vegetables per day



FIGHT CANCER

SIX ESSENTIAL SUPERFOODS READY
TO GO TOE-TO-TOE WITH CANCER



BROCCOLI



BREAST, LIVER, LUNG,
PROSTATE, SKIN, STOMACH
& BLADDER CANCERS



BERRIES



COLON, ORAL, ESOPHAGEAL
& SKIN CANCERS



TOMATOES



ENDOMETRIAL,
LUNG, PROSTATE &
STOMACH CANCERS



WALNUTS



BREAST &
PROSTATE CANCERS



GARLIC



BREAST, COLON,
ESOPHAGEAL &
STOMACH CANCERS



BEANS



BREAST &
COLON CANCERS



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Building Blocks for SURVIVING CANCER

Cancer survivorship care plans are an important component of follow-up care. A survivorship care plan is a record of your cancer and treatment history, as well as any checkups or follow-up tests you need in the future. It may also list possible long-term effects of your treatments, and ideas for staying healthy.

Patients should be encouraged to provide a copy of the care plan to their primary care providers and other healthcare providers throughout life.

ELEMENTS OF AN EFFECTIVE CANCER SURVIVORSHIP CARE PLAN:

DETAILS OF THE
CANCER DIAGNOSIS

TREATMENT
HISTORY

REHABILITATION

HEALTH CARE
PROVIDERS CONTACT
INFORMATION

SPECIFIC
RECOMMENDATIONS
FOR ONGOING CARE

POSITIVE HEALTH
BEHAVIOR
PROMOTION

SOCIAL AND
MENTAL SUPPORT

FINANCIAL
PLANNING

LISTING OF
CANCER-RELATED
RESOURCES

ALABAMA
PUBLIC
HEALTH

Talk to your doctor about developing and managing your personalized care plan! Visit alabamapublichealth.gov/cancer for more information and other available resources.