

Breast & Cervical Cancer Control Program Materials Order Form

Please utilize this form to order **FREE** breast and cervical cancer screening fact sheets, promotional items and other materials for your patients, partners, and clinical staff.

Please email your completed form with email subject heading "MATERIALS ORDER FORM ____ COUNTY or ____ HEALTH SYSTEM" to your Regional NC BCCCP Nurse Consultant.

Date: _____

Program Navigator: _____

Name _____

Organization: _____

Shipping Address: _____

City/State/Zip: _____

Telephone: _____

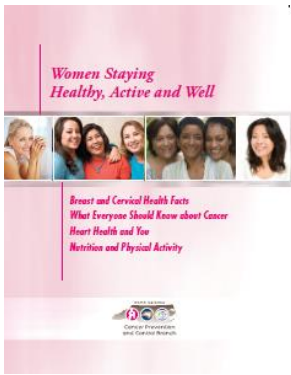
E-mail: _____



Allow 4-6 weeks for processing and delivery!

General Breast and Cervical Cancer Control Program Materials

Women Staying Healthy, Active and Well Book



This booklet provides information on breast and cervical cancer screening guidelines, general information on cancer prevention and cardiovascular health, the WISEWOMAN program, and the benefits of nutrition and physical activity. This booklet is offered in both English and Spanish.

Pink Books (English) Quantity _____
 Pink Books (Spanish) Quantity _____

Breast and Cervical Cancer Control Program Brochure



This brochure provides general information about breast and cervical cancer screening services offered through NC BCCCP, eligibility criteria, where services are offered, and contact information for the state office.

English Quantity _____
 Spanish Quantity _____

Do you need breast cancer screening services?

What you should know:

Breast cancer is the second-leading cause of cancer deaths for women in North Carolina. Each year, thousands of North Carolina women are diagnosed with breast cancer and some die from the disease. Women in North Carolina have a 1-in-8 lifetime risk of developing breast cancer.

It is important for women of all races and ethnicities to be screened for breast cancer. White women are more likely to be diagnosed with breast cancer than are women of any other race or ethnicity. However, African American women are more likely to die of this disease due to late detection and more aggressive breast cancers.

The goal of screening exams for early breast cancer detection is to find cancer before they start to cause symptoms. Annual clinical breast exams and mammograms are important methods of finding breast cancer in its earliest, most treatable stage. Monthly breast self-exam can also be a useful tool for women to find changes in their breasts early. Early detection of breast cancer can save lives.



The N.C. Breast and Cervical Cancer Control Program (BCCCP) offers free or low-cost breast cancer screenings and follow-up to eligible women in North Carolina.

Who is eligible for BCCCP?

- Women aged 40-64 who:
- have a household income below 250 percent of the federal poverty level;
 - are uninsured or underinsured; and
 - are without Medicare Part B or Medicaid.

Women are eligible for breast cancer screenings if they meet all of the above criteria.

What services are available?

- Clinical breast exams
- Mammograms (if age appropriate)
- Diagnostic procedures, as indicated

What are you waiting for?

To find a local BCCCP provider near you, call 919-707-5300.

Risk factors for breast cancer

- Gender — simply being female
- Age 50 or older
- Under age 12 at onset of menstrual periods
- Over age 50 at onset of menopause
- Over age 30 when first giving birth
- Never having given birth
- Personal or family history of breast cancer
- Being overweight
- Genetic predisposition, such as certain mutations in BRCA1 or BRCA2 genes

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Do you need breast cancer screening services?

Available in English; Spanish coming soon.

English Quantity _____
 Spanish Quantity _____

Do you need cervical screening services?

What you should know:

Each year, North Carolina women are diagnosed with cervical cancer and some die from the condition. The majority of these deaths occur in women over 45.

Don't let that happen to you. No one should die from cervical cancer. When it is detected early, most deaths from cervical cancer can be prevented through appropriate treatment.

Most cervical cancers develop over a relatively long period of time, during which abnormal tissue can be easily detected through a Pap test. Women typically do not have symptoms until abnormal cervical cells become cancerous. Then, the most common symptom is abnormal vaginal bleeding.

Almost all cervical cancer deaths could be prevented by a combination of routine Pap tests and appropriate follow-up of abnormal screening results.

Don't wait until it's too late—get screened today!



The North Carolina Breast and Cervical Cancer Control Program (BCCCP) provides free or low-cost cervical cancer screenings and follow-up as needed to eligible women in North Carolina.

Who is eligible for BCCCP?

Women aged 21-64 who:

- have a household income at or below 250 percent of the federal poverty level;
- are uninsured or underinsured; and
- are without Medicare Part B, Medicaid or Title X Family Planning Services.

Women are eligible for cervical cancer screenings if they meet all of the above criteria.

What services are available?

- A pelvic exam and Pap test.
- Colposcopy, if needed (a procedure, much like a Pap test, that uses a special microscope to look into the vagina and very closely at the cervix).
- Colposcopy-directed biopsy, if needed (taking a small sample of tissue for further study).
- Office visits associated with a Pap test and colposcopy.

What are you waiting for?

To find a local BCCCP provider near you, call 919-707-5300.

Risk factors for cervical cancer

- The most important risk factor for cervical cancer is infection with human papillomavirus (HPV), a common sexually transmitted infection.
- Women are at increased risk of developing cervical cancer if they engage in sexual intercourse at an early age or have multiple sexual partners.
- Women who smoke are twice as likely as non-smokers to develop cervical cancer.
- HIV or chlamydia infection can contribute to the risk for cervical cancer.

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Do you need cervical cancer screening services?

Available in English; Spanish coming soon.

English Quantity _____

Spanish Quantity _____

General Breast Cancer Screening Materials



Mammogram: Get Yours

This pamphlet explains benefits of mammograms and stresses that this simple exam is a useful tool that can help find breast cancer early, when it has the best chance for a cure. Offers step-by-step description of what happens and describes possible results and what they mean. **Available in English Only.**

Quantity _____



Taking Care of Your Breasts

This pamphlet covers breast changes after 40, explains risk factors for breast cancer, discusses tools for early detection, suggests practical prevention steps, and illustrates how to do breast self-exam. **Available in English Only.**

Quantity _____

Women's Health
What's Normal
What's Not



Women's Health: What's Normal, What's Not

This pamphlet offers an engaging overview of women's sexual health issues, describes ways to protect yourself from STDs, including getting the HPV vaccine, provides information on breast health, including mammograms and self-exams, and informs of when to see a health care provider. **Available in English Only.**

Quantity _____

Breast Cancer: Know the Risks

Many things can increase the chance that you'll get breast cancer. They're called risk factors. Some things you can change. Others you can't.

- Lifestyle:** Get at least 4 hours of exercise each week; Keep a healthy weight, especially after menopause; Limit alcoholic drinks to one per day.
- Menstruation:** Starting your period before age 12; Starting menopause (the change of life) after age 55.
- Motherhood:** Having children when age 35 or older; Breastfeeding your breast.
- Hormones:** If you're taking hormone replacement therapy (HRT) talk to your doctor if you need it; Some types of HRT increase your risk for breast cancer and are known "breast cancer" (more breast tissue than not). Choose breast cancer-free HRT for breast cancer and make it harder for a mammogram to find cancer.
- Family History & Genetics:** Having an early breast cancer or ovarian cancer in a young age; Changes in the BRCA1 or BRCA2 genes related to breast cancer.
- Other Risk Factors:** Getting older; Radiation treatments to the chest area; Breast cancer or certain other breast problems in the past.

Having one or more of these risks doesn't mean you'll get breast cancer. Also, some women have breast cancer even when they don't have any of these risks. So, talk to your doctor about what you can do to lower your risk, and the right screening for you.

No insurance? This may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-4585 to see how you can.

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control
CDC

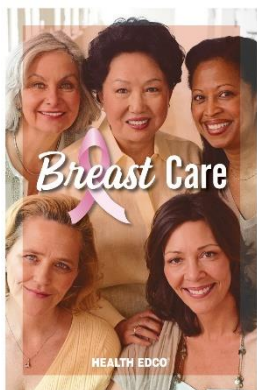
More information about breast cancer: www.cdc.gov/cancer/breast/

Breast Cancer: Know the Risks Flyer

This flyer discusses multiple things that can increase your chance of getting breast cancer (i.e., risk factors). It highlights what can be changed and what cannot. Available in English and Spanish!

English Quantity _____

Spanish Quantity _____



Breast Care Booklet

north carolina

Written in easy-to-understand terms, this 16-page booklet highlights the role of mammography, clinical breast exams, and breast self-exam (BSE) in the early detection of breast cancer. Covers breast cancer risk factors, detection methods, diagnostic procedures, treatments, and the good news about progress in breast cancer survival. Also provides BSE instruction. A great take-home handout to reinforce information. **Available in English Only.**

English Quantity _____ (Limited Quantity)

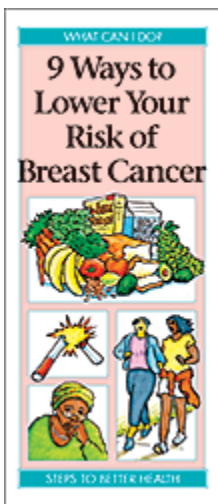


50 Great Reasons to Get a Mammogram

Encourage women to get regular mammography screening with this pamphlet, which offers medical, personal, and practical reasons that will reassure even the most reluctant women. The pamphlet provides current guidelines for who should get mammography screening, but stresses that women should talk to their health care provider about when and how often to get a mammogram.

English Quantity _____

Spanish Quantity _____



9 Ways to Lower Your Risk of Breast Cancer

This pamphlet will help women turn their fear of breast cancer into action. While carefully acknowledging that no one really knows how to prevent breast cancer, this pamphlet spells out what a woman can do to reduce her risk, such as making good nutrition choices and getting regular exercise. This pamphlet also encourages women to take steps towards early detection. **Available in English Only.**

English Quantity _____



Preventing Cancer 9 Ways to Reduce Your Risk

Show people how they can lower their risk of cancer with this essential title offering concrete lifestyle choices anyone can make. Covers tobacco, alcohol, nutrition, physical activity, sun protection, cancer screenings and more. **Available in English Only.**

English Quantity _____

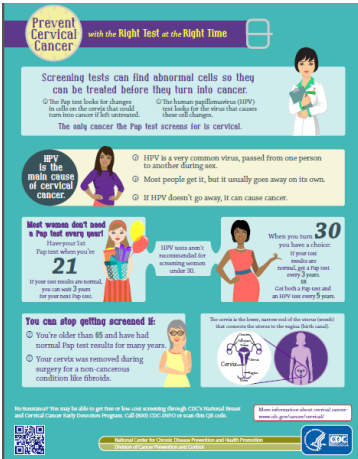
Cervical Cancer Screening Materials

Cervical Cancer: The Right Test at the Right Time

A Pap test checks the cervix for signs of cancer so that it can be found early and treated. This flyer talks about when a woman should receive a screening for cervical cancer, along with risk factors and screening results. Available in English and Spanish!

English Quantity _____

Spanish Quantity _____



Abnormal Pap



Abnormal Pap

A Pap test checks the cervix for signs of cancer so that it can be found early and treated. Abnormal results from a Pap test can be frightening, but the results can mean different things. This pamphlet explains that some cell changes can be very early signs of cancer, reassures readers that not all abnormal results are serious, covers treatments and what to ask, suggests ways to reduce your risk of cervical cancer.

English Quantity _____

Spanish Quantity _____

HPV & Cervical Cancer



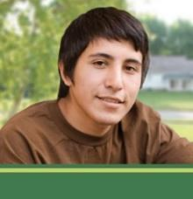
HPV & Cervical Cancer

HPV (human papillomavirus) is a virus with over 100 different types. Some types of HPV are more serious than other kinds and can cause cell changes that can lead to cancer. This pamphlet offers a convenient, comprehensive guide to this common STD, provides clear, detailed descriptions about low-risk and high-risk types of HPV, tells how you get this STD, explains how one type is linked to cervical cancer, discusses how the HPV vaccine and Pap tests can prevent cervical cancer, and describes HPV symptoms.

English Quantity _____

Spanish Quantity _____

What is HPV?



What is HPV?

This pamphlet is designed to help low-literacy readers understand the basics about HPV, it offers easy-to-understand information about HPV, explains that HPV often does not cause problems, and discusses cervical cancer.

English Quantity _____

Spanish Quantity _____

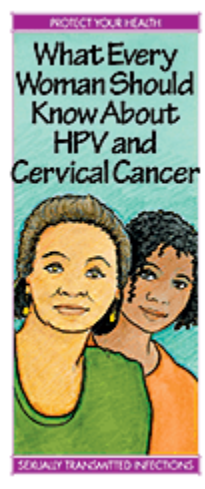
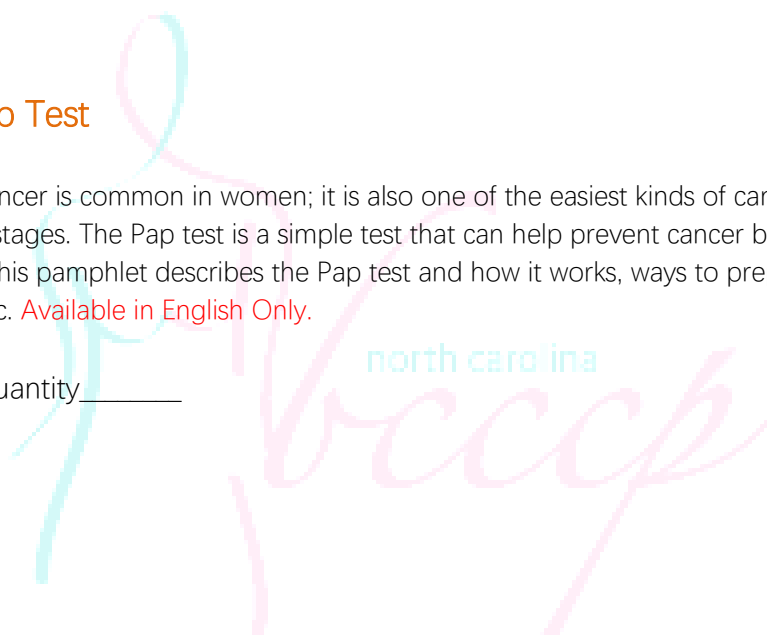
Your Pap Test



Your Pap Test

Cervical cancer is common in women; it is also one of the easiest kinds of cancer to find and treat in the very early stages. The Pap test is a simple test that can help prevent cancer by detecting early cell changes. This pamphlet describes the Pap test and how it works, ways to prepare for the test, HPV vaccine, etc. **Available in English Only.**

English Quantity _____



What Every Woman Should Know About HPV and Cervical Cancer

Human Papillomavirus (HPV) infection is the major cause of cervical cancer in women. This pamphlet describes the link between HPV and cervical cancer and the various ways women can protect themselves against sexually transmitted HPV, including regular PAP tests, condoms, abstinence, HPV vaccines and practicing safer sex. Cervical cancer can be prevented (and successfully treated if caught in the early stages), and this title gives women of all ages critical information to take precautionary measures and safeguard their health.

English Quantity _____

Spanish Quantity _____



Breast Cancer Pink Pins _____ (limited quantity)

Cervical Cancer Teal Pins _____ (limited quantity)



Breast Cancer Pink Pens _____ (limited quantity)

Cervical Cancer Teal Pens _____ (limited quantity)

