

Size does matter.

1 in 3 Alaskan women don't get routine mammograms.

Mammography can detect some breast cancers up to two years before physical symptoms develop.



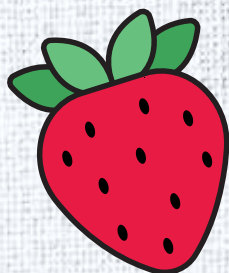
Average-size lump detected with routine mammogram (0.43 inches/1.1 cm)*



Average-size lump detected with first mammogram (0.59 inches/1.5 cm)*



Average-size lump found by regularly practicing breast self-exam (0.83 inches/2.1 cm)*



Average-size lump found accidentally (1.42 inches/3.6 cm)*

*Canadian Cancer Society

Thousands of Alaskans are eligible for free screening

Call to enroll today
1.800.410.6266



Ladies FIRST
Alaska Breast and Cervical Services

State of Alaska
Department of Health & Social Services
Division of Public Health
Section of Women's, Children's, and Family Health
Ladies First: Alaska Breast and Cervical Services
3601 C Street, Ste 322
Anchorage AK 99503

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LADIES FIRST

Alaska Breast and Cervical Services



Good to Know!

- The facts about breast and cervical screening
- Services are available FREE to you
- It is easy to enroll!

Pap Tests for Cervical Health

Mammograms Save Lives

We cover FREE breast and cervical health screening services for Alaskans who meet age and income requirements:

- Between the ages of 21-64
- Meet income guidelines (income guidelines update annually so call us for current guidelines)
- Do not have Medicare Part B

Already have health insurance, a high deductible, or insurance that does not cover these services? Don't worry, you may still qualify for our program.

Ladies First covers:

- Breast and cervical cancer screenings
- Some diagnostic testing
- Travel assistance for diagnostic follow-up appointments

Women ages 40 and older are eligible for screening mammograms.

**Start getting Pap tests at age 21
Because of the Pap test, cervical cancer is the easiest female cancer to prevent.**

- Cervical Cancer is preventable with regular screenings and is very treatable if detected early
- Most cervical changes can be detected before cancer develops
- The Pap test looks for cells from cervical cancer, or potential cervical cancer
- Cervical Cancer is most common in women 30-50 years old

Some warning signs to get checked out:

- Unusual vaginal bleeding or discharge (may contain blood or be watery, pink or foul smelling)
- Painful vaginal intercourse

If you have any of these signs, please see your doctor.

- These symptoms may be caused by something other than cancer, but the only way to know is to see your doctor.

Start talking to your health care provider about screening mammograms at age 40.

- Breast cancer is the most common cancer in Alaska
- Mammograms can detect some breast cancers up to two years before symptoms develop
- 1 in 8 women will develop breast cancer
- Most women who develop breast cancer do not have a family history

We don't know what causes breast cancer, so getting regular mammograms is important.

Some warning signs to get checked out:

- Unusual changes or pain in your breasts
- New lump in breast or armpit/underarm
- Irritation or changes in breast skin/nipple area
- Pulling in of nipple or pain in nipple area
- Nipple discharge other than breast milk

Keep in mind, some of these warning signs can happen with conditions that are not cancer.



1. Have your household income information available

2. Call us to enroll:
1.800.410.MAMM (6266)

3. Choose a provider in our network and get screened