

Some important reasons to get a **mammogram**:

- The greatest risks for breast cancer are being a woman and getting older. **Most breast cancers occur in women aged 50 or older.**
- Finding breast cancer early can help save your life.
- Most women that are diagnosed have **no history of breast cancer in their families.**
- Getting a mammogram is easier than you think.



For more information contact:

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Serving:
Barron
Burnett
Douglas
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Rusk
Washburn

www.dhs.wisconsin.gov/wwwp



Wisconsin Well Woman Program
Wisconsin Department of Health Services
Division of Public Health
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Do **you** need
a Mammogram
or Pap test but
can't afford it?

We can help!

Wisconsin
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The Wisconsin Well Woman Program helps women get **free breast and cervical cancer screenings**, such as mammograms, Pap tests, and other follow-up tests.

2018 - 2019 INCOME GUIDELINES

Family Size	Annual Gross Household Income*
1	Up to \$30,350
2	Up to \$41,150
3+	Contact your coordinator for additional family member guidelines

* Net taxable income for farm families and self-employed persons.

You may qualify if:

- ✓ You are a woman, aged 45-64; or aged 35-44 with breast symptoms or concerns.
- ✓ You do not have health insurance, or your insurance policy has a high deductible for screenings or tests.
- ✓ Your income is within the above guidelines.

What puts me at risk for Breast Cancer?

- Being female
- Increasing age

What steps can I take to help maintain breast health?

- Talk to a doctor about what exams are right for you.
- Eat a healthy diet.
- Maintain a healthy weight.
- Exercise regularly.
- Limit alcohol.
- Avoid smoking.
- Know what is normal for your breasts.
- Report changes to a doctor.

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