



Take Care of Your Breasts



1. Get a mammogram If You Are 40 or Over.

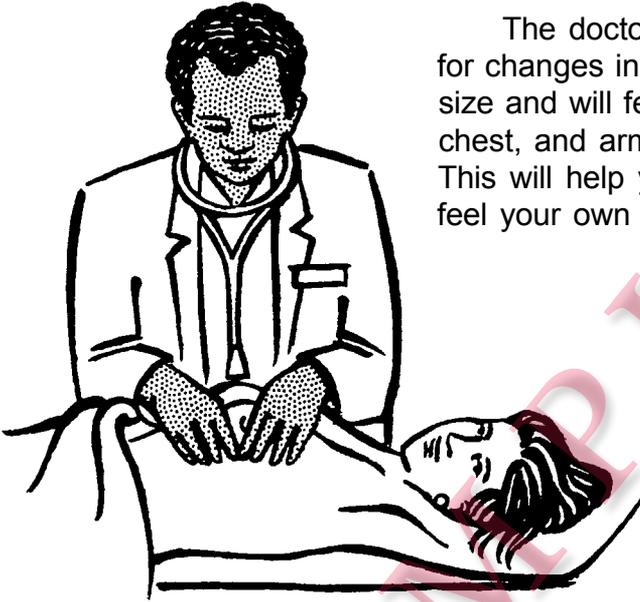
A mammogram is an x-ray of the breast that can find breast cancer that is too small for you or your doctor to feel.

- ▶ If you are age 40 or over, get a mammogram every 1 to 2 years. Ask your doctor how often you should have one.
- ▶ If you are age 50 or over, it is very important to get a mammogram every year.



To learn more about mammograms, call the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237)

2. Have a Doctor or Nurse Check Your Breasts Once a Year.



The doctor or nurse will look for changes in breast shape or size and will feel your breasts, chest, and armpits for any lumps. This will help you learn how to feel your own breasts for any

3. Check Your Breasts Yourself.



Every woman should check her breasts once a month. You can find a lump that could be cancer by feeling your own breasts. This is called Breast Self-Examination.

If you find a lump, see a doctor right away. Most breast lumps are not cancer, but you should always see a doctor if you find a lump in your breast.

Breast cancer can be treated with the most success when it is found early.

To Take Care of Your Breasts:

- Check your breasts once a month for lumps or other changes.
- Get a breast exam by a health care provider every year.
- Get a mammogram:
 - * Women 40-49, ask your doctor for recommendations.
 - * Every year if you are age 50 or older.



This brochure was provided for you by the
FoCaS (Forsyth County Cancer Screening) Project
(910) 716-6401

How to Get a Mammogram



At
Reynolds
Health Center

HOW TO GET A MAMMOGRAM AT REYNOLDS HEALTH CENTER

IF YOU HAVE NEVER BEEN TO REYNOLDS HEALTH CENTER . . .

1. Call for an appointment to get a breast exam and a mammogram at 727-8278, 727-8234 or 727-8285.
2. On the day of your appointment, check-in at the information desk.
3. When you see the doctor, tell him that you want a mammogram.
4. Take the forms from your doctor to the x-ray department and have your mammogram done.

IF YOU ALREADY HAVE A DOCTOR AT REYNOLDS HEALTH CENTER . . .

1. Call for an appointment to get a breast exam and a mammogram at 727-8278, 727-8234 or 727-8285.
2. You will get the necessary forms for a mammogram from the nurse's station on the third floor.
3. Take forms to the x-ray department and have your mammogram done.

IF YOU GO TO A DOCTOR SOMEWHERE ELSE . . .

1. Call your doctor and ask to have a mammogram. Ask your doctor to call and schedule the appointment.
2. Go to Reynolds Health Center the day of your scheduled mammogram. Check in at the information desk.
3. Take the forms to the x-ray department and have your mammogram done.

(If your doctor does not use Reynolds Health Center, follow his or her instructions.)

The American Cancer Society recommends that women have a mammogram at these ages:

<u>AGE</u>	<u>How Often</u>
40-49	Ask your doctor what is best for you
50 years and older	Every year

Remember to get a breast exam by your doctor every year, no matter how old you are!

FoCaS on YOU!
Schedule a
MAMMOGRAM
TODAY!

FoCaS

The Forsyth County
Cancer Screening Project

For more information, call
(910) 716-6401

July 1994

It is
VERY IMPORTANT
that you get a
follow-up exam,
if recommended.



FoCaS on YOU

The Forsyth County Cancer
Screening Project

Helpful Numbers



Women's Wise 727-2890

Reynold's Health
Center 727-8216

FoCaS 716-6401

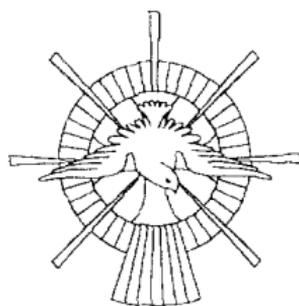


CERVICAL CANCER

All women are at risk for cervical cancer. But some things increase your risk. They are as follows.

- *If you smoked more than 100 cigarettes.
- *If you had sex before the age of 18.
- *If you have been told by your doctor that an earlier Pap Smear was not normal.
- *If you had sex with more than 3 partners.
- *If you ever had a sexually transmitted disease. (venereal, etc.)
- *If you ever had warts or bumps on the outside of your vagina.

If you have had one or more of the above, you may be at a higher risk for cervical cancer. Ask your Doctor for a Pap Smear. It is a quick and easy exam that doesn't cost much.



*Live as if Jesus
died yesterday,
rose this morning,
and is coming
back at any
moment.*



716-6401

*FoCaS cares about
you! Therefore, we
encourage you to get
regular mammograms
and Pap smears.*

*If you have
questions or want
more information call*

716-6401



We hope you will wear this ribbon and will tell anyone who asks about the ribbon why mammograms are so important.

You will not only set an example but help save lives!



Guidelines for Breast Cancer Detection

Breast Self-Exam

If you are 20 or over every
month

Clinical Breast Exam

If you are 20 to 40 every
three years

If you are 40 or over every
year

Mammography for women who don't have symptoms

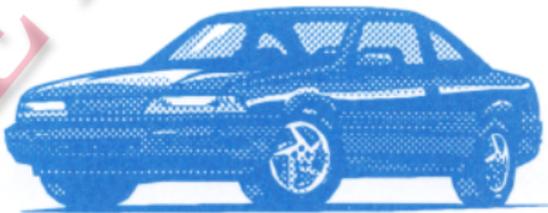
If you are 40 to 49 every one
to two years

If you are 50 or over every
year

**FOR MORE INFORMATION
CALL - 716-6401**



BREAST SCREENING CENTERS



**FoCaS on
Getting There.**

Reynolds Health Center

741 Highland Avenue

Winston-Salem, NC

Hours:

Monday-Friday 8:30 a.m. - 3:30 p.m.

Cost:

\$10-\$50

Medicaid/Medicare and other insurance are accepted. **Payment may be based on a sliding scale depending on net income.**

*** For an appointment, call: 727-8285, 727-8278, or 727-8234**

After seeing a doctor, a referral will be made.

*** WSTA Bus Route: #17**

Breast Screening Center at Ardmore Plaza

North Carolina Baptist Hospital

301-B Miller Street

Winston-Salem, NC

Hours:

Monday-Friday 8:00 a.m. - 5:00 p.m.

Cost:

\$40

Medicaid/Medicare, BCBS, Travelers are accepted.

* Doctor's referral needed if under 40 years of age.

*** For an appointment call: 716-5454**

*** WSTA Bus Route: #12**

Did you know...

- Mammography is an X-ray examination of the breast!
- Mammography is the **best** way to detect lumps that cannot be felt by the human hand.
- Mammography uses a small amount of radiation -- have no fear!
- Women 40-49 years of age need mammography screening every two years!
- Women 50 years of age and older need mammography screening every year!
- In addition, all women need to **practice** breast self exams every month.
- Should you find a **lump**, have **discharge** from a nipple or any other **change** in the breast, call your doctor as soon as possible. Don't panic!
- Most important, **don't wait** for your doctor to discuss mammography, **act first** and ask your doctor!

The Breast Clinic, Inc.

3098 Trenwest Drive, Suite B
Winston-Salem, NC

Hours:

Monday-Friday 7:30 a.m. - 5:00 p.m.

Cost:

\$50

Medicaid/Medicare and other insurance are accepted.

- * Doctor's referral needed if under 35 years of age.
- * If a problem is found, lump or discharge, you can be seen within 24 hours.
- * **For an appointment call: 765-1823**
- * **WSTA Bus Route: #20**

The Women's Center for Breast Care

Affiliate of CMI
855 Bethesda Road, Suite A
Winston-Salem, NC

Hours:

M: 8:00 a.m. - 7:30 p.m.

W-F: 7:00 a.m. - 3:30 p.m.

T-Th: 8:00 a.m. - 4:30 p.m.

Cost:

\$45

Medicaid/Medicare and other insurance are accepted.

- * Doctor's referral needed if under 35 years of age.
- * **For an appointment call: 765-5303**
- * **WSTA Bus Route: #20**



The FoCaS Project is for women over the age of 40 who live in housing communities in Winston-Salem, North Carolina. The goal of the project is to improve knowledge and attitudes about cancer screening among low-income minority women and to increase the use of early detection procedures such as mammography (breast exams) and Pap smears (cervical exams).

This brochure gives information about clinics that provide breast cancer screening including the fees and telephone numbers for an appointment. WSTA bus routes are also included.

FoCaS on you!

FoCaS on getting there...

... Please remember,

FoCaS on you!

Call for an appointment

and

get a mammogram today!

For more information:

716-6401

**Department of Public Health Sciences
The Bowman Gray School of Medicine
Winston-Salem, NC**

2/94

National Cancer Institute

