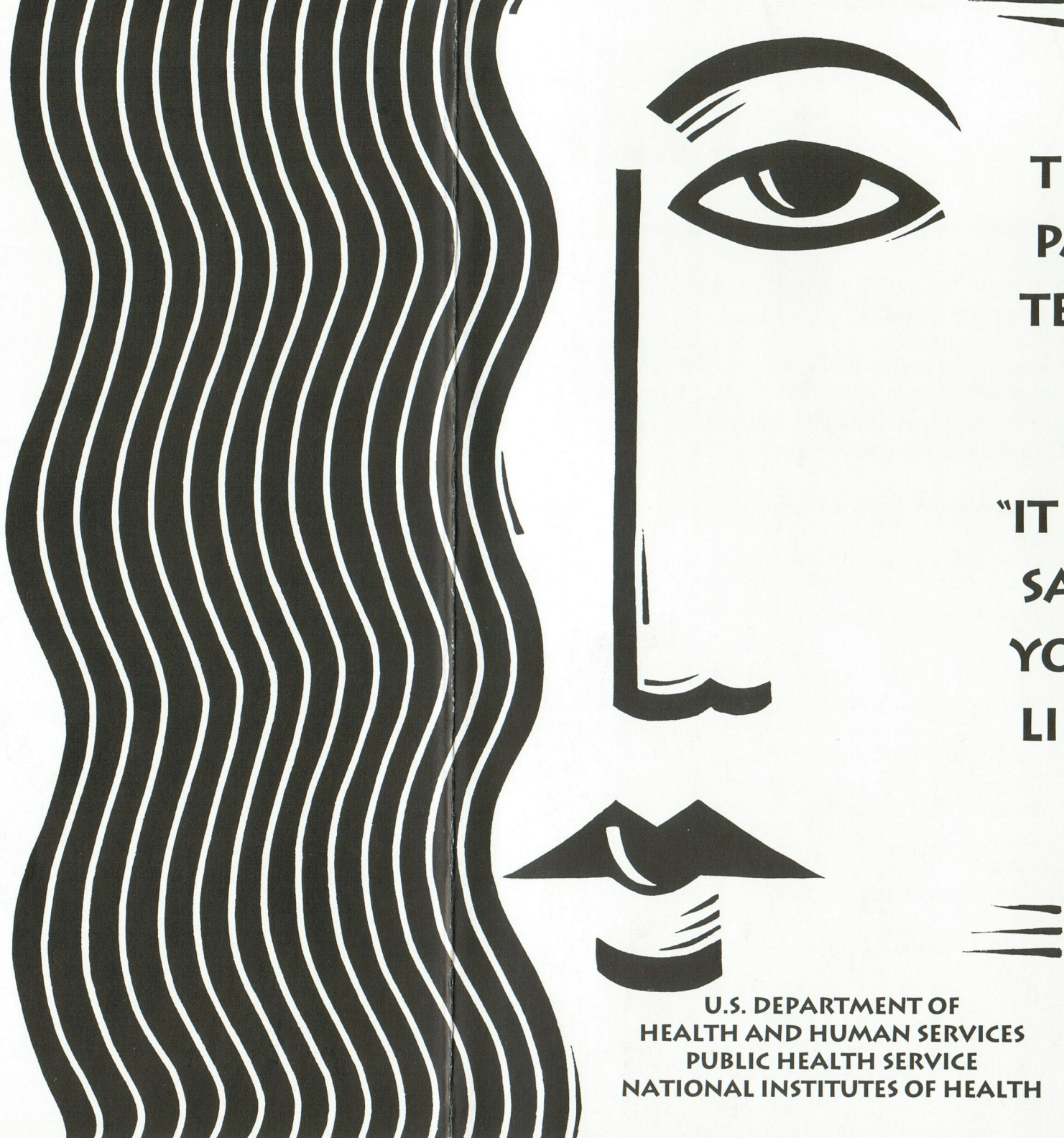


NATIONAL  
CANCER  
INSTITUTE

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THE  
PAP  
TEST:

"IT CAN  
SAVE  
YOUR  
LIFE!"

U.S. DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
PUBLIC HEALTH SERVICE  
NATIONAL INSTITUTES OF HEALTH



# THE PAP TEST

## 1. Could I have cancer of the cervix and not know it?

Yes—often there is no pain. And this kind of cancer kills many women every year.

## 2. What does that mean for me?

It means get a Pap test. The Pap test can find cancer early. If it's found early, it's easier to cure.

## 3. How often should I get a Pap test?

Get a Pap test every year.

## 4. How is the Pap test done?

The nurse or doctor wipes a swab on the cervix in your vagina. This takes only a few seconds.

## 5. Where do I get a Pap test?

- Family doctor.
- OB/GYN.
- Medical clinic.
- Local health department.

## 6. Who needs to have a Pap test?

You do if:

- You are over 18 ; or
- You are 18 or under and have sex.

There is no upper age limit for the Pap test. Even women who have gone through the change of life (menopause) need a Pap test every year.

## 7. Why is a Pap test important to me?

Because it can tell if you have cancer of the cervix early—while it's still easier to cure.

It can save your life!

For more information, call the National Cancer Institute's toll-free Cancer Information Service at 1-(800)-422-6237.

Get your appointment for a Pap test today!

## MY APPOINTMENT FOR A PAP TEST:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

Telephone: \_\_\_\_\_



CO-CHANGE  
REFERRAL AGENT

BARBER  
OR  
HAIRSTYLIST  
AGREEMENT

- ✓ It's easy to sign-up!
- ✓ Just fill out the basic information on the reverse side.



**TARGETING CANCER IN BLACKS**  
A Cancer Prevention & Awareness Project  
National Cancer Institute  
Meharry Medical College  
321-4007

## Co-Change Referral Agent

# BARBER OR HAIRSTYLIST AGREEMENT

***I agree*** to refer at least one black customer each month during this project. I will refer customers who are at least 18 years old and live in the Nashville area. These customers will agree to attend a cancer prevention training session at Meharry Medical College.

***I agree*** to inform my co-workers about this project. I will request a co-worker to work with the Targeting Cancer in Blacks staff. The project staff will train us to register customers for the training sessions. I agree to use the customer information for this project only and will keep it private.

***I agree*** to attend one training session for barbers or hairstylists. I will try to attend three project-related activities. These activities will tell me about the project's progress and allow me to suggest changes and provide feedback.

Please complete the form below. Leave this card with the staff or mail to address listed.

***Thank You!***

Print

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_

Zip: \_\_\_\_\_

Phone No: \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



**Meharry Medical College**  
TARGETING CANCER IN BLACKS  
Cancer Control Research Unit  
1005 D.B. Todd Blvd, Nashville, TN 37208



CO-CHANGE  
REFERRAL AGENT

# DOCTOR AGREEMENT

- ✓ It's easy to sign-up!
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# Co-Change Referral Agent

## DOCTOR AGREEMENT

I fully understand the responsibilities of and agree to serve as a Co-Change Referral Agent beginning \_\_\_\_\_ and ending \_\_\_\_\_ for the Targeting Cancer in Blacks project.

Specifically I agree to ☒ **refer a minimum of one (1) black patient weekly, who is at least 18 years old and resides in the Nashville area. I agree to make referrals weekly for \_\_\_\_\_ consecutive months.** Referred patients will be those who agree to attend one (1) short cancer prevention training session held in the Training Referral Resource Site (TRRS) located at Meharry/Hubbard Hospital.

In support of my role as a Co-Change Referral Agent, I agree to ☒ **instruct personnel to work with the project staff concerning the appropriate processing of related paperwork.**

As a Co-Change Referral Agent, I also agree to ☒ **participate in an orientation session with other doctors, to be given by the program Health Educator. ☒ I will do my very best to attend three program related activities spaced over the project period.** These activities will keep me informed of the program's progress, and serve as an open forum for me to make suggestions or provide feedback.

Please complete the form below. Leave this card with the staff or mail to address listed.

*Thank You!*

.....  
Print

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_

Zip: \_\_\_\_\_

Phone No: \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



**Meharry Medical College**  
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CO-CHANGE  
REFERRAL AGENT

# GENERAL AGREEMENT

- ✓ It's easy to sign-up!
- ✓ Just fill out the basic information on the reverse side.



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Co-Change Referral Agent  
**GENERAL AGREEMENT**

“As a Nashville community leader,  
I agree to support the  
**‘TARGETING CANCER IN BLACKS’**  
project. I will endorse this project  
by encouraging black community  
members with whom I am associated  
through social, civic or professional  
organizations to attend the training.”

Please complete the form below. Leave this card  
with the staff or mail to address listed.

*Thank You!*

.....  
Print  
Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_

Zip: \_\_\_\_\_

Phone No: \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

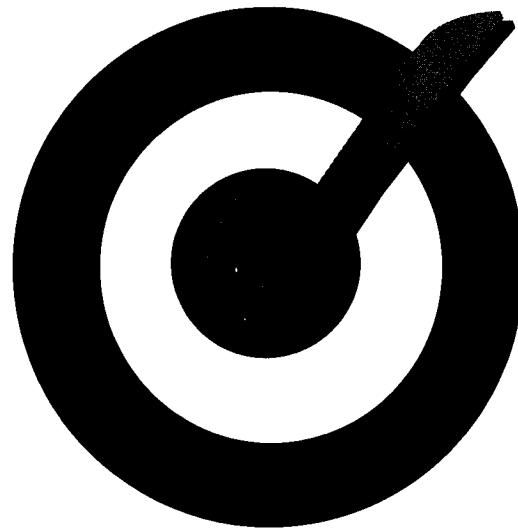


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(615) 321-4007



**TARGETING  
CANCER  
IN  
BLACKS**



**REGISTRATION PACKET**

## **Your Packet Should Have...**

- Training Agenda
- Welcome Letter
- Hats Off to Program Supporters
- Brochures/Booklets on Five Cancer Sites
- Cancer Prevention Messages
- Checkup Reminder Guide
- Note Paper to write and *Remember...*



## **Training Agenda**

<b>Registration</b>	<b>15 minutes</b>
<b>Cancer Problem</b>	<b>15 minutes</b>
<b>Cancer Prevention Messages</b>	<b>30 minutes</b>
<b>Wrap Up</b>	<b>15 minutes</b>



## TARGETING CANCER IN BLACKS

*Meharry Medical College*

Dear Friend:

Welcome to the Targeting Cancer in Blacks class. By being here you are casting a vote to be better informed about cancer.

We hope this information is helpful. If you agree, share it with your family and friends. You may learn something today that may save a loved one's life. As equally important, it may save your life. Being here is the first step. Putting the information to use is the "best" step.

Today you will hear a lot about secondary and primary prevention. For some cancers, catching them early (before they spread) is the best protection; This is secondary prevention. Daily choices about food, exercise and tobacco can lower your chances of ever having certain cancers; This is primary prevention. These two forms of cancer prevention and control, when used, are life saving tools. So what are you here to learn? How to give yourself the best chance to beat cancer.

Again, thank you for being here!

Dr. Kofi Semenya  
Principal Investigator



## **"HATS OFF TO THIS PROJECT'S SUPPORTING CAST..."**

### **Steering Committee**

The Targeting Cancer In Blacks project is supported by a devoted steering committee. These volunteers members meet each month. Several have been devoted members since the beginning of the project. As a group, they have served as valuable advisors and unselfishly given direct task support as needed. We want you to know the fine people who have taken their concern for cancer and turned it into action. They are:

Ms. Mary Bufwack - Executive Director of United Neighborhood Health Service

Ms. Hattie Burns - Owner of Burns Hairstylist Salon and Boutique

Ms. Doris Brandon - Salon Inspector

Ms. Rhonda Cantrell-Dunn - Assistant Executive Director of Bethlehem Center

Ms. Sherree Hall - Fair Housing & EEO Assistant

Ms. Peaches Manning - Resident Association Coordinator

Dr. Reavis Mitchell - Office of the President of Fisk University

Ms. Alice Nestler - North Nashville Community Council

Ms. Michelle Orenstein - Cancer Control Division of the Tennessee Dept. of Hlth.

Reverend Charles Williams - Minister

Ms. Mary Vowels - Former Assistant V.P. of College Relations, Meharry Med. College

### **Special Advisors**

In addition to the Steering Committee, there were times when special types of expertise were needed. At those times the following individuals stepped forward to guide us:

**Louis J. Bernard, M.D., Director**  
Drew-Meharry-Morehouse Consortium  
Cancer Center

**Robert Hardy, M.D.**  
Chief of Medical Oncology  
Meharry Medical College

**Mr. Douglas Wagner**  
Program Director, Outreach Services  
Cancer Information Service - CIS  
Lexington, Kentucky

**Ms. Cheri Barnes**  
Outreach Coordinator  
Cancer Information Service - CIS  
Lexington, Kentucky

**Ms. Adrienne Latham**  
Metropolitan Times  
Nashville, Tennessee

**Mr. Robert T. Babbitt**  
Executive Director  
Metropolitan Transit Authority  
Nashville, Tennessee

## Remember....

### ***Keep a Breast, Get the Test!***

If you are a \_\_\_\_\_ you are at risk for breast cancer.

The three best ways to find breast cancer are...

Mammogram, Clinical Breast Exam, and \_\_\_\_\_.

Personal Notes:

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### ***Don't Wait Too Late, Check the Prostate***

Black men have one of the highest death rate of prostate cancer in the \_\_\_\_\_.

Starting at age \_\_\_\_\_ every man should discuss screening options with his physician.

Personal Notes:

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### ***Get a Pap Smear, Once a Year***

African-American women get \_\_\_\_\_ at twice the rate for white American women.

If you are a woman you need to get a \_\_\_\_\_ once a \_\_\_\_\_.

A Pap smear can find cervical cancer \_\_\_\_\_, when it's easier to treat.

**Personal Notes:**

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### ***Get a Check Up, Don't Check Out!***

African-Americans get \_\_\_\_\_ at a rate 10 percent greater than that for white Americans.

When caught early, colon cancer can be successfully \_\_\_\_\_.

The three best ways to protect yourself from colon cancer are the digital rectal exam, the procto exam and the \_\_\_\_\_ test.

**Personal Notes:**

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***Have No Regrets, Give up Cigarettes.***

Lung cancer is the leading cause of all \_\_\_\_\_ deaths.

It's never too late to \_\_\_\_\_ smoking. It's never the \_\_\_\_\_ time to start smoking.

Personal Notes:

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***Eat to Beat Cancer...More Fiber Less Fat!***

What you \_\_\_\_\_ can affect your chances of getting certain cancers.

Eat more foods that are high in \_\_\_\_\_ and low in \_\_\_\_\_.

Personal Notes:

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### ***Exercise for the Prize of Good Health!***

Not keeping an ideal weight will increase your \_\_\_\_\_ of certain cancers.

Mild exercise \_\_\_\_\_ times a week for \_\_\_\_\_ minutes will help to maintain your weight.

One good way to get exercise for most people is \_\_\_\_\_.

### ***Change Your Lifestyle, Walk a Mile!***

Personal Notes:

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## **The Cancer Prevention Messages**

- Keep a Breast...Get the Test
- Don't Wait Too Late...Check the Prostate
- Get a Pap Smear Once a Year
- Get a Check up...Don't Check Out!
- Have No Regrets...Give Up Cigarettes
- Eat to Beat Cancer...More Fiber Less Fat!
- Exercise For the Prize of Good Health!
- Change Your Lifestyle...Walk a Mile!

## Checkup Reminder

Site	Sex	Age	Test	How Often
Breast	Women	During regular checkup	Clinical Breast Exam	Every Year
Breast	Women	Age 40 to 49	Talk about a mammogram with your doctor.	
Breast	Women	Age 50 or older	Mammogram	Every 1 to 2 years
Cervix	Women	18 or sexually active	Pap Smear	Every year
Prostate	Men	40 years or older	Discuss screening options with your physician.	Every year
Colon	Men & Women	During regular checkup	Digital Rectal Exam	Every year
Colon	Men & Women	Age 50 or older	Blood Stool Test	Every year
Colon	Men & Women	Age 50 or older	Procto Exam	Every 3 to 5 years

Current as of 1994.