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English, Spanish, Arabic, Armenian, Cambodian/Khmer, Cantonese, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Mandarin, Punjabi, Russian, Tagalog, Thai, and Vietnamese.

(available 24/7)

**To get these free tests to check for breast and cervical cancer, you must:**

- Live in California.
- Meet the age requirements.
- Have no or limited health insurance.
- Have health insurance with a co-payment or deductible you cannot afford, or
- Have a low household income.

**Statement of Non-Discrimination**

The California Department of Health Care Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Language Assistance Services

Si habla español, usted puede conseguir ayuda para entender este documento, hablando con su proveedor de atención primaria del programa EWC o llamando al Contratista Regional de su condado. Los teléfonos del Contratista Regional se encuentran abajo. Esta asistencia lingüística es gratis.

如果您說漢語，我們可以幫助您瞭解這份文檔。請諮詢您所在地EWC附近診所或當地負責聯絡人。當地負責人電話見下文，他們會免費提供說明服務。



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English

# Free Breast & Cervical Cancer Screenings

by the EWC Program

## What is the Every Woman Counts (EWC) program?

The EWC program provides free breast and cervical cancer screening and follow-up services. This includes mammograms, Pap, and HPV tests to eligible individuals in California. As people get older the chance of getting breast and cervical cancer increases, which is why they should be screened regularly for breast and cervical cancer.



## Why should you get a mammogram?

- When breast cancer is found early, it is easier to treat.
- Mammograms can find breast cancer that is too small for you or your clinician to feel.

## How often should you get a mammogram?

- If you're 40 years or older, every 1 to 2 years.
- Talk to your clinician about when and how often you should be screened.

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## The EWC program offers free:

- Mammograms
- Pap tests
- HPV tests
- Pap & HPV co-tests
- Follow-up tests, if needed

Talk to your clinician about when and how often you should be screened for breast and cervical cancer.

## Some warning signs and/or symptoms of breast cancer include:

- Lump, mass, or swelling in the breast or underarm;
- Change in size or shape of the breast;
- Change in skin texture and color (dimpling, puckering, redness, scaly skin, or thickening) of the breast or nipple;
- Nipple retraction or inversion;
- Nipple discharge; and/or
- Breast pain.

If you have any of these signs or symptoms, contact your clinician immediately.

Please note that these warning signs and/or symptoms may occur with conditions other than breast cancer.

## Why should you get a cervical cancer screening?

- Finding and treating cell changes early can prevent cervical cancer.
- The Pap test looks for cell changes in the cervix that may lead to cancer.
- The HPV test looks for the virus that can cause cell changes in the cervix.



## How often should you get a cervical cancer screening?

- Individuals 21 years and older should get a Pap test every 3 years.
- Individuals 30 years and older may choose to get a:
  - HPV test every 5 years, or
  - Pap & HPV co-testing every 5 years, or
  - Pap test every 3 years.

Talk to your clinician about which is right for you.