

# What You Should Know About

## Getting A Mammogram

### No More Excuses!



Carol: Hey, Joan, how have you been?

Joan: I'm good, Mom. I just went for my mammogram. You know you need one every year after you turn 40. By the way, have you had yours?

Carol: No – I know I should go, but I just can't find the time.

Joan: I've heard that before, but nothing matters more than your health. Please do it for us, Mom.

Carol: The truth is – I don't want to think about cancer. And you know I don't even have health insurance.

Joan: Come on, Mom, no more excuses! You don't need insurance. When I turned 40, I got a free mammogram through the Breast Health Partnership.

Carol: Really? How does that work?

Joan: It's simple. If you don't have insurance, the program offers breast exams at no charge. You can also get a cervical exam. Just call your local hospital for an appointment.

Carol: Joan, you are right. I'll call today. What's the name of that program?

Joan: It's called the Breast Health Partnership or BHP for short.

### DID YOU KNOW?

- ❑ A mammogram is an X-ray of the breast and is safe.
- ❑ Even if no one in your family has had cancer, you still need a test.
- ❑ If your mother, sister or daughter has had breast cancer, talk to a doctor about when to get your test.
- ❑ The Breast Health Partnerships are funded by the New York State Department of Health.

**To find a mammogram near you, CALL: 311**



Get help anytime.  
1.800.ACS.2345 / [www.cancer.org](http://www.cancer.org)