

Sister to Sister, Friend to Friend

Let's Put Breast and Cervical Cancer
To An End!

Loleatha, of Centralia, Illinois

Breast Cancer Survivor

Loleatha said, "I would tell all women to examine their breasts, because I discovered my lump myself."

Loleatha stated, "At the age of 33 I had been to my doctor for a pap smear and he examined my breast and found no lump. Two weeks later, I discovered a lump the

size of a marble in my breast."

Loleatha went on to say, "After her treatments and lumpectomy, she has returned to work and has become an advocate for Breast Cancer Awareness."

"Examination is worth saving your life!"



Loleatha's Advice for other women:

"Examine and know your body parts and especially your breasts."

To view a video of Loleatha and other local cancer survivors visit YouTube: *JacksonCoHealthDept-Illinois* in June.

Screening Guidelines for Breast and Cervical Cancer:

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Breast Cancer:

- Check your breasts monthly. Know how your breasts normally feel and report any change to your health care provider.
- Age 20-39: Have a health care professional check your breasts every 3 years.
- Age 40: Have your first mammogram (breast x-ray).
- Age 40-50: Have a health care professional check your breasts each year. Have a mammogram every 1-2 years, check with your physician.
- Over age 50: Have a health care professional check your breasts every year and have a mammogram every year and continue as long as you are in good health.

Cervical Cancer:

- Age 21: All women should be screened.
- Age 21-29: Have a pap test every 3 years, with HPV test if you have abnormal Pap test results.
- Age 30-65: Have both a pap test and an HPV test every 5 years, as preferred approach. It is also OK to have a pap test every 3 years.
- Over age 65: If you have had regular screenings with normal results, you no longer need to be screened.



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