

Breast Cancer screening guidelines

Age 40 and over:

Mammogram and Clinical Breast Exam (CBE) yearly

Age 20s and 30s:

Clinical Breast Exam (CBE) at least every 3 years

Starting in 20s:

Breast Self-Exam monthly

Cervical Cancer screening guidelines

3 years after beginning to have sexual intercourse
or starting at age 21:

Pap test every 1–2 years

10 Steps to Good Health

1. Have your blood pressure checked regularly.
2. Don't smoke cigarettes or other tobacco products
3. Stay physically active
4. Manage your weight
5. Eat more fruits and vegetables
6. Manage the stress in your life
7. Spend quality time with those you love
8. Have regular health checkups
9. Schedule routine screenings for chronic diseases and cancer
10. Control your cholesterol level

MBCCAP Program Locations

Martin Luther King Heritage Health Center
2555 N Martin Luther King Dr

Southside Health Center
1639 S 23rd St

City of Milwaukee Health Department

**Are YOU
due for
a Mammogram
or Pap test
but can't
afford it?**



We Can Help!

(414) 286-2133

Wisconsin Department of Health and Family Services
Division of Public Health

TO ENROLL

PLEASE CALL

(414) 286-2133

Women ages 40-64 years old
who are new to MBCCAP
will receive a

**FREE \$15.00
LOCAL RETAIL
CERTIFICATE**

for coming to their Mammography or
Pap Test appointment.



Tom Barrett, Mayor
Bevan K. Baker,
Commissioner of Health
www.milwaukee.gov/health

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The **Wisconsin Well Woman Program (WWWP)** is designed to help women get free health care. The WWWP can pay for Mammograms, Pap tests and certain other screening tests.

Do you think you qualify?

If you can answer 'yes' to all three of the following questions, you may be eligible for free health services.

1. Are you a woman, ages 40-64?
2. Are you without health insurance, or your insurance doesn't cover basic checkups, or you are unable to pay deductibles or co-payments?
3. Does your income fall within the following guidelines?

2007 - 2008 Income Guidelines

Family Size	Annual Gross Household Income*
1	Up to \$25,525
2	Up to \$34,225
3	Up to \$42,925
4	Up to \$51,625
5+	Add \$8,700 for each additional family member

* Net taxable income for farm families and self-employed persons