

# PROTECT your health and SAVE your life



## BREAST AND CERVICAL CANCER

Living with a disability does not mean you can't get cancer. Know the facts about breast cancer and cervical cancer and why you need to make cancer screening a regular part of your health care.

- One out of every 8 women will get breast cancer at some point in her life.
- If breast cancer is caught early, 9 out of 10 women will survive more than 5 years.
- Getting a mammography is one of the best ways to find breast cancer early when it's most treatable.
- Cervical cancer is most common in women age 30 and older.
- Cervical cancer is the most preventable female cancer with regular Pap tests and early treatment.

## GET SCREENED

As a woman living with a disability, you may face challenges that make it difficult to get a quality mammogram, Pap test and clinical breast exam. Here are some tips to make it easier.

When preparing for your mammogram:

- Wear a blouse that opens in the front
- Wear a bra that you can easily remove
- Do not wear deodorant or body powder

When preparing for your Pap test:

- Do not have a Pap test during your period
- Do not wear a tampon
- Do not use a medicine or cream in your vagina

## WHEN SCHEDULING

Ask the staff the following questions:

- How should I dress?
- Can an assistant join me for the screening?
- How do I prepare if I use a wheelchair or a scooter?
- Can the machine be adjusted so I can sit?
- Is the exam table adjustable?
- How long is the appointment and can I have extra time?

Let the staff know if you need assistance with:

- Sitting up
- Lifting moving your arms
- Transferring from your chair/scooter
- Undressing/dressing