

MAMMOGRAM

Mammogram

A mammogram is an important yearly test for women 40 years of age and older. It check for lumps or changes in the breast. It is very useful in detecting breast cancer.

How to Prepare

- Schedule your mammogram one week after your period so that your breasts are not tender or swollen
- On the day of the exam, do not wear talcum powder, deodorant, lotion or perfume under your arms or on your breasts.
- Wear a two piece outfit so that you only have to remove your top and bra for the examination.
- Avoid wearing jewelry and if you do, it should be easily and quickly removable (especially earrings or necklaces).



What to Expect

On the day of the exam, a nurse will take you into the examining room. You will be asked to undress above the waist and be given a patient gown to wear. The nurse or technologist will ask you a few questions about your medical history and risk factors

for breast cancer. The technologist may need to examine your breasts to identify any abnormalities that should be examined.

Then, you will be asked to stand for the exam, if possible. Your breast will be placed on the mammography equipment, and firm pressure will be applied. The exam may be a bit uncomfortable, but any discomfort will last for less than one minute while the x-rays are being taken.



PAP-TEST AND PELVIC EXAM

A pap-test and a pelvic exam is a big part of being well. Regular check-ups can be helpful in finding cancers, infections and sexually transmitted diseases which can be cured if they are found early. A pap-test checks the cervix for cervical cancer and a pelvic exam checks your reproductive organs.

How to Prepare

- You should not have your pap-test during your period.
- Do not douche or use any vaginal creams, jellies or foams two days before your pap-test.

- Do not have intercourse two days before your pap-test.

What to Expect

On the day of the exam, a nurse will take you into an examining room. You will be asked to undress completely and you will be given a patient gown to wear. A nurse will come and check your blood pressure and weight. The doctor will come and ask you a few questions before she starts the check-up. She will start by checking your breasts. Then she will ask you to move down to the end of the table and put your feet in the stirrups.



The doctor will sit near your feet and ask you to open your legs. She will turn on a lamp to see inside you. Then she will gently insert an instrument into your vagina to collect cells from the cervix. After the cells are collected, she will do a pelvic exam by inserting two fingers inside your vagina to check your uterus and ovaries. Once she is done you can get dressed.

**STAY HEALTHY FOR YOU AND
YOUR FAMILY!**

HOW TO GET FREE SCREENINGS

Illinois Breast and Cervical Cancer Program (IBCCP)

The IBCCP program is designed by the state of Illinois to help women from low income families obtain free screenings every year. In order to qualify, you must be between the ages of 35-64, live in Illinois; have limited income and no health insurance.

There are many agencies where you can get free mammograms and pap-tests. A list of agencies providing services in different languages in the Chicago-land area is listed in the brochure.

Stand Against Cancer

In addition to IBCCP, there is also a coalition against breast cancer called, Stand Against Cancer. They provide free mammograms to women over 40. A list of clinics that serve Arab speaking patients is listed in the brochure. You can also call them to find a clinic near you that serves patients in other languages.

For further assistance, please contact:

Metropolitan Asian Family Services

7541 N. Western Avenue
Chicago, IL 60645-1510
Phone: 773-465-3105

Muslim Women's Resource Center

6349 N. Western Ave.
Chicago, IL 60659
Phone: 773-764-1686

IBCCP (1-888-522-1282)

Asian Human Services
2424 W. Peterson, Chicago, IL 60659
Phone: 773-761-0011

Uptown Clinic
845 W. Wilson, Chicago, IL
Phone: 312-744-2146

Mercy Hospital
2525 S. Michigan Ave, Chicago, IL 60616
Phone: 312-567-2619

Stand Against Cancer (1-888-722-4673)

ACCESS Evanston and Rogers Park
1555 W. Howard, Chicago, IL
Phone: 773-764-7146

318 W. Madison St., Maywood, IL
Phone: 708-344-5300

556 E. 115th St., Chicago, IL
Phone: 773-785-6800



The Asian Health Coalition is a 501c(3) non-profit established in 1996, with a mission to improve the health and wellness of the Asian American community through advocacy, technical assistance, public and community-based education and research. To learn more, visit www.asianhealth.org.



Free Mammogram and Free Pap-Test

Partners:

**Metropolitan Asian Family Services
Muslim Women's Resource Center**