



Frequently Asked Questions

Why do I need a mammogram?

The biggest risk factors for getting breast cancer are being a woman or assigned female at birth and getting older. Getting regular mammograms can help doctors see early signs of cancer when treatment works best. IBCCP can help you set up your free mammogram.

I have dense breast. Am I at risk of breast cancer?

Breasts contain two types of normal tissue. The two types of tissue look very different on mammograms: one type, fat tissue, looks dark gray or nearly black, and the other type, breast tissue, is light gray, nearly white. When a large area of the breast has a white appearance, the breast is called dense. Most women have a combination of fatty and dense breast tissue. People with dense breast may have a higher chance of developing breast cancer. One way to know if you have dense breasts is by having a mammogram.

What is cervical cancer and how do I check to find out if I have it?

Cervical cancer is a type of cancer that starts in the cells of the cervix, which connects the vagina to the lower part of the uterus. It is usually caused by the human papillomavirus (HPV). Getting regular screenings like the Pap test or HPV test can help doctors find precancer cells and stop them before it becomes cancer. IBCCP can help you set up your free screenings for cervical cancer.

Additional Resources

National Breast and Cervical Cancer Early Detection Program (NBCCEDP)

www.cdc.gov/cancer/nbccedp

U.S. Centers for Disease Control and Prevention — WISEWOMAN Program

www.cdc.gov/wisewoman

For more information about the **Illinois Breast and Cervical Cancer Program** locations and services, contact the Women's Health Line

Toll-Free: 888-522-1282

TTY: 800-547-0466

www.dph.illinois.gov

Illinois Department of Public Health Office of Women's Health and Family Services

535 West Jefferson Street

Springfield, Illinois 62761

Phone: 217-524-6068

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www.dph.illinois.gov



State of Illinois
Illinois Department of Public Health



ILLINOIS BREAST AND CERVICAL CANCER PROGRAM



Take Charge, Get Screened!





The Illinois Breast and Cervical Cancer Program connects women and people assigned female at birth to breast and cervical cancer screening services at no cost.

Eligibility

If you are a woman or a person who was assigned female at birth, regardless of income, you can receive free services if you:

- Live in Illinois
- 40 years of age or older (for breast cancer screening services)
- 21 years of age or older (for cervical cancer screening services)
- Uninsured
- Underinsured (insurance doesn't cover the cost of screening or diagnostics)
- Younger than the above age categories or men having symptoms (like breast lump or pain)
- High risk for breast or cervical cancer at any age

Tips for Healthy Living

Get Checkups and Regular Screenings

- Remember that early detection can save lives.

Eat Healthy

- A variety of fruits and vegetables
- Lean protein sources like chicken, fish and beans
- Whole grain foods like whole wheat bread, bran, brown rice, and oatmeal

Stop Smoking

- If you smoke, stop smoking.

Get Moving

- Focus on fun activities, such as dancing, gardening, swimming, and walking.

Maintain a Healthy Weight

- Focusing on healthy eating and staying active can help you maintain a healthy weight.

Be Good to Yourself

- Sometimes that means simply “kicking back” and allowing some of life’s little stresses to roll off your back!



Regular Screenings are Important

1 out of 8 women will get breast cancer in their lifetime. Women who are 50 and older, have a family history of breast cancer or ever received a positive BRCA result are the highest risk for breast cancer.

According to the American Cancer Society the five-year survival rate for breast cancer is 99% when found early but this drops to 29% when the cancer is detected later. This means that if detected early, people have a greater chance of getting treatment and living a longer life compared if when detection is delayed.

Cervical cancer is also treatable if detected early. There are often no noticeable symptoms, so it is important to get routine screenings (Pap test or HPV test) which can find any signs or abnormal changes that could develop into cancer.

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