

ENROLL TODAY!

If you are uninsured, you now qualify to receive *free* breast and cervical cancer screenings and treatment.

Call

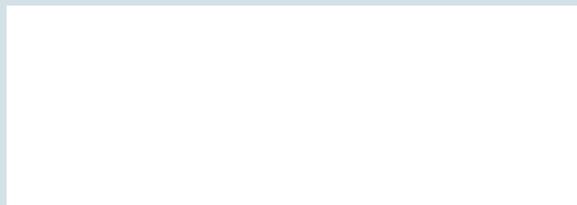
ILLINOIS WOMEN'S HEALTH-LINE
888-522-1282

TTY 800-547-0466

(HEARING IMPAIRED USE ONLY)

Visit

WWW.CANCERSCREENING.ILLINOIS.GOV

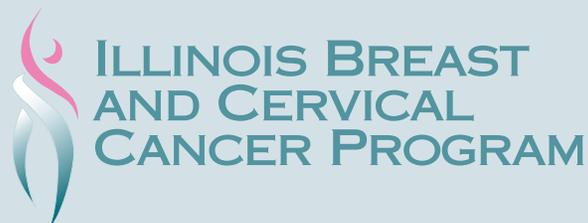


Printed by Authority of the State of Illinois
P.O.#609557 300M 5/09



State of Illinois
Illinois Department of Public Health

ILLINOIS DEPARTMENT OF
PUBLIC HEALTH
Office of Women's Health
535 West Jefferson Street
Springfield, Illinois 62761



TAKE CHARGE
get screened

If you are uninsured,
you can get **FREE**
screenings and treatment



TIPS FOR HEALTHY LIVING

REGULAR SCREENINGS ARE IMPORTANT

Breast cancer is the most common cancer in women. When detected in its earlier stages, breast cancer can be successfully treated. Routine mammograms and breast exams can detect cancer early and provide women with better treatment options. According to the American Cancer Society, the five-year survival rate for breast cancer is 98 percent when diagnosed early but this drops to 26 percent when the cancer is detected later.

Cervical cancer also is treatable if detected early. Since there are often no noticeable symptoms, it is important that women get screened regularly.

SCREENINGS AND TREATMENT

All uninsured women between the ages of 40 and 64 can receive free breast cancer screenings, and uninsured women between 35 and 64 can receive free cervical cancer screenings. Younger women with symptoms also may qualify. Women found to need treatment may qualify for free or low-cost treatment. Even if you have already been diagnosed with cancer, you may receive free or low-cost treatment through this program.

WHO QUALIFIES?

You will receive free services if you are a woman:

- Living in Illinois
- Without insurance
- 35 to 64 years old*

Younger women may qualify if they have symptoms.

* as recommended by the U.S. Centers for Disease Control and Prevention



TAKE CHARGE *get screened*

www.cancerscreening.illinois.gov

ILLINOIS WOMEN'S HEALTH-LINE
888-522-1282

TTY 800-547-0466
(HEARING IMPAIRED USE ONLY)

Get Checkups and Regular Screenings

One of the best gifts you can give yourself this year is to schedule a medical checkup and preventive screenings. Take advantage of the Illinois Breast and Cervical Cancer program and get screened. Remember that early detection can save lives.

Eat Healthy

Include at least five servings of fruits and vegetables along with lean protein sources, low fat dairy products, whole grains and healthy fats. Choose healthier cooking methods like baking, grilling and roasting over frying.

Stop Smoking

Quitting smoking is one of the most important things you can do. You will live longer and live better, lower your chance of having a heart attack, stroke or cancer. For help call the Illinois Tobacco QuitLine at 866-QUIT-YES.

Get Moving

Strive for 45 minutes of moderate physical activity on most, if not all, days of the week. If the gym's not for you, focus on fun activities, such as dancing, gardening, swimming and walking.

Maintain a Healthy Weight

According to the American Obesity Association, women who are overweight are at greater risk for strokes and of developing chronic diseases such as diabetes, high blood pressure and heart disease. Focusing on healthy eating and staying active can help you maintain a healthy weight.

Be Good to Yourself

Balancing work, home and play; reducing stress; and getting plenty of sleep are just as important as a healthy diet and exercise to living a happy, healthy life. Sometimes that means simply "kicking back" and allowing some of life's little stresses to roll off your back!