



COLORADO
Department of Public
Health & Environment

WOMEN!!

Your Health is Important



It's time to prevent breast cancer and cervical cancer

Your family needs her

Are you over 20 years of age?

Do not neglect your health... learn to know your body

Cancer begins when cells in some part of the body begin to grow out of control.

What can I do?

Know your body

Visit the doctor

Carry out your studies:
- Mammography
- Pap smear



Breast cancer

- Breast cancer is the #1 cause of death among Latina women in the US
- 1 in 7 women in Colorado will be diagnosed with breast cancer at some point in her life.
- Latina women are 20% more likely to die from breast cancer than non-Latina women due to differences in access to health care and treatment.
- Every woman should start having a clinical breast exam starting at age 20 and by age 40 she should also start having a mammogram every year.
- We help all women in need, no matter their race, where they live or situation, to access and take action.



Cervical cancer

- 92% of women who have cervical cancer detected at an early stage by a study such as the Pap smear are cancer survivors.
- The Pap smear can detect abnormal cervical cells years before there is cancer.
- Getting a Pap or VHP test every 3 to 5 years can help find or prevent cervical cancer.
- HPV is the main cause of cervical cancer, each year 12,000 women are diagnosed with this cancer.
- HPV is very contagious, there are more than 100 different types and some of them are the cause of cervical cancer.
- The vaccine is available for women and men ages 9-26. Protect your children from an early age.

**Free resources
in Spanish**

Call us at 720-255-8298 for more information on how and where you can get your mammogram, clinical exam or Pap smear at little or no cost.



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For public health innovation