



# Take Your Time

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Women over 40 years old should have a *clinical breast exam and mammogram* every 1-2 years. But, there is so much else to think about – bills, kids, grandkids, parents, other health issues... The list can go on and on. Use this month to put all of those other worries aside and *focus on you* for just a little while. Take *your time* to get regular breast cancer screening exams!

## What puts a woman at risk for breast cancer?

The top 2 risk factors for breast cancer are: Being a woman and getting older. Therefore, it is important for all women, 40 years and older, to be screened for breast cancer.

## How does a woman get tested, or screened, for breast cancer?

There are two screenings tests which women should have: a clinical breast exam and a mammogram. A *clinical breast exam* is performed by a doctor and can find breast abnormalities early. A *mammogram* is a low-dose X-ray picture of the breast. The clinical breast exam and x-ray information are used together to help detect breast cancer at an early stage when it can best be treated.

## Why should women get screened for breast cancer regularly?

Clinical breast exams and mammograms can save lives by finding breast cancer early, when more treatment options are available. Breast cancer can develop at any time, so get screened regularly.

## If I have insurance, how do I pay for these tests?

If you have health insurance, check with your insurer about how your insurance can pay for your breast cancer screenings.

## If I don't have insurance, how do I pay for these tests?

If you do not have health insurance, you can still get your breast cancer screenings! Options for breast cancer screening coverage in Maryland include:

1. Review and purchase insurance through Maryland Health Connection, Maryland's Health Benefit Exchange. Open enrollment begins in November. Find more information at: <http://marylandhealthconnection.gov/>.
2. Maryland Medical Assistance (Medicaid) is a program that pays for health services such as breast cancer screening for lower-income adults in Maryland. To learn more visit <http://www.marylandhealthconnection.gov/health-insurance-in-maryland/benefits-of-health-insurance/medicaid-assistance-in-maryland> or contact your Local Health Department.
3. Another potential resource for eligible women aged 40-64 years who do not have health insurance is the Maryland Breast and Cervical Cancer Program. Reach the program at 1-800-477-9774.

Maryland Department of Health and Mental Hygiene  
Breast and Cervical Cancer Screening Program  
1-800-477-9774