

“My faith is my strength, and my family is my foundation. Both guide me to take care of myself with regular screenings.”

Khaleda Akhter

*Entrepreneur, Grandmother,
Cancer Survivor*



TAKE CONTROL OF YOUR HEALTH. REGULAR BREAST AND CERVICAL CANCER SCREENING CAN SAVE YOUR LIFE.

Breast and cervical cancer can happen to you, even if you feel healthy. Learn more about breast and cervical cancer, talk to your doctor, and get screened. You and your family will be thankful that you did.

Learn more about breast and cervical cancer by contacting the MARHABA project.



844-851-5696 www.med.nyu.edu/pophealth/marhaba

Why do I need to get screened

- ✓ **Breast cancer** may not always cause symptoms, but it can be found early with a screening test called a mammogram. The risk for breast cancer increases with age. Talk to your doctor about when and how often you should be screened.
- ✓ **Cervical cancer** does not always create symptoms, but there is a screening test that can find this cancer early. All women are at risk for cervical cancer. Cervical cancer is the easiest gynecological cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.



**99% OF WOMEN
WHO FIND
THEIR BREAST CANCER EARLY
SURVIVE**



If you are between the ages of 50 and 74 years, get a mammogram every other year. If you are under 50 years or 75 years and over, talk to your doctor about when and how often you should get a mammogram.

Speak to your provider about these screenings at your regular/annual exams to determine if the frequency of screening is right for you.



**91% OF WOMEN
WHO FIND
THEIR CERVICAL CANCER EARLY
SURVIVE**

Cervical cancer screening tests can find abnormal cells so they can be treated before they turn into cancer. The Pap test looks for changes in cells that could turn into cancer if left untreated. The HPV test looks for the virus that causes these cell changes.



You should start to get regular Pap tests every 3 years at age 21. If you are between the ages of 30 and 65 years, you should get a Pap test every 3 years OR every 5 years if you combine the Pap test with the HPV test. If you are older than 65 years, talk to your doctor about when you should get a Pap test.

- ✓ *Learn more about breast and cervical cancer*
- ✓ *Talk to your doctor*
- ✓ *Get screened for breast and cervical cancer*

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