

Do you qualify for free screenings?

Through the Women's Wellness Connection program, free cervical cancer screenings/Pap smear tests and free breast cancer screenings/mammograms are available to women who qualify.

Criteria for eligibility are:

- You are between the ages of 21-64 years old;
- You are living within a specific income level;
- You are uninsured or underinsured; and
- You reside in Chaffee, Saguache, Custer, western Fremont, western Park, or Lake Counties.

The HRRMC Center for Breast Health offers state-of-the-art mammography to detect and treat breast cancer, including:

- Digital Breast Tomosynthesis (3D and 2D mammography)
- Breast Ultrasound
- Stereotactic Breast Biopsy
- Breast MRI

Mammogram screenings are performed at HRRMC's main campus in Salida.

Women's Wellness Connection clinic services are available at four convenient locations:

- Buena Vista Health Center
- Custer County Health Center
- Saguache Health Center
- Salida Health Center

Free weekly patient transport service to and from the main campus in Salida is available for Custer County residents. Call (719) 783-2380.

To determine your eligibility, call or text WWC Women's Health Coordinator, Melanie Critelli, at (719) 530-1065.

For clinical questions, call or text WWC Outreach RN, Julia Fritz, at (719) 650-4450.

Prevention is POWERFUL



This project is made possible through a generous grant from the Women's Wellness Connection Program.

As a woman, you tend to take care of others—children, parents, friends and beyond.

Who is taking care of you?

Your health is a priority. Let us help you access the healthcare you need and the preventative cancer screenings that keep you well.

Using a compassionate approach, we work directly with you and clinic staff to ensure a seamless experience. Our Women's Wellness Connection team works diligently to make your health appointments as easy as possible.



Heart of the Rockies Regional Medical Center Foundation
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HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

BREAST AND CERVICAL HEALTH SCREENINGS



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Early detection saves lives

When **breast cancer** is detected early, and is in the localized stage, the 5-year relative survival rate is 99%.*

- Most breast cancers don't cause any symptoms at an early stage. Without a screening, there's no way of knowing you have it.
- Getting screened every year is very important. It helps your healthcare provider find small changes in your breasts.

The survival rate for women with localized **cervical cancer** that is detected in its earliest stages is 92%.*

- Pap tests can find abnormal cells years before any cancer forms.
- Cervical cancer usually does not present symptoms.
- Receiving a Pap test every three years can help you detect and even prevent cancer of the cervix.

*Source: American Cancer Society

Connect. Get Checked. Be Well.



For more information or to find out if you qualify for free screenings, call Melanie Critelli at (719) 530-1065.

Breast health screening tests

A **clinical breast exam** is a physical exam done by a healthcare provider. Your provider should carefully feel your breasts and underarm for any changes or abnormalities (such as a lump). He/she should visually check your breasts while you are sitting up and physically examine your breasts while you are lying down.

A **mammogram** is a screening tool that uses X-rays to create images of the breast. These images are used to find early signs of breast cancer such as a dense mass or clusters of calcium (microcalcifications).

Mammography is the best screening tool for breast cancer used today. It can find cancers at an early stage, when they are small (too small to be felt) and the chances of survival are highest.

When to screen for breast cancer

There are many risk factors linked to breast cancer. The two most common—being a woman and getting older—are beyond your control. But some things, like exercising, maintaining a healthy weight and limiting your alcohol intake, are within your power.

Women of average risk for breast cancer should have a clinical breast exam every year starting at age 40.

3D mammograms are recommended every year starting at the age of 40 for women of average risk.

Some women may have a higher risk of breast cancer due to age, genetics or clinical factors. For these reasons, screening may be recommended earlier or more frequently. Talk to your healthcare provider about when and how often you should be screened.

3D mammography provides improved visualization of the breast and reduces recall for additional imaging that is sometimes necessary with 2D mammography.



Cervical health screening tests

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. Two screening tests can help prevent cervical cancer or find it early:

The **Pap test** (or Pap smear) looks for precancers or cell changes on the cervix that might become cervical cancer if they are not treated appropriately. During a Pap test, your doctor scrapes and brushes cells from your cervix, which are then examined in a lab for abnormalities. It is recommended for all women between the ages of 21-65.

The **HPV test** looks for the virus that can cause these cell changes. It involves testing cells collected from the cervix for infection with any of the types of HPV that are most likely to lead to cervical cancer. If you are 30 years old or older, you may choose to have an HPV test along with your Pap test.

When to screen for cervical cancer

- Every 3 years between ages 21 and 30.
- Every 5 years starting at the age of 30, if previous tests results were normal.