Questions About Breast and Cervical Cancer

1. **What is a Pap test?**
   A Pap test is a test that looks for early changes in your cervix that might lead to cancer. A “Pap test” is not the same as a “pelvic exam.” A pelvic exam tests for other problems.

2. **If my Pap test is “not normal”, does this mean I have cancer?**
   No. When a Pap test is “not normal,” it only means that follow-up testing will need to be done.

3. **I don’t have a family history of breast cancer. Why do I need to get a mammogram and breast exam every year?**
   Most women who get breast cancer do not have a strong family history of it. 85-90 percent of women who develop breast cancer have no family history. Most women don’t have any risk factors at all, other than being a woman and getting older.

4. **I had a mammogram three years ago and it was normal. Why do I need to get another one?**
   Once is not enough. A mammogram can identify breast cancer early when it is most treatable, but only if you have one every year.

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Breast & Cervical Cancer Screening Navigation Program

How to get breast or cervical cancer screening and follow-up care.

The Michigan Breast and Cervical Cancer Navigation Program can help you get screening services whether you have insurance or not.
I don’t have insurance. How can I get screening services?

- Depending on your income, you may be eligible to enroll in the Healthy Michigan Plan (HMP) to receive your cancer screening services.
- If you are not eligible for HMP, you may qualify for no-cost screening and follow-up care through the Michigan Breast and Cervical Cancer Navigation Program. We can help you with getting screening services.
- Women must be 40 years of age or older, meet certain income requirements, and can be either insured or uninsured to be eligible for help through the program.
- To locate a program provider near you, contact your local health department or call 1-800-922-MAMM (1-800-922-6266).

My insurance paid for my mammogram; it was abnormal and I need follow-up, but my insurance won’t cover the additional tests.

If you have an abnormal Mammogram or Pap test, and your insurance doesn’t completely pay for additional tests, we can help! We can pay for your follow-up care or work with your insurance to help pay for the care you need.

If you don’t know where to go for follow-up care we can work with you to find health care providers, clinics, and hospitals that will care for you.

Call your local health department or call 1-800-922-MAMM (1-800-922-6266) today.

For more information about breast cancer or cervical cancer contact the American Cancer Society (www.cancer.org or 1-800-ACS-2345) or the National Cancer Institute (www.cancer.gov or 1-800-4-CANCER).

Why Should I Get Checked for Breast and Cervical Cancer?

- The best way to survive cancer is to find it early, when it is most easily treated.
- Although all women are at risk to develop breast cancer, this risk increases as a woman gets older.
- There are simple tests to screen for both breast and cervical cancer.
- If you are 40 years of age or older, you should get a mammogram (a type of breast X-ray) and a breast exam by a health care provider every year.
- All women should receive regular Pap tests, the screening test for cervical cancer, from their health care provider.
- Statistics show that minority women are more likely to die from both breast cancer and cervical cancer than white women. This may be because minority women are less likely to receive regular breast and cervical cancer screening.

What Services Are Available Through This Program?

We provide navigation services to help you receive the care you need whether it is breast or cervical cancer screening, follow-up care for an abnormal test result, and/or treatment if a breast or cervical cancer is diagnosed.

We can help you receive care whether you have insurance or not.

If you are UNINSURED, our navigators can enroll you in our program and arrange for you to receive these services, as indicated:
- Clinical Breast Exam
- Screening Mammogram
- Pap Test
- Pelvic Exam
- Diagnostic Services specific to breast and/or cervical cancer

If you have insurance, but you have a high deductible that you must pay before receiving services or your insurance doesn’t completely cover your follow-up care, our navigators can provide help in paying for these follow-up exams:
- Consultation visit with a Breast Surgeon or OB/GYN doctor
- Diagnostic mammogram, extra views, breast ultrasounds, MRI
- Breast biopsy or aspiration
- Colposcopy with cervical biopsy