

Be there for your family

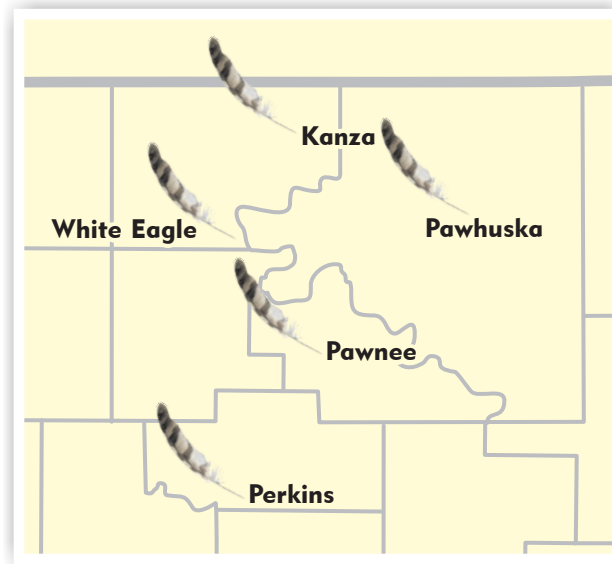
If you have not had...
your pelvic examination, Pap test, clinical breast examination or mammogram this year, then call today. Make an appointment with Kaw Women's Health at your clinic.

We do not discriminate on the basis of...

age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

There are no signs or symptoms.

A Pap test can save your life.



**Contact your clinic to schedule
an appointment with Kaw Nation
Women's Health Program**

Kanza 580-362-1039

White Eagle 580-765-2501

Pawnee 918-762-2517

Pawhuska 918-287-4491

Perkins 405-547-2473



Sponsored by
U.S. Department of Health and Human Services
Division of Cancer Prevention and Control
4470 Buford Highway NE
Atlanta, GA 30341-3717

Kaw Nation Women's Health Program



**Reaching out to
Native American women to
provide breast and cervical
cancer screening**

**performed by a female
Nurse Practitioner/CDC Screener
for the Treatment Act**

Kaw Nation Women's Health Program

To be eligible for this program, you...

- ✂ **Must be a Native American woman of a federally recognized tribe**
- ✂ **Must be age 18 to 64**
- ✂ **Must have no health insurance or, if insured, have a high deductible**
- ✂ **Must be low-income**



Our program pays for...

- ✂ **Mammograms.** For all eligible women ages 50 and older. Do not use powder or deodorant on the date of exam.
- ✂ **Clinical breast exams.**
- ✂ **Pap tests.** No douches, vaginal creams or sexual intercourse within 24 hours of the exam.
- ✂ **Additional diagnostic tests,** as indicated.

Our program goals

- ✂ Provide specific and appropriate clinical procedures in order to detect breast and/or cervical abnormalities*
- ✂ Detect precancerous or cancerous lesions at their earliest stage
- ✂ Ensure that women with abnormal test results and/or diagnosis of cancer receive appropriate and timely diagnostic and treatment services

*performed by a female Nurse Practitioner/CDC Screener for the Treatment Act

Breast cancer risk factors

- ✂ Older women have a greater risk
- ✂ Having your first child after age 30
- ✂ Never having had a child
- ✂ Having early menses and late menopause
- ✂ Using birth control pills or hormone replacement
- ✂ Family history
- ✂ Benign lumps
- ✂ Obesity
- ✂ Smoking

Cervical cancer risk factors

- ✂ Being sexually active before age 16
- ✂ Herpes virus infection
- ✂ Sexually transmitted diseases, such as chlamydia, syphilis and gonorrhea
- ✂ Human papilloma virus (HPV) or HIV/AIDS
- ✂ Having sex with more than one partner in your lifetime
- ✂ Having unprotected sex with a partner who has had more than one partner in his/her lifetime
- ✂ Multiple births
- ✂ Obesity
- ✂ Smoking



Colorectal cancer common symptoms

- ✂ Change in bowel movement habits
- ✂ Diarrhea, constipation or a feeling that the bowel doesn't empty completely
- ✂ Blood in the stool — either bright red or very dark
- ✂ Stools that are narrower than usual
- ✂ General abdominal discomfort — frequent gas pains, bloating, fullness and/or cramps
- ✂ Weight loss with no known reason
- ✂ Constant tiredness
- ✂ Nausea and vomiting

Most often, these symptoms are not due to cancer. Other health problems can cause these symptoms. See your health care provider.

Colorectal screening: who's at risk?

- ✂ A person with the above symptoms
- ✂ One who is age 50 or older
- ✂ One who has a higher than average risk:
 - A personal history of colorectal cancer
 - Polyps
 - A family history of colorectal cancer
 - A history of cancer of the ovary, uterus (endometrium) or breast
 - Ulcerative colitis
 - High-fat diet
 - Smoking