

*Mothers, Daughters, Sisters, Friends...*

# **Be Good to Yourself-**

*By taking care of your health.*

Women today face many demands and challenges. It is important to create a healthy balance in your life. Knowing your health risks and what you can do to protect your health are the first steps. Having routine health tests will help you live a longer, healthier life.

Our program helps low-income, uninsured, and underinsured women gain access to breast and cervical cancer screenings and diagnostic services. The Care For Yourself Program provides these services:

- Clinical breast examinations
- Mammograms
- Pap tests
- Surgical consultation
- Diagnostic testing for women whose screening outcome is abnormal.

**Heart disease screenings** are also available to a limited number of participants. Services include: cholesterol, blood pressure, and blood glucose testing and height and weight measurements. All services are confidential and women are able to see the provider of their choice.

Must meet income guidelines.

For more information contact Carroll County Public Health, a division of St. Anthony Home Health Agency at 712-794-5279.

For more program information link to  
<http://www.cdc.gov/cancer/nbccedp/about.htm>  
or <http://www.idph.state.ia.us/careforyourself/>

## the BEST Protection



is EARLY  
Detection