



Vermont
PWA
Coalition

Events
Activities
Advocacy
Education
Networking
Buyer's CO-Op

Vermont People
With AIDS Coalition
P.O. Box 11
Montpelier, VT 05601

in Vermont
800-698-8792
or 802-229-5754

Burlington Area Consumer
Advocate: 802-324-1507

**HOLIDAY
SHOP
ONLINE**

to support Out in the Mountains
& Mountain Pride Media

www.mountainpridemediac.org/shop

HIV/AIDS PROGRAM **info**

To learn more about:

- HIV testing
- Benefits of knowing your HIV status
- Treatment, support and counseling options

Call Vermont AIDS Hotline:

1-800-882-AIDS



Mothers, Sisters, Daughters

Breast cancer is the most frequently diagnosed cancer and the second leading cause of death in US women. In 2003, nearly one in every 3 cancers diagnosed was breast cancer. Mammograms can't prevent cancer, but they can save lives by detecting cancer as early as possible in most cases.



Gifford Medical Center encourages all women over the age of 40 to have a mammogram and a clinical breast exam every year.

If you have no insurance and cannot afford to pay for a mammogram, Gifford's *Woman to Woman Program* at 728-2323 might be able to help.



American Cancer Society Guidelines for the Early Detection of Breast Cancer:

- Age 20 - 39 Clinical breast exam by your health care provider every three years.
Breast self-exam is an option for women starting in their 20's.
- Age 40 + Clinical Breast exam every year
Breast self-exam is an option for women over 40.
Mammogram every year

To schedule a mammogram call 728-2214. For more information about breast health, please call Gifford's Breast Care Coordinator at 728-2317.



Gifford Medical Center, Randolph, VT 802-728-7000 www.giffordmed.org