



# Care for Yourself

The Iowa Breast & Cervical Cancer Early Detection Program

## High Risk Factors for Breast Cancer

Yes No Known genetic mutation such as BRCA 1 or 2

---

Yes No Known genetic mutation such as BRCA 1 or 2 in first-degree relative (parent, sibling, child)

---

Yes No First-degree relative with premenopausal breast cancer (parent, sibling, child)

---

Yes No Ashkenazi Jewish heritage

---

Yes No A history of radiation treatment to the chest area before the age of 30 (typically for Hodgkin's lymphoma)

---

Yes No Lifetime risk of 20% or more for development of breast cancer based on risk assessment models that are largely dependent on family history

If yes to any of the above, the participant may enroll in the Care for Yourself Program at any age.



# Care for Yourself

The Iowa Breast & Cervical Cancer Early Detection Program

## High Risk Factors for Breast Cancer

Yes No Known genetic mutation such as BRCA 1 or 2

---

Yes No Known genetic mutation such as BRCA 1 or 2 in first-degree relative (parent, sibling, child)

---

Yes No First-degree relative with premenopausal breast cancer (parent, sibling, child)

---

Yes No Ashkenazi Jewish heritage

---

Yes No A history of radiation treatment to the chest area before the age of 30 (typically for Hodgkin's lymphoma)

---

Yes No Lifetime risk of 20% or more for development of breast cancer based on risk assessment models that are largely dependent on family history

If yes to any of the above, the participant may enroll in the Care for Yourself Program at any age.



# Care for Yourself

The Iowa Breast & Cervical Cancer Early Detection Program

## High Risk Factors for Cervical Cancer

**Yes No** Human immunodeficiency virus (HIV) infection

---

**Yes No** Organ transplantation

---

**Yes No** Immunocompromised from other health conditions

---

**Yes No** Had diethylstilbestrol (DES) exposure in utero

If yes to any of the above, the participant needs to be screened more frequently than average-risk women.



# Care for Yourself

The Iowa Breast & Cervical Cancer Early Detection Program

## High Risk Factors for Cervical Cancer

**Yes No** Human immunodeficiency virus (HIV) infection

---

**Yes No** Organ transplantation

---

**Yes No** Immunocompromised from other health conditions

---

**Yes No** Had diethylstilbestrol (DES) exposure in utero

If yes to any of the above, the participant needs to be screened more frequently than average-risk women.