THE PAP TEST

1. Could I have cancer of the cervix and not know it?

Yes—often there is no pain. And this kind of cancer kills many women every year.

2. What does that mean for me?

It means get a Pap test. The Pap test can find cancer early. If it's found early, it's easier to cure.

3. How often should I get a Pap test?

Get a Pap test every year.

4. How is the Pap test done?

The nurse or doctor wipes a swab on the cervix in your vagina. This takes only a few seconds.

5. Where do I get a Pap test?

- Family doctor.
- OB/GYN.
- Medical clinic.
- Local health department.

6. Who needs to have a Pap test?

You do if:
- You are over 18; or
- You are 18 or under and have sex.

There is no upper age limit for the Pap test. Even women who have gone through the change of life (menopause) need a Pap test every year.

7. Why is a Pap test important to me?

Because it can tell if you have cancer of the cervix early—while it's still easier to cure.

It can save your life!

For more information, call the National Cancer Institute's toll-free Cancer Information Service at 1-(800)-422-6237.

Get your appointment for a Pap test today!

MY APPOINTMENT FOR A PAP TEST:

Date: _______________________
Time: _______________________
Place: _______________________
Telephone: ___________________
CO-CHANGE
REFERRAL AGENT

BARBER
OR
HAIRSTYLIST
AGREEMENT

✓ It's easy to sign-up!
✓ Just fill out the basic information on the reverse side.

TARGETING CANCER IN BLACKS
A Cancer Prevention & Awareness Project
National Cancer Institute
Meharry Medical College
321-4007
Co-Change Referral Agent

BARBER OR
HAIRSTYLIST AGREEMENT

I agree to refer at least one black customer each month during this project. I will refer customers who are at least 18 years old and live in the Nashville area. These customers will agree to attend a cancer prevention training session at Meharry Medical College.

I agree to inform my co-workers about this project. I will request a co-worker to work with the Targeting Cancer in Blacks staff. The project staff will train us to register customers for the training sessions. I agree to use the customer information for this project only and will keep it private.

I agree to attend one training session for barbers or hairstylists. I will try to attend three project-related activities. These activities will tell me about the project’s progress and allow me to suggest changes and provide feedback.

Please complete the form below. Leave this card with the staff or mail to address listed.

Thank You!

Print
Name: ____________________________

Address: __________________________

City: __________________ State: ______

Zip: ______________________________

Phone No: __________________________

Signature __________________________

Date ______________________________

Meharry Medical College
TARGETING CANCER IN BLACKS
Cancer Control Research Unit
1005 D.B. Todd Blvd, Nashville, TN 37208
CO-CHANGE
REFERRAL AGENT

DOCTOR AGREEMENT

✓ It's easy to sign-up!
✓ Just fill out the basic information on the reverse side.

TARGETING CANCER IN BLACKS
A Cancer Prevention & Awareness Project
National Cancer Institute
Meharry Medical College
321-4007
Co-Change Referral Agent

DOCTOR AGREEMENT

I fully understand the responsibilities of and agree to serve as a Co-Change Referral Agent beginning ____________
and ending ____________ for the Targeting Cancer in Blacks project.

Specifically I agree to refer a minimum of one (1) black patient weekly, who is at least 18 years old and resides in
the Nashville area. I agree to make referrals weekly for ______ consecutive months. Referred patients will be those
who agree to attend one (1) short cancer prevention training session held in the Training Referral Resource Site (TRRS)
located at Meharry/Hubbard Hospital.

In support of my role as a Co-Change Referral Agent, I agree to instruct personnel to work with the project staff concern-
cesting the appropriate processing of related paperwork.

As a Co-Change Referral Agent, I also agree to participate in an orientation session with other doctors, to be
given by the program Health Educator. I will do my very best to attend three program related activities spaced
over the project period. These activities will keep me informed of the program’s progress, and serve as an open forum for me to make suggestions or provide feedback.

Please complete the form below. Leave this card with the staff or mail to address listed.

Thank You!

Print
Name: ________________________________

Address: ______________________________

City: ___________ State _____________

Zip: ______________________________

Phone No: ______________________________

Signature _______________________________

Date ________________________________

Meharry Medical College
TARGETING CANCER IN BLACKS
Cancer Control Research Unit
1005 D.B. Todd Blvd, Nashville, TN 37208
CO-CHANGE
REFERRAL AGENT

GENERAL AGREEMENT

✓ It's easy to sign-up!
✓ Just fill out the basic information on the reverse side.

TARGETING CANCER IN BLACKS
A Cancer Prevention & Awareness Project
National Cancer Institute
Meharry Medical College
321-4007
Co-Change Referral Agent

GENERAL AGREEMENT

"As a Nashville community leader, I agree to support the 'TARGETING CANCER IN BLACKS' project. I will endorse this project by encouraging black community members with whom I am associated through social, civic or professional organizations to attend the training."

Please complete the form below. Leave this card with the staff or mail to address listed.

Thank You!

Print
Name: _____________________________________________
Address: ___________________________________________
City: ___________________ State _______________________
Zip: ____________________
Phone No: _______________________
Signature: ____________________________
Date __________________________

Meharry Medical College
TARGETING CANCER IN BLACKS
Cancer Control Research Unit
1005 D.B. Todd Blvd, Nashville, TN 37208
Your Packet Should Have...

- Training Agenda
- Welcome Letter
- Hats Off to Program Supporters
- Brochures/Booklets on Five Cancer Sites
- Cancer Prevention Messages
- Checkup Reminder Guide
- Note Paper to write and Remember...
Training Agenda

Registration 15 minutes
Cancer Problem 15 minutes
Cancer Prevention Messages 30 minutes
Wrap Up 15 minutes
Dear Friend:

Welcome to the Targeting Cancer in Blacks class. By being here you are casting a vote to be better informed about cancer.

We hope this information is helpful. If you agree, share it with your family and friends. You may learn something today that may save a loved one’s life. As equally important, it may save your life. Being here is the first step. Putting the information to use is the "best" step.

Today you will hear a lot about secondary and primary prevention. For some cancers, catching them early (before they spread) is the best protection; This is secondary prevention. Daily choices about food, exercise and tobacco can lower your chances of ever having certain cancers; This is primary prevention. These two forms of cancer prevention and control, when used, are life saving tools. So what are you here to learn? How to give yourself the best chance to beat cancer.

Again, thank you for being here!

Dr. Kofi Semenya
Principal Investigator

A project of the Cancer Prevention and Awareness Program funded by the National Cancer Institute
Cancer Control Research Unit • Meharry Medical College • 1005 D. B. Todd Blvd. • Nashville, TN 37208 • (615) 321-4007 • Fax 327-5844
"HATS OFF TO THIS PROJECT'S SUPPORTING CAST..."

Steering Committee

The Targeting Cancer In Blacks project is supported by a devoted steering committee. These volunteers members meet each month. Several have been devoted members since the beginning of the project. As a group, they have served as valuable advisors and unselfishly given direct task support as needed. We want you to know the fine people who have taken their concern for cancer and turned it into action. They are:

Ms. Mary Bufwack - Executive Director of United Neighborhood Health Service

Ms. Hattie Burns - Owner of Burns Hairstylist Salon and Boutique

Ms. Doris Brandon - Salon Inspector

Ms. Rhonda Cantrell-Dunn - Assistant Executive Director of Bethlehem Center

Ms. Sherree Hall - Fair Housing & EEO Assistant

Ms. Peaches Manning - Resident Association Coordinator

Dr. Reavis Mitchell - Office of the President of Fisk University

Ms. Alice Nestler - North Nashville Community Council

Ms. Michelle Orenstein - Cancer Control Division of the Tennessee Dept. of Hlth.

Reverend Charles Williams - Minister

Ms. Mary Vowels - Former Assistant V.P. of College Relations, Meharry Med. College

Special Advisors

In addition to the Steering Committee, there were times when special types of expertise were needed. At those times the following individuals stepped forward to guide us:

Louis J. Bernard, M.D., Director  Robert Hardy, M.D.
Drew-Meharry-Morehouse Consortium  Chief of Medical Oncology
Cancer Center  Meharry Medical College

Mr. Douglas Wagner  Ms. Cheri Barnes
Program Director, Outreach Services  Outreach Coordinator
Cancer Information Service - CIS  Cancer Information Service - CIS
Lexington, Kentucky  Lexington, Kentucky

Ms. Adrienne Latham  Mr. Robert T. Babbitt
Metropolitan Times  Executive Director
Nashville, Tennessee  Metropolitan Transit Authority

Nashville, Tennessee
Remember....

*Keep a Breast, Get the Test!*

If you are a ____________ you are at risk for breast cancer.

The three best ways to find breast cancer are...

Mammogram, Clinical Breast Exam, and ________________.

Personal Notes:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

*Don't Wait Too Late, Check the Prostate*

Black men have one of the highest death rate of prostate cancer in the ________________.

Starting at age _________ every man should discuss screening options with his physician.

Personal Notes:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
Get a Pap Smear, Once a Year

African-American women get ______ ______ at twice the rate for white American women.

If you are a woman you need to get a ________ once a ________.

A Pap smear can find cervical cancer ________, when it's easier to treat.

Personal Notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Get a Check Up, Don't Check Out!

African-Americans get ______ ______ at a rate 10 percent greater than that for white Americans.

When caught early, colon cancer can be successfully ____________.

The three best ways to protect yourself from colon cancer are the digital rectal exam, the procto exam and the ______ _______ test.

Personal Notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Have No Regrets, Give up Cigarettes.

Lung cancer is the leading cause of all _______ deaths.

It's never too late to ________ smoking. It's never the ________ time to start smoking.

Personal Notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Eat to Beat Cancer...More Fiber Less Fat!

What you _______ can affect your chances of getting certain cancers.

Eat more foods that are high in _______ and low in ________.

Personal Notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Exercise for the Prize of Good Health!

Not keeping an ideal weight will increase your _________ of certain cancers.

Mild exercise _________ times a week for _________ minutes will help to maintain your weight.

One good way to get exercise for most people is ________________.

Change Your Lifestyle, Walk a Mile!

Personal Notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
The Cancer Prevention Messages

- Keep a Breast...Get the Test
- Don't Wait Too Late...Check the Prostate
- Get a Pap Smear Once a Year
- Get a Check up...Don't Check Out!
- Have No Regrets...Give Up Cigarettes
- Eat to Beat Cancer...More Fiber Less Fat!
- Exercise For the Prize of Good Health!
- Change Your Lifestyle...Walk a Mile!
# Checkup Reminder

<table>
<thead>
<tr>
<th>Site</th>
<th>Sex</th>
<th>Age</th>
<th>Test</th>
<th>How Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast</td>
<td>Women</td>
<td>During regular checkup</td>
<td>Clinical Breast Exam</td>
<td>Every Year</td>
</tr>
<tr>
<td>Breast</td>
<td>Women</td>
<td>Age 40 to 49</td>
<td>Talk about a mammogram with your doctor.</td>
<td></td>
</tr>
<tr>
<td>Breast</td>
<td>Women</td>
<td>Age 50 or older</td>
<td>Mammogram</td>
<td>Every 1 to 2 years</td>
</tr>
<tr>
<td>Cervix</td>
<td>Women</td>
<td>18 or sexually active</td>
<td>Pap Smear</td>
<td>Every year</td>
</tr>
<tr>
<td>Prostate</td>
<td>Men</td>
<td>40 years or older</td>
<td>Discuss screening options with your physician.</td>
<td>Every year</td>
</tr>
<tr>
<td>Colon</td>
<td>Men &amp; Women</td>
<td>During regular checkup</td>
<td>Digital Rectal Exam</td>
<td>Every year</td>
</tr>
<tr>
<td>Colon</td>
<td>Men &amp; Women</td>
<td>Age 50 or older</td>
<td>Blood Stool Test</td>
<td>Every year</td>
</tr>
<tr>
<td>Colon</td>
<td>Men &amp; Women</td>
<td>Age 50 or older</td>
<td>Procto Exam</td>
<td>Every 3 to 5 years</td>
</tr>
</tbody>
</table>

Current as of 1994.