

Every Super Woman needs  
 a yearly check-up!  
 and we hope to see you soon...!

Best  
 Chance  
 Network

*Wisdomian*

Lifestyle Education Intervention

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Hope to hear from you soon...!

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 Chance  
 Network

*Wisdomian*

Lifestyle Education Intervention

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# Hello!

It's time for your Best Chance Network (BCN) Wisewoman appointment:

- Breast exam
- Pelvic exam
- Pap smear (*if needed*)
- Blood pressure, cholesterol, and diabetes check

Your BCN doctor or nurse will make a referral for the mammogram and for life intervention services.

Please call to make an appointment.

Your health is important to us...and to you!

Call: \_\_\_\_\_

## Remember...

For 48 hours before your Pap test:

- Do not douche
- Do not have sex
- Do not use a tampon

For 9 hours before your appointment:

- Do not have anything to eat or drink (*except water and black coffee*) because you will have blood drawn.

On the day of your mammogram:

- Do not use deodorant, perfume, powder or ointment in the underarm area or on your breasts.



*Wisewoman*

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*Wisewoman*