



Department of Health  
Agency of Human Services



## Ladies First Offers Free Mammograms for Eligible Women

*Sign up for Ladies First to Celebrate Breast Cancer Awareness Month*

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BURLINGTON - Lana Hanson now grows beets, string beans, carrots, tomatoes, green peppers and winter squash in her home garden in the spring and summer, and scheduled her first mammogram due to the Vermont Department of Health's Ladies First program.

Hanson, of Shoreham, Vt., contacted Ladies First after a friend told her she could have free mammograms, and an annual physician office visit including testing for cholesterol, blood sugar and blood pressure.

"I was not very healthy," Hanson said. "I ate a lot of potato chips. Basically junk food, and I would skip breakfast."

Ladies First is a breast and cervical cancer and heart health screening program that can – and does – save lives. The program has screened nearly 11,000 women for breast and cervical cancer since 1995 and 4,500 for heart health since 2002.

October is Breast Cancer Awareness Month and Ladies First provides free screening for breast and cervical cancer, and heart health for eligible Vermont women. The program also offers time to talk with a nutritionist about healthy eating, weight loss and help with quitting smoking.

Hanson participated in Ladies First because the program allowed her to change her lifestyle and diet and exercise habits at her own pace. No one pushed her or pressured her to continue to get a mammogram, but every year, without fail, she has been screened for breast cancer.

"I have recommended this program to many women and I will continue to recommend it," Hanson said.

For more information call 1-800-508-2222 or go to [www.LadiesFirstVt.org](http://www.LadiesFirstVt.org). For Deaf and Hard of Hearing individuals, please use Vermont Relay Service 711 and give our number: 1-800-508-2222. Foreign language interpreters, transportation, child care and elder care are also available.

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