

“Holy Earth Woman,” relief 19.5 X 9”, © 2000  
Marla Ann Yellow Bird (Chippewa, Assiniboine)

### What is *Women’s Way*?

*Women’s Way* may provide a way to pay for mammograms and Pap tests for eligible women.

### Why are mammograms and Pap tests important?

The earlier breast and cervical cancers are found, the better the outcome is. Regular breast and cervical screenings save lives and give us peace of mind.

### What can I get with *Women’s Way*?

Eligible women ages 40 through 49 can get:

- Clinical breast exams
- Pap tests
- Pelvic exams

Eligible women ages 50 through 64 can also get mammograms.

### Who Qualifies?

Women may be able to use *Women’s Way* and not know. Even if you use Indian Health Services for screenings, you may be able to use *Women’s Way*. Certain income and insurance guidelines apply.

For example, a woman with no health insurance or who is unable to pay insurance deductibles or co-pays or who has insurance, but her plan does not cover mammograms or Pap tests could be eligible.

### How do I sign up for *Women’s Way*?

Call today to see if you are eligible. One toll-free call could save your life. Please call 1-800- 44 WOMEN (1-800-449-6636).

“Make that appointment.  
Find out and  
get rid of the fear.”

– Ella Mae Baker  
Breast Cancer Survivor  
Three Affiliated Tribes Elder

Photo by Lydell Baker 2006.



Edith, Andrea, and Esther St. John (Edith and Esther are Sisseton-Wahpeton Dakota Nation. Andrea is Sioux, Ojibwe) Photo by Peg Furshong 2004.



Left: Rachel Poitra and Arion Poitra (Turtle Mountain Chippewa)

Photo by Peg Furshong 2004.

Right: Melody Staebner (Turtle Mountain Chippewa)

Photo by Paul Boswell 2004.

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[www.ndhealth.gov/womensway](http://www.ndhealth.gov/womensway)

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Clockwise from upper left: Tammy Laundreaux, Shanna Pleets, Alexandra Dwarf, Isabelle Laundreaux, Destiny Pleets (Sioux)  
 Photo by Kat Productions 2003.

“I want all women 40 and older to get their mammograms every year. So if a cancer is there, it is found early and treated. We need to be there for our families.”

— Isabelle Laundreaux



Jodi Hajicek (Turtle Mountain Chippewa)  
 Photo by Logan Davis 2004.

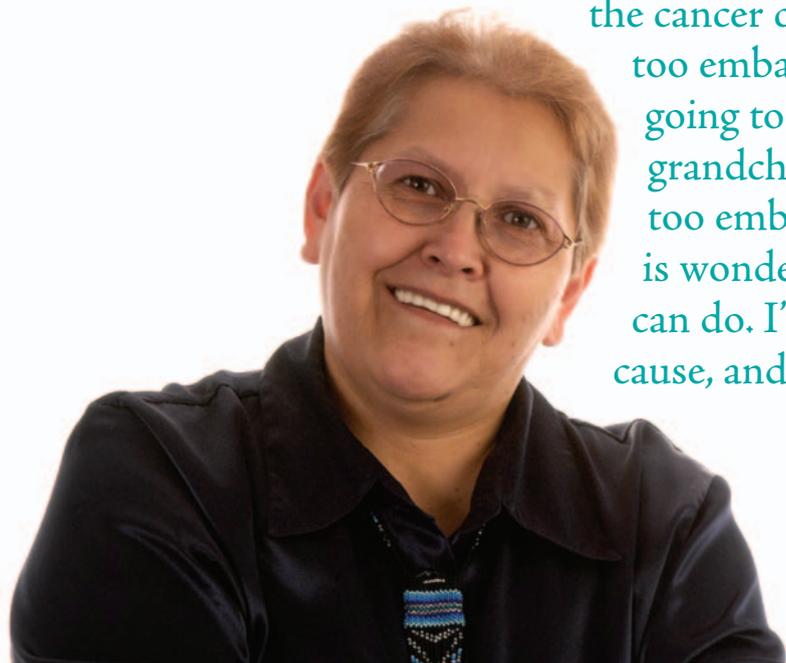
“Get your yearly screenings because your health depends on it. We have children and grandchildren who depend on us and we can’t help them if we’re not healthy.”

— Elaine Keepseagle,  
 Standing Rock Sioux  
 Tribal Elder



“The good cells could be being gobbled up by the cancer cells and you are saying you’re too embarrassed? I asked her, ‘Are you going to deprive your children and grandchildren of your love because you are too embarrassed?’ I think *Women’s Way* is wonderful. I’ve seen what *Women’s Way* can do. I’ve seen what misery cancer can cause, and I want everyone to get screened.”

— Marsha Blueshield,  
 Spirit Lake Tribal Elder



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