



## PEACE OF MIND.

They say, the best way to get sound sleep is not to take your worries to bed.  
That's why it's wise to be prepared, to be ready for anything,  
so you don't have to worry.

Prevention is one way to be prepared. By seeing your doctor regularly, you can avoid worries in the future.  
Most serious illnesses, including a number of cancers, can be treated and many even cured, if detected early.

For more information ask your doctor or contact any of the resources listed below.

If nothing else, it's going to give you peace of mind — and a good night's sleep.



A PROJECT OF THE CALIFORNIA MEDICAL ASSOCIATION FOUNDATION'S  
NETWORK OF ETHNIC PHYSICIAN ORGANIZATIONS

**ASK YOUR DOCTOR ABOUT  
GETTING REGULARLY SCREENED  
FOR CANCER.**

FOR CANCER SCREENING INFORMATION IN YOUR LANGUAGE,  
CALL "EVERY WOMAN COUNTS" AT 1 800 511-2300,  
OR CALL THE AMERICAN CANCER SOCIETY AT  
1 800 227-2345 (ASK FOR AN INTERPRETER).

LOG ON TO:  
**www.cancer.org** AND SELECT "ASIAN LANGUAGE MATERIALS"  
OR **www.dhs.ca.gov/cancerdetection**.

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