Here is all you need to do!

- You do not need a referral from your physician to schedule a screening mammogram. You will need to designate a physician to whom you would like the results sent.
- Choose a mammography facility from the enclosed list that is convenient for you. Many of them offer evening and Saturday appointments.
- Call the mammography facility and tell them you would like to schedule a screening mammogram.

Breast cancer is the most common type of cancer among American women. In fact, each year approximately 182,800 new cases of breast cancer are diagnosed, and 40,800 women die of the disease. The earlier breast cancer is detected, the better the survival rate. When breast cancer is diagnosed at a local stage (has not spread to surrounding tissue or lymph nodes), the 5-year survival rate is 97%. When breast cancer is diagnosed after it has spread, the 5-year survival rate decreases to 21%.

Your best defense against breast cancer is having a screening mammogram on a regular basis, breast self examination, and an annual examination by a physician. The American Cancer Society recommends screening mammograms every year for women over the age of 40 and older. If you have not had a mammogram in the past year, we strongly encourage you to call for your appointment TODAY. Yearly mammogram screening is covered by Medicare and requires a co-payment.
Taking care of your own health is important. This includes seeing your health care provider for a breast exam and having a mammogram every year. It is also a good idea to periodically have a medical check-up to make sure you don't have other problems that require treatment. For example, you could have a Pap test to check for cervical cancer at the same time you see your health care provider for your breast exam.

If you have any questions about this, please call our office at ______________ (phone number). We will be happy to assist you Monday to Friday from _____ AM to _____ PM.

Sincerely,

(Health care provider)