

Breast Cancer Screening

- Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. Three main tests are used to screen the breasts for cancer. Talk to your doctor about which tests are right for you, and when you should have them.
- A *Mammogram* is an X-ray of the breast. Mammograms are the best method to detect breast cancer early when it is easier to treat and before it cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer. If you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.
- A *Clinical Breast Exam* is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.
- A *Breast Self-Exam* is when you check your own breasts for lumps, changes in size or shape of the breast, or any other changes in the breasts or underarm (armpit).

Mammography screening is offered to all our members. You need to see your primary care physician or Gynecological physician to order this test for you.

Mammography Department Hours: Polk St. clinic location only
Monday – Friday 8:30am to 4pm, Saturday - 8:30am to 1pm

