

# Prescription for Prevention

## Schedule a Mammogram Today!



Name: \_\_\_\_\_

Date: \_\_\_\_\_



- V76.10 Breast Screening Unspecified**
- V76.11 Screening Mammogram for High Risk Patient**
- V76.12 Other Screening Mammogram**
- V76.19 Other Screening Breast Examination**

Follow-Up: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Provider Signature: \_\_\_\_\_

### Early Detection is a Woman's Best Defense.

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- Your risk of developing breast cancer increases as you get older. Women over age 50 account for nearly eight out of 10 diagnosed cases of breast cancer. A woman of 70 is almost twice as likely to develop breast cancer in the next year as is a woman of 50.
- Your risk is greater if a close relative has had breast cancer. But more than 80 percent of women diagnosed with breast cancer do not have a mother or sister who has had breast cancer.

### Things to Know about Getting a Mammogram:

- Don't use deodorant or antiperspirant, powder, or cream under your arms. They may interfere with the quality of the mammogram.
- Wear a two-piece outfit. That way you only need to take off your top. The facility will provide a wrap for you to wear.
- Try to have your mammogram at the same facility each year, if possible. If not, bring copies of your old mammograms for comparison.
- The entire procedure should take about 20 minutes and will include two views of each breast. The breast compression may cause some temporary discomfort. Tell the technologist if you experience pain during the procedure.

**Contact the American Cancer Society at 1-800-ACS-2345 to learn about mammography facilities near you, or to find out about special low-cost programs in your community.**