



SAVE THE DATE...MAMMOGRAPHY SCREENING Tuesday, March 3, 2009.

The Staff Development Council is hosting the Women's Diagnostic Center Mobile Mammography unit on March 3, 2009, and women 35 and older are invited to take advantage of this life saving opportunity!

All insurances, except Kaiser Permanente, will cover the cost of the Women's Diagnostic Center mammogram if it is within their frequency guidelines. **Our Medical Mutual insurance plan covers an ANNUAL SCREENING MAMMOGRAM AT 100% -- NO CO-PAY required.**

You are eligible if:

You are 35 years old and older
You have NOT had another mammogram in 2009 (only one screening mammogram per calendar year is allowed)
You are currently covered under our insurance plan
It has been at least 9 months since your last mammogram

Other insurance information if not covered under our Medical Mutual plan:

Women's Diagnostic Center is an approved provider for most insurance companies. Contact your insurance company to verify coverage and reimbursement for a screening mammogram. Clarify whether your policy is an annual or calendar plan and if you will be eligible for coverage on March 3, 2009.

Women's Diagnostic Center has provided mammography services since 1986 and employs specially trained female technicians that will assist you during the screening procedure in a private and confidential manner. They will provide privacy screens and disposable front opening vests for your use during your mammogram, making this life-saving procedure private, confidential and convenient. Women's Diagnostic Center is accredited by the American College of Radiology and operates in compliance with the Mammography Quality Standards Act (MQSA). In addition, Women's Diagnostic Center's full time Radiologist reads between **9,000-10,000 mammograms per year**. This guarantees that the quality of the screening will be equal to those done at any certified facility.

Diagnostic mammograms require a Radiologist to be on-site in order to make a diagnosis. Due to this fact, mobile mammography services can only provide screening mammograms. You will be redirected to see your Gynecologist or Primary Care Physician for a follow-up exam if your Mammography technician detects a lump or if you have an existing lump, breast pain, or nipple discharge. Other factors that prevent WDC from performing screening mammograms are: breast implants, pregnancy or if you have been nursing within the last 3 months, if you have received an abnormal mammogram within the last 12 months, or if you have a known malignancy in either breast.

Diagnostic mammograms can be performed at Women's Diagnostic Center in Cleveland Heights or can be scheduled through your physician.

Women's Diagnostic Center staff will have teaching materials and a practice model to teach Breast Self-Examinations. A mammogram is a simple, safe, x-ray examination of the breasts that can detect lumps three to five years earlier than a physical examination. The screening, which takes about 15 minutes, involves a very-low-dose radiation exposure. Your screening results will be reported to you and your current physician within ten working days.

It is estimated that one out of nine women will develop breast cancer in her lifetime. With early detection, (monthly breast self-exams, yearly clinical exams, and annual mammograms), the survival rate is nearly 98%. For that reason, I sincerely hope you will take advantage of this valuable screening opportunity. Please do it for yourself and your family. Don't Forget. **Call or email Jennifer Thompson at ext. 5966 to schedule your appointment.**

For additional information please visit www.wdc-mammogram.com