



GIVE YOURSELF THE GIFT OF HEALTH

In 2008, more than 182,000 new cases of breast cancer will be diagnosed in American women. While all women are at risk for developing breast cancer, age can be a factor. Approximately 77 percent of breast cancer cases occur in women over 50 years of age.

Early detection and treatment is critical to surviving breast cancer. When breast cancer is found early and confined to the breast, the five-year survival rate approaches 100 percent according to the American Cancer Society.

MAKE A PLEDGE WITH A FRIEND OR FAMILY MEMBER TO HELP EACH OTHER BECOME, AND STAY, BREAST HEALTHY.

Here's What You Need to Know

- ◆ Starting at age 20, women should begin a routine program to promote breast health. This includes monthly breast self-exams and clinical breast exams by a physician every three years.
- ◆ The American Cancer Society recommends annual mammograms for women beginning at age 40. Women should also have a clinical breast exam by a physician every year and continue to perform monthly breast self-exams.
- ◆ Women with a family history should discuss guidelines for earlier screening with their physician.
- ◆ Ask questions. Find out if breast cancer runs in your family.

Take the Stress Out of Having a Mammogram

1. If you are nervous, ask your friend or family member to come with you. Remember, you're there to support each other.
 2. Wear separates (e.g., pants and a shirt) so you can leave some of your clothes on during the exam.
 3. Do not wear deodorant, powder or lotions. Residue from such substances can be mistaken for calcifications on the scan, and can result in unnecessary callbacks.
 4. Schedule your exam when your breasts are least tender, such as a week or two after your period. Avoid caffeine, which can make breast tissue more sensitive.
 5. Bring documentation from previous breast screenings, biopsies and other procedures to ensure technicians are fully aware of any past problems.
 6. If your previous mammograms were not digital, bring your old films with you so they can be used for comparison studies.
 7. Bring your referring physician's name and contact info to your mammography appointment so the radiologist will know where to send your report.
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THE GIFT OF HEALTH CONTRACT

Give yourself the gift of health by entering into this contract with a friend or family member.
Make a pledge with a friend or family member to:

1. Get in a routine to schedule your annual mammogram during your birthday month. It will be easy to remember, give you peace of mind, and be the ultimate gift of health to yourself.
2. Schedule an annual appointment with your physician that includes a clinical breast exam.
3. Learn how to do and actually perform a breast self-exam on a monthly basis.
4. Discuss health history with your family and ask questions specifically related to breast cancer.

I, _____, agree to fulfill this pledge to give myself the Gift of Health.

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The Women's Imaging Center at Virginia Hospital Center was the first hospital in northern Virginia to offer digital mammography. The Hospital's digital mammography units are updated on a regular basis to ensure that patients have the latest, most medically advanced services available.

**To Schedule Your Mammogram at Virginia Hospital Center,
Call the Radiology Scheduling Center at 703.558.8500.**



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