

### Did you know?

- The American Cancer Society recommends that women have a mammogram every year starting at age 40.
- If you are under age 40 with a history of breast cancer in your family (mother, sister or daughter), speak with your doctor about beginning screenings at an earlier age.
- 1 out of 8 women will develop breast cancer during her life.
- Breast cancer is the second leading cause of deaths for women in the 35 – 50 age group.
- African American women have the highest death rate and the shortest survival of any race or ethnic group with tumors that tend to be larger and more aggressive.
- Breast cancer is more common in African American women under the age of 45.
- Screening mammography has been shown to detect breast cancers early before symptoms have developed.
- Breast cancers found early have a better prognosis.



*The Anthony L. Soave Family  
Mobile Mammography and  
Health Screening Center is available  
to visit your church, community center,  
civic group, neighborhood,  
work-place and more.*

To schedule an appointment  
844-SJP-MAMM (844-757-6266)

**The Anthony L. Soave Family  
Mobile Mammography  
and Health Screening Center**



*Believe in better*

# The Anthony L. Soave Family Mobile Mammography and Health Screening Center

The St. John Providence Health System is committed to providing an uncommon level of care to our patients and caregivers who are surviving breast cancer and preventing breast cancer because we “believe in better.” We have a multidisciplinary physician team that provides optimal treatment regimens to women and men diagnosed with breast cancer.

The Soave Family is supporting our mission by making screening mammography accessible to those in need of screenings in and around the Metro Detroit Area.

## What is a screening mammogram?

A mammogram is an x-ray picture of the breast.

Mammograms are used to check for breast cancer in women who have no signs or symptoms of the disease. This type of mammogram is called a screening mammogram. Screening mammograms usually involve two or more x-ray images of each breast. The x-ray images make it possible to detect tumors that cannot be felt. Screening mammograms can also find microcalcifications (tiny deposits of calcium) that sometimes indicate the presence of breast cancer.



## What are the benefits of the screening mammogram?

Early detection of breast cancer with screening mammography means that treatment can be started earlier in the course of the disease, possibly before it has spread.

## We use Tomosynthesis (3D Mammography)

Tomosynthesis (Tomo) is one of the most powerful diagnostic tools for the early detection of breast cancer. Tomo technology screening improves the chances of finding cancers in dense breast tissue.

## How to prepare for a screening mammogram and what to expect?

On the day of the exam do not wear powder, lotion or deodorant. Some of these contain substances that can interfere with the reading of the mammography by appearing on the x-ray film as white spots. Always describe any breast symptoms or problems that you are having to the technologist who is performing the mammogram.

The compression device is used to help position the breast. It may be slightly uncomfortable, but only for a short period of time. You may be asked to hold the other breast out of the way of the compression device. During the X-ray exposure, you will be asked to hold your breath and remain still. The entire process takes approximately 15-20 minutes.

## What happens after your exam?

After your mammogram has been reviewed by a radiologist, your personal doctor will receive a report of the findings. Approximately one week after the screening mammography is completed, a letter will be sent to you stating the results of your exam, whether it is normal, requires additional views or if you need to contact your doctor.



## Cost and financial assistance

For many women who are un-insured and under-insured, a screening mammogram is not a priority, not affordable, or is not easily accessible.

The Anthony L. Soave Family Mobile Mammography and Health Screening Center is designed to ensure all women have easy access to high-quality breast health services regardless of their ability to pay.

The St. John Providence Health System “Because We Care” program is committed to caring for all people with special attention to those who are un-insured, under-insured and require financial support with breast care.

St. John Providence Health System offers financial counseling and assistance to help address any financial concerns patients or families may have regarding their care. Screening mammography is a covered benefit by most insurance companies. For information on financial assistance or help finding a physician call 844-SJP-MAMM (844-757-6266).