

Why you should get a mammogram today

A photograph of two women sitting at a table, laughing joyfully. The woman on the left has blonde hair and is wearing a light purple sleeveless shirt. The woman on the right has dark hair and is wearing a blue t-shirt. They are both holding white coffee cups. In the background, there is a window with white blinds and some green plants.

 **PRESBYTERIAN**

You probably won't get it because it's fun. Or because your doctor said to. Not even because it's no cost to you. You'll get your annual mammogram because you want to be at your child's high school graduation. And because you've always wanted to travel to Italy with your best friend. Maybe even because you promised him you'd do a road trip, just the two of you. You'll get your annual mammogram to take care of your most invaluable asset, your health.

Let us help you continue your story by scheduling your annual mammogram today.

Why you should get a mammogram today:

- Saving lives.
Mammograms are one of the best tools for finding cancer early when it is easier to treat. An annual screening can find a lump that is too small or deep for you to find or before it causes symptoms.
- Providing choices.
If you are between the ages of 40 and 50, talk to your primary care provider (PCP) about your risks. Your PCP can do a risk assessment with you to develop a personalized plan for risk reduction and early detection.
- Risk factors can include:
 - History of any type of breast cancer or biopsy
 - Number of first degree relatives (mother, sisters or daughters) who have had breast cancer
 - Age
 - Age at time of first menstrual period
 - Age at first live birth of child
 - Racial/ethnic background
- Mammography locations near you.
 - Call and make an appointment today!
Remember you can get a mammogram without a referral from your PCP, and at no additional cost to you.
 - For Albuquerque and surrounding areas, call Radiology Associates of Albuquerque (RAA) at 1-877-771-6266.
 - For areas outside of Albuquerque, call Presbyterian's Health Services Department at 1-866-634-2617.
 - The mobile mammography unit is another convenient way to get your mammogram. For dates and locations, please call Presbyterian's Health Services Department at 1-866-634-2617, Monday through Friday from 8 a.m. to 5 p.m.