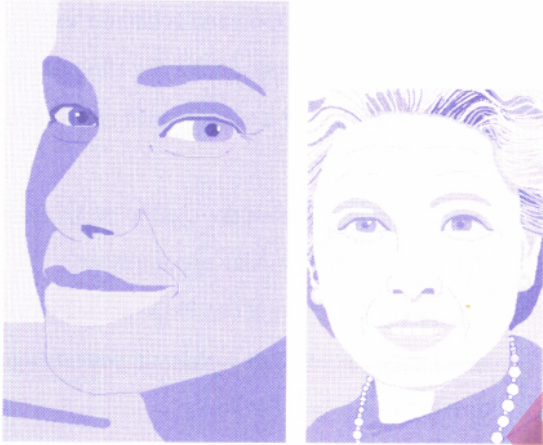


Thank you, Mrs. Veidt

Thank you for taking the time to talk with Kim James from the Women's Health Advisor Project of Duke University Medical Center and Kaiser Foundation Health Plan of North Carolina. Based on that talk, we have again prepared some health information especially for you. This card will be the last you receive from the Women's Health Advisor Project. We hope over time we have answered any questions or concerns you may have had and given you some useful information.

We are grateful for your attention and the time you have spent. We value your participation. With your help, and the help of other women, we are learning more about breast cancer screening. Best wishes for a healthy year!



WOMEN'S HEALTH ADVISOR



Find breast cancer before the symptoms.

Women don't get mammograms for many reasons. Some women don't get them because their doctor did not recommend one. Others think mammograms cost a lot. And some women get so busy they think they don't have time for a mammogram.

You may share these concerns, or have other concerns of your own. But please keep in mind that all providers at Kaiser advise a mammogram every year for women aged 50 and older. Kaiser also covers the cost of your mammogram every year. If your Kaiser doctor has not recommended a mammogram for you, please call the advice nurse to request a referral or an appointment. The complete mammogram procedure only takes 30 minutes, so even if you are busy you can probably find time to fit it into your schedule. Plan ahead and schedule it for when you are a little less busy because it's important to take care of yourself! If you have other concerns, please talk to your doctor.

(More information on the back!)

Keep in mind these important points:

- Age and family history are the most important reasons women get breast cancer.
- The risk of getting breast cancer increases as women get older, so women age 50 and over have a higher chance of getting it than younger women.
- Mammograms can find breast cancer early, before it can be felt by you or your doctor, or there are any symptoms.
- Doctors at Kaiser agree that women age 50 and over should have a mammogram every year.
- Breast cancer found early has an excellent chance of being cured.

Don't hesitate to ask!

Many women get a mammogram whenever their doctor recommends one. Don't hesitate to ask your doctor if it's time for your next mammogram. If both you and your doctor are keeping track of your mammograms, you'll be taking good care of yourself.

Weigh the benefits!

We're glad that you think there are good reasons to have a mammogram. In fact, most women believe the benefits of a mammogram outweigh their concerns. Many women have mammograms because they believe prevention is best. They know treatment is simpler and the chance for a cure is excellent if breast cancer is found early. It's great that you plan to "look for trouble!" Keep in mind that most women who have mammograms don't have breast cancer.

Mammograms can save women's lives by finding breast cancer early. Unfortunately, most women are not getting *regular* mammograms. Providers at Kaiser advise a mammogram *every year* for women aged 50 and older.

Thank you for reading this card and participating in this project!

You've taken a great first step toward a healthy future just by spending the time to learn more about mammograms and how they can protect your health. Take the next step now! Call and make your mammogram appointment today.

Follow these easy steps

1. Call Kaiser at 881-5300 and schedule an appointment with your doctor for a breast exam.
2. Ask your doctor for a mammogram referral during your visit.
3. Use the enclosed reminder card to make a note of the date and time of your appointment.
4. Place the card where it can help remind you of your mammogram-in your wallet, on your refrigerator, or wherever is best for you.

If you have any questions or concerns about your health care at Kaiser, please call 1-800-547-4770.

Congratulations from the Women's Health Advisor project on taking care of your health!

