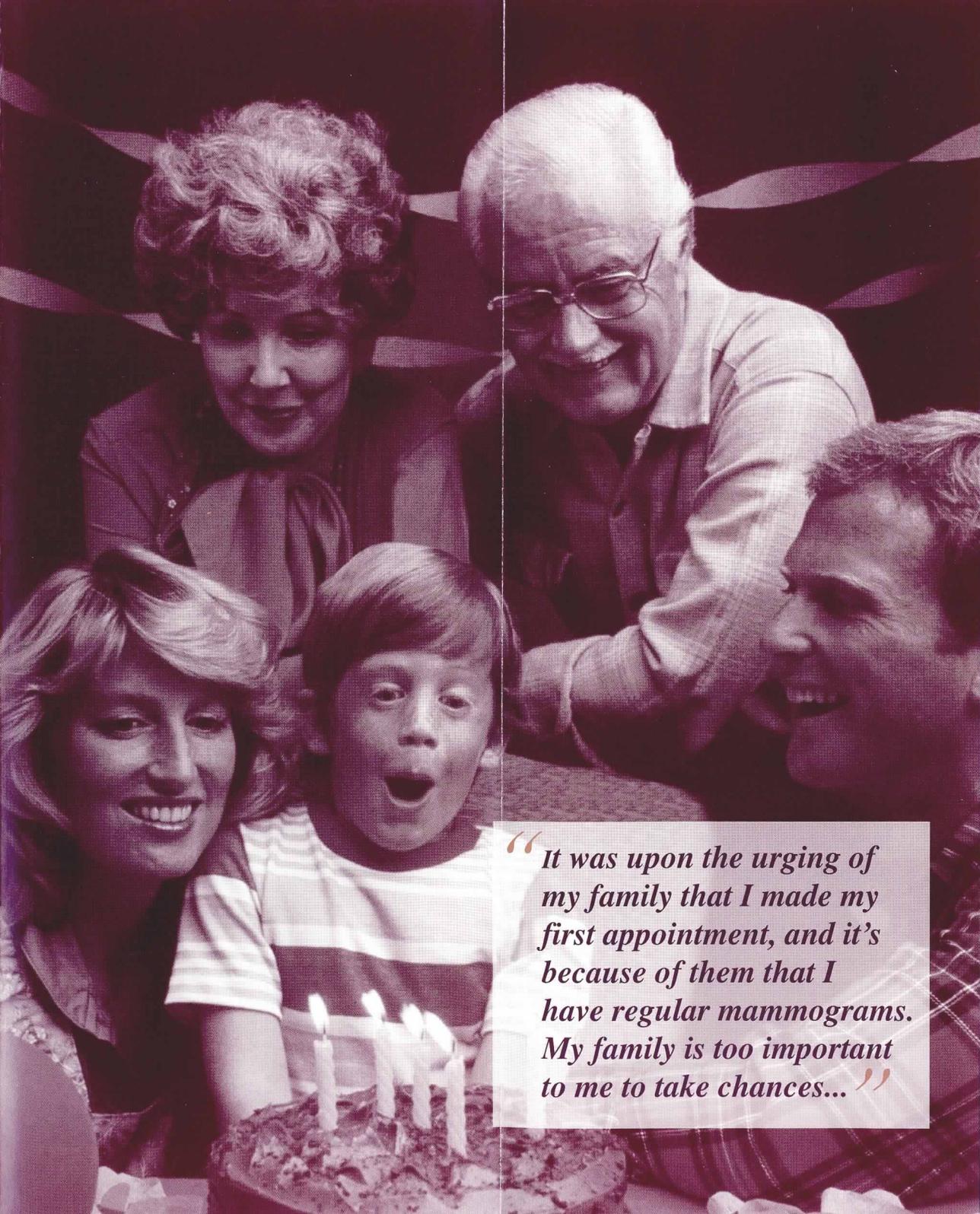


Mammograms



*For Yourself
For Your Family
For Life*



“It was upon the urging of my family that I made my first appointment, and it’s because of them that I have regular mammograms. My family is too important to me to take chances...””

Answers to Common Questions About Mammograms

I sometimes confuse mammograms with other test
What is a mammogram?

A mammogram is an x-ray picture that can find breast cancer early—often before a woman can feel the lump herself. When breast cancer is found early, the chances for successful treatment are much better.

Why should I have regular mammograms? I've heard other people say, 'I don't have a family history of breast cancer.' Or, 'I'm too old to need a mammogram.'

Regular mammograms are important for older women. The risk of getting breast cancer increases as you get older. Eight out of ten cases of breast cancer occur in women age 50 or older. Nine out of ten women who get breast cancer have no history of breast cancer in their family. Regular mammograms can help to detect breast cancer early—regardless of your age or family history.

Does a mammogram hurt?

When you get a mammogram, the machine squeezes your breast to get the clearest picture possible. Most women find having a mammogram is a little uncomfortable, but almost all women say it's worth it to know whether or not they have breast cancer.

Where should I go to get a mammogram?

You can call your doctor for a referral, or you can make an appointment yourself. The enclosed page tells how to get your mammogram nearby.



How does my Medicare benefit work? I'm not sure I can afford a mammogram.

Medicare generally covers most of the cost of a screening mammogram every two years for women 65 years of age and older. Once you have met your annual Medicare Part B deductible, Medicare will cover 80% of the approved amount. Other insurance, such as Medigap or Medicaid, may cover the remaining costs. If you belong to an HMO, you simply pay your health plan's usual co-payment. Michigan has a special fund to help pay for mammograms for women with very low incomes. To find out if you qualify for this fund, call 1-800-227-2345.

"A mammogram found my breast cancer when it was very small. Ten years later I am here to enjoy my family."



For Yourself • For Your Family • For Life

*Q*uestions?

- Call your doctor
- Call the American Cancer Society (800-227-2345)
- Call Michigan Medicare (800-482-4045)

Regular screening mammograms are endorsed by:

- American Cancer Society
- National Cancer Institute
- Medicare
- American Association of Retired Persons (AARP)

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