

Digital 3D Mobile Mammograms are *coming your way!*

To have a mammogram on our Mobile Mammography Unit, you must:

- Be 40 years of age or older (insurance permitting). Under 40 years of age must have a physician's order for screening.
- Have not had a mammogram within the past 365 days.
- Last mammogram must have been negative.
- Have NO NEW symptoms, such as lumps, pain, skin changes, or nipple discharge. (See a physician right away if you have changes. Call us if you do not have a physician.)
- Have not had breast cancer in the last three years.
- Not be pregnant or breastfeeding. (A screening mammogram cannot be done until 90 days after breastfeeding has been stopped.)

Be prepared for your visit:

- Bring the name, address, and phone number of your physician.
- If you have had a mammogram in the past, locate your films and bring them to your mammography appointment. If you are unable to do so, bring the location name and phone number of where you received the previous mammogram.
- Bring a valid photo ID.
- Bring your insurance card (we accept Medicare, Medicaid, and most private insurances).*
- DO NOT wear deodorant, perfume, powders, or lotions.
- DO wear a two-piece outfit.

A physician's order is NOT needed for patients who have seen their physician within a year prior to their mammogram appointment.

*** If you do not have insurance or a doctor, please call 210.703.8100 for details and to learn how you can get a mammogram through the generosity of community funding.**



SATURDAY

**OCTOBER 12TH 2024
8:00 a.m. to 12:00 p.m.**

**ALAMO HEIGHTS UMC
825 E BASSE RD
San Antonio TX 78209**

**Please call 210-704-4100
to schedule your
appointment today.
(Se habla Español)**



**CHRISTUS.
SANTA ROSA**
Health System