

## Common Concerns and What to Expect

### Will the Procedure Be Painful?

- Some women experience mild discomfort from breast compression, but it lasts only for a few seconds.
- If you have concerns about pain, discuss options with the technologist.

### How Do I Prepare for My Mammogram?

- Avoid deodorant, lotion, or powders on or around your chest on the day of your mammogram, as they can interfere with images.
- Bring previous mammogram images for comparison, if available.

### How Will I Get My Results?

- Results are typically available within a few days. You will receive them through either:
  - WH MyChart
  - A letter from WH Women's Center via MyChart or mail
  - Or a call or letter from your provider

### What is the Cost and How is it Covered?

- Private: Please call Washington Women's Health Center
- Insurance: This is usually covered by most insurance plans, but we recommend verifying the details with your insurance provider. Please use CPT code: 77067

# WASHINGTON WOMEN'S HEALTH CENTER



## Contact Us



**Washington West**  
**2500 Mowry Avenue,**  
**Suite 150**



**510.818.7410**



**Open from 7 a.m. to 4:30**  
**p.m., Monday – Friday.**

## Early Detection Saves Lives: The Importance of Mammograms



**Washington**  
**Health**

# Why Mammograms Matter

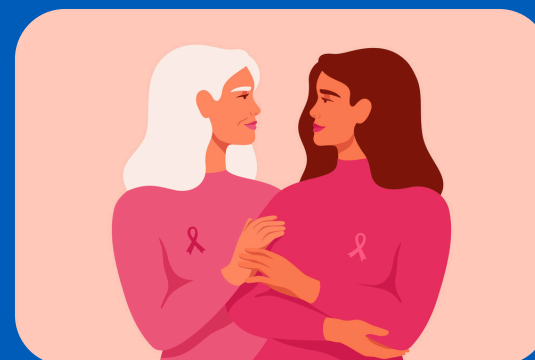
## What is a Screening Mammogram?

- A screening mammogram is a low-dose X-ray of the breast used to detect cancer before symptoms appear.
- It helps find breast cancer early, when treatment is most effective.

## Why is it Important?

- Mammograms can detect lumps or changes before they can be felt.
- Detecting breast cancer early significantly increases the chances of successful treatment and survival.
- Finding cancer early means less aggressive treatment and better outcomes.
- We offer the latest in breast imaging technology, **3D mammography**,\* which provides clearer, more detailed images, especially in dense breast tissue.

\* This advanced technology reduces false positives, minimizes callbacks for additional testing, and improves accuracy in detecting cancers at earlier stages.



# When to Start and How Often?

## At What Age Should I Start Getting Mammograms?

- The American College of Radiology and United States Preventative Services Task Force recommend that women at average risk start yearly mammograms at age 40.
- Women with higher risk factors (family history, genetic mutations, etc.) may need to start earlier—consult with your provider.

## At What Age Should I Stop Having Mammograms?

- There is no specific age at which mammograms should stop. They should be continued as long as a woman is in good health.
- Talk to your doctor about your individual risk and screening plan.

# How to Schedule and Where to Go

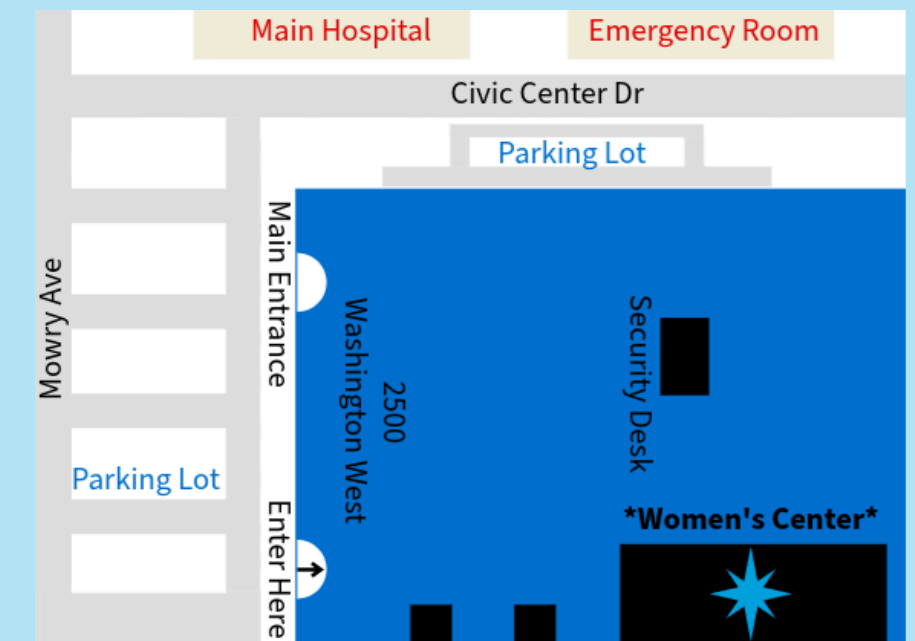
## How Do I Schedule My Mammogram?

- Once you have an order from your physician, you can schedule by:
  - Online: Through WH MyChart
    - QR code to my chart :
  - Phone: Call Washington Health Women's Center at 510.818.7410



## Where Do I Go for My Mammogram?

- Washington Health Women's Center



For yourself or someone you love, today is a good day to schedule a mammogram.

