

2017 GUIDELINES FOR MOBILE MAMMOGRAPHY SCREENING

Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.

A prescription is not needed, but you will be required to give your physician's name, address and phone number.

Please bring your insurance card and photo ID with you to your appointment.

Cost: \$508 + additional radiologist (professional) fee. This is an estimate for 2017. The cost of 3D (Tomosynthesis) is higher. At this time only some insurance companies are paying for 3D. The cost would be your out-of-pocket expense. Please check with your insurance provider for coverage questions regarding a 3D screening mammogram.

Your insurance company will be billed. Please refer to your individual insurance policy to verify coverage of these screening guidelines, especially if you are under the age of 40.

If you are uninsured, you can make payment arrangements at the time of scheduling. We have various options to include income based and cash discount options. The form will be provided at the time of the screening exam.

Please verify the last date of your most recent mammogram. Screening mammography is performed once yearly.

If you have not had your past mammograms with Sentara Healthcare, please bring your previous mammograms with you to your van appointment.

It is NOT recommended that women with any of the following conditions have a mammogram on the mobile unit, but rather that they have their mammogram performed at a facility where a radiologist is present to read the films immediately- these patients fall into a Diagnostic mammogram category:

- Women with a serious breast problem such as a lump, thickening, bloody discharge from the nipple, "orange peel" texture to the skin, redness or discoloration of the breast or any recent changes that are not normal for the patient.
- Women under age 35.
- Women with a personal history of breast cancer.
- Women coming back for the first mammogram after breast surgery for any abnormal condition.
- Women coming back for a follow up mammogram less than 12 months after their most recent normal mammogram.
- Women must be able to climb at least 5 steps for access to the mobile unit.