

Don't wait to get screened.

SCHEDULE A UH MAMMOGRAM

When caught early, breast cancer
is survivable by nearly 100%.*

BREAST CANCER SCREENING

ANNUAL MAMMOGRAMS
age 40+



3-D MAMMOGRAMS

INCREASE
DETECTION
OF INVASIVE
CANCER BY

41%

DECREASE
CALL BACKS BY

15%

OUR BREAST CANCER EXPERTISE

28

MAMMOGRAM
LOCATIONS



1st

TO OFFER 3-D
MAMMOGRAMS



51

CARE
PROVIDERS



18

CLINICAL
TRIALS



GET A UH MAMMOGRAM

To schedule your mammogram at
any location, call **1-855-447-7737** or visit
UHhospitals.org/ScheduleMammogram



*The five-year relative survival rate of women with localized stage of breast cancer is close to 100 percent.
Source: American Cancer Society.

Take Charge of Your Breast Health

According to the American Cancer Society, one in eight women will be diagnosed with breast cancer in her lifetime. University Hospitals encourages you to start getting yearly mammograms at age 40.

RECOMMENDED BREAST CANCER SCREENINGS*				
Age	25 – 39	40 – 49	50 – 75	76+
Look for changes in your breasts	Monthly	Monthly	Monthly	Monthly
Clinical breast exam by a doctor or nurse	Every 1 – 3 years	Yearly	Yearly	Yearly
Mammogram	—	Yearly	Yearly	Based on doctor recommendation

*Recommendations may change based on your risk factors. Talk with your doctor if you have questions.

Breast Cancer Screening With Advanced Technology

We offer 3-D mammograms that make breast abnormalities easier to see, even in dense breasts. This technology reduces the need to call a patient back for more tests, which can result in less worry.

Know Your Breasts: Signs to Look For

Learn what your breasts feel and look like; call your doctor if you notice changes such as:

- A lump, hard knot or thickening in or near your breast or armpit
- Skin changes such as swelling, warmth, redness, sores, dimples or darkening of the breast
- Changes in breast size or shape
- Changes in the way a nipple looks
- Itchy, scaly sore or rash on the nipple
- Fluid from the nipple
- New pain in one spot that does not go away

The best time to call your doctor is when you first notice a breast change. No change is too small to ask about. Not all breast changes are cancer, but finding cancer early is crucial because this is when it's most treatable.

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