

RESERVE YOUR MAMMOGRAM SCREENING at THE STATE OF INDIANA ON WEDNESDAY, MARCH 6, 2024



The Ascension St. Vincent Indianapolis Mobile Mammography Unit is pleased to partner with **THE STATE OF INDIANA** to offer screening mammograms on the above date.

Why a 3D Mammogram?

3D mammography can detect breast cancer up to 18 months earlier than traditional 2D screenings. It takes just a few minutes and though there may be some slight pressure, the peace of mind is worth it. The mammogram may point to nothing at all, or to any of several problems that aren't even breast cancer – things like benign pain, a benign breast mass, breast cyst, mastitis or abscess – some of which simply ebb and flow with hormonal changes. But if yours points to a more serious problem, you can take comfort in knowing you've found it early and will soon be on the road to personalized treatment options.

Participation Information:

- Please call the Ascension St. Vincent Breast Center at **(317) 338-9595** to schedule your appointment. When calling, please inform the operator that you are calling from **THE STATE OF INDIANA** to schedule an appointment on the mobile unit on the specified date and time.
- When calling to schedule your appointment, you will be asked for information which includes the name of your primary care physician and insurance coverage information. If you don't have a primary care physician, please let our Scheduling Team know this.
- **Registration deadline is one week prior to our scheduled visit.**

Appointment Information:

- Screening appointments typically last for 20 minutes. Please make every effort to be on time for your appointment. If you are 10 or more minutes late, your appointment will be cancelled.
- **You must bring your driver's license or photo ID and insurance card with you to your mammogram appointment.** If your health insurance information is electronic, please bring a paper copy of your information with you to your appointment.
- Please wear a two-piece outfit.
- If you are wearing deodorant at the time of your appointment, you will be asked to wipe it off because deodorant distorts the images. Fresh deodorant will be provided.





COVID-RELATED INFORMATION

To maintain safety for both you and our staff, please comply with the following guideline:

- **Do not enter the mobile unit before your appointment time.** While we appreciate those of you who come early to appointments, we have scheduled mammograms at an interval that allows the patient before you to have their mammogram and exit the unit before you enter.

COVID VACCINE INFORMATION

The Society of Breast Imaging (SBI) has recommended that women not have a screening mammogram for **at least six (6) weeks after their second COVID vaccine dose or booster shot(s)**. This is because the two approved COVID-19 vaccines can potentially lead to inflammation of the lymph nodes located in the armpit which can mimic findings that can lead to further evaluation for possible breast malignancies. At this time, please do not schedule an appointment for a screening mammogram on the mobile unit if you have started receiving your vaccines or until you are at least six weeks post-vaccine.

You are eligible for a screening mammogram if:

- You are a woman age 40 or older;
- You are a woman age 31-39 with a family history of breast cancer and a referral from a physician;
- You have a current primary care physician; If you do not have a primary care physician, there is a process in place to provide you with a primary care physician
- Your last mammogram was performed at least 11 months + 1 day ago
- You must be asymptomatic for breast diseases.

You are NOT eligible for a screening mammogram if:

- You are not asymptomatic (please see below for more details);
- You are pregnant;
- You are a nursing mother (breastfeeding must have stopped completely at least 3 months prior);
- You have had follow-up recommendations after a previous mammogram, but never completed the follow-up recommendations;
- You have had your last screening mammogram less than 11 months ago;
- You are between the ages of 31-39 with no history of breast cancer in your immediate family & no doctor's referral/order;
- You are age 30 or younger;
- You have had a mastectomy or lumpectomy for breast cancer and are less than five years from the original diagnosis

