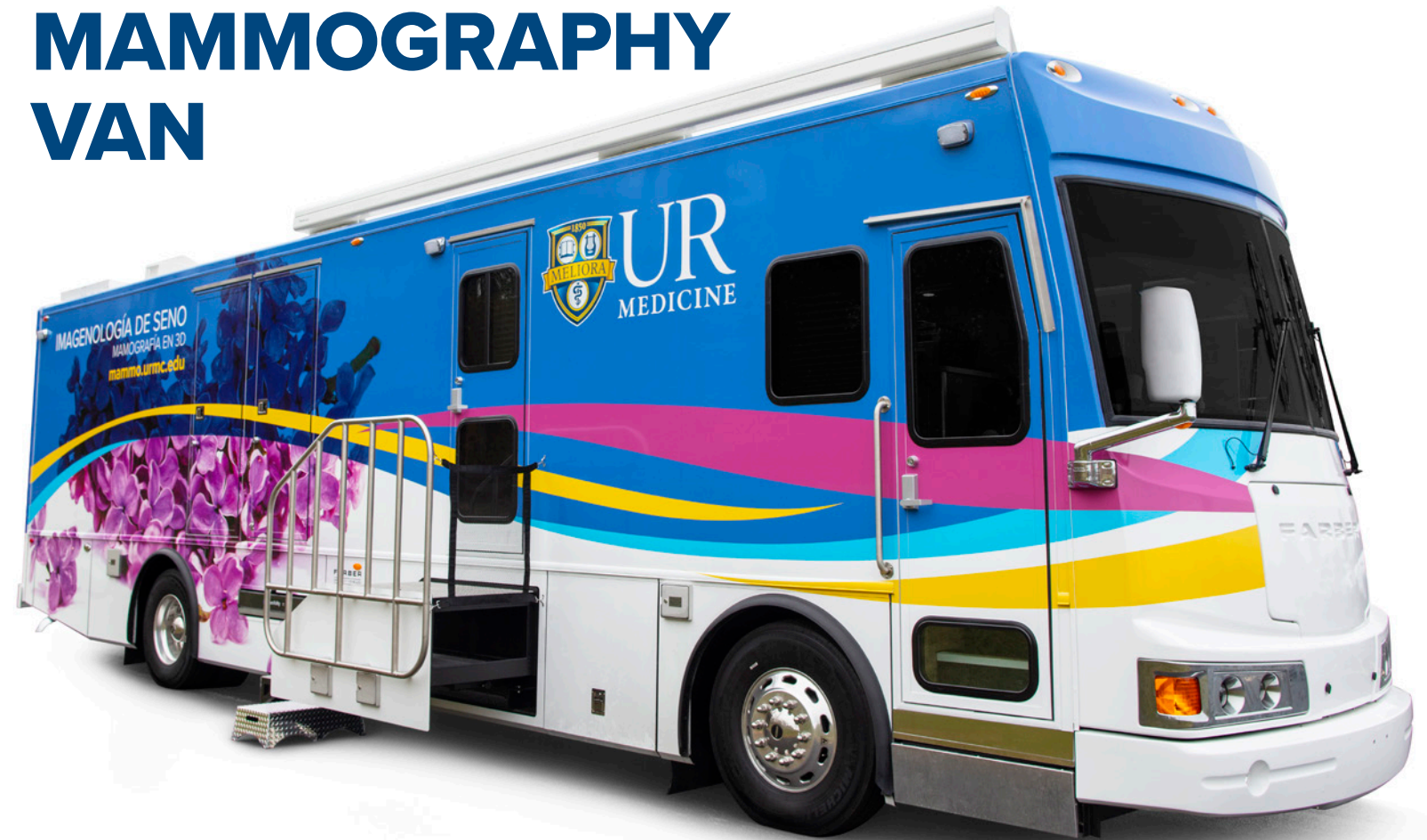


UR MEDICINE BREAST IMAGING **MOBILE MAMMOGRAPHY VAN**



mammoivan.urmc.edu

Part of Strong Memorial Hospital



With UR Medicine Breast Imaging's Mobile Mammography Van, getting a mammogram has never been more convenient.

The Mammo Van travels across the region, offering convenient access to the same cutting-edge technology and unparalleled care our patients expect in the office. By addressing the issue of limited access to breast cancer screenings, the Mammo Van eliminates barriers such as distance, transportation, and cost, all while delivering the unique benefits of the UR Medicine system.

What is mammography?

Mammography is a medical imaging technique that uses low-dose X-rays to examine the breast. It's primarily used to detect early signs of breast cancer, allowing for early treatment. The resulting images, called mammograms, can highlight abnormalities or changes in breast tissue.

Why is mammography important?

Regular mammograms are recommended for women of certain age groups as part of routine health screenings. While women may find mammograms intimidating or inconvenient, it's essential to prioritize this potentially life-saving procedure. Annual mammograms are key to early detection, enhancing the likelihood of effective treatment. In fact, routine mammography has reduced breast cancer mortality by 30% over the past 20 years.

Who is eligible for a mammogram?

- Must be at least 40 years old.
- It has been at least 365 days since the patient's last mammogram.
- Cannot be pregnant or breastfeeding.
- Patients who have no new problems or concerns with their breasts.

If you are experiencing a problem or concern such as a lump, pain, or discharge, please contact your provider right away.

How do I make an appointment on the Mammo Van?

Scheduling an appointment for a mammogram on the Mammo Van is easy. Call 1-844-870-0002 weekdays between 8 a.m. and 4 p.m., or email mammovan@urmc.rochester.edu. You can expect a response from our program coordinator within two business days.

Please have your insurance and physician's contact information available at the time of your call.

Note, if you have breast implants, you may need additional imaging.

Need mobility assistance? Let the scheduler know when you make your appointment.

What if I do not have insurance?

Will my insurance cover a mammogram?

Screening mammograms are covered by most insurance. The state's Cancer Services provides assistance to people who are uninsured, or underinsured and can be reached at: (866) 442-2262.



Do I need a provider to have a mammogram done?

Yes.

What if I do not have a Primary Care Physician or Provider?

Our program coordinator will help connect you with a provider who is within your geographic location.

How can I prepare for my appointment?

- You will need to undress from the waist up and will be provided a gown to wear.
- Do not apply lotion or powder to the breast or underarm area.
- Do not apply deodorant. If you are wearing deodorant, wipes will be available.

This is my first mammogram. What can I expect?

- You will be greeted as you enter the Mammo Van by a UR Medicine Breast Imaging team member.
- You will be provided a gown to wear throughout the duration of your exam.
- The mammography technologist will go over your breast health and family history.
- The mammography technologist will position your breast in the machine and will guide you through the imaging process.

How long will my mammogram appointment be?

- The entire mammogram appointment will take about 20 minutes.
- The imaging and compression of each breast lasts 10-30 seconds.

How will I receive my results?

Your results will be available to you through a link in MyChart. A paper copy of your results will be mailed to the address you provide if you do not have a MyChart account. Your provider will also receive your results. If additional imaging studies are needed, a UR Medicine Breast Imaging team member will contact you directly and schedule a follow-up appointment at one of our diagnostic locations.

Where can I find a list of locations where the Mammo Van will be?

mammovan.urmc.edu