



# Breast cancer: making time for mammograms

One in eight women will develop breast cancer over the course of her lifetime. It's the most common cancer in women and the second leading cause of cancer death among women. Getting regular mammograms is the best way to catch cancer early, before symptoms are present and when the disease is easiest to treat.

## What is a Mammogram?

A mammogram is an X-ray image of your breast. Mammograms can screen for breast cancer, tumors, and cysts that are too small for you or your doctor to feel. Your doctor may also recommend a mammogram if you have abnormal symptoms such as lumps, pain or nipple discharge.

Women over the age of 50 should get a mammogram every two years. But if you have a personal or family history of breast cancer, talk to your doctor about the most appropriate screening schedule.

## What should I Expect?

A mammogram is a simple, routine procedure. During the screening, you will be asked to stand in front of an X-ray machine. Your breast will be placed on a small platform. A clear plastic plate will then press down on your breast for a few seconds while the technician takes several pictures. After pictures of both breasts are taken, a doctor specializing in X-rays will review the images. You can expect to get your results within 30 days.

## Helpful Tips for Your Screening:

- Consider wearing clothes you can easily remove. You will need to undress from the waist up.
- Do not wear any deodorant, powders or lotions under your arms or around your breast area.
- Bring any records from previous breast procedures or mammograms.



## How do I schedule a mammogram?

Call your doctor's office to schedule your mammogram. You can also contact one of Hill Physicians' health navigators to help schedule your screening appointment by calling **(925) 327-2901** or by filling out our Cancer Screening Help Form at [hillphysicians.com/services/preventive-screenings](https://hillphysicians.com/services/preventive-screenings).

**If you have any questions or concerns about mammograms, call your doctor's office.**

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**ENGLISH: ATTENTION:** If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-445-5747 (TTY: 1-800-735-2929).

**ESPAÑOL: (SPANISH): ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-445-5747 (TTY: 1-800-735-2929).

**繁體中文 (CHINESE-TRADITIONAL):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-445-5747 (TTY: 1-800-735-2929)

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**Tagalog (TAGALOG – FILIPINO): PUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-445-5747 (TTY: 1-800-735-2929).

**한국어 (KOREAN): 주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-445-5747 (TTY: 1-800-735-2929) 번으로 전화해 주십시오.

**հայերեն (ARMENIAN):** Ուժեղացրե՛ք Ձեր խոսումը եթ հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Ջանգախարեք 1-800-445-5747 (TTY (հեռատիպ) 1-800-735-2929).

**فارسی (PERSIAN-FARSI): توجه:** اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-800-445-5747 (TTY: 1-800-735-2929) تماس بگیرید.

**Русский (RUSSIAN): ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-445-5747 (телетайп: 1-800-735-2929).

**日本語 (JAPANESE): 注意事項：**日本語を話される場合、無料の言語支援をご利用いただけます 1-800-445-5747 (TTY: 1-800-735-2929)。まで、お電話にてご連絡ください。

**العربية (ARABIC):** ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-445-5747 (رقم هاتف الصم والبكم: 1-800-735-2929).

**ਪੰਜਾਬੀ (PUNJABI):** ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਰਤਿ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹਨ। 1-800-445-5747 (TTY: 1-800-735-2929) 'ਤੇ ਕਾਲ ਕਰੋ।

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**Hmoob (HMONG):** LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab txog lus, mua kevj pab dawb rau koj. Hu rau 1-800-445-5747 (TTY: 1-800-735-2929).

**हिंदी (HINDI):** ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएँ उपलब्ध हैं। 1-800-445-5747 (TTY: 1-800-735-2929) पर कॉल करें।

**ไทย (THAI):** หมายเหตุ: ถ้าคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-445-5747 (TTY: 1-800-735-2929)

**ພາສາລາວ (LAOTIAN):** ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ອັດຕະໂນພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ຄວມນັມພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-445-5747 (TTY: 1-800-735-2929).