

Family Health Network



**Your
Mammogram**

We are Family!



Mammogram Reminder!!!

Monthly self-breast exams and yearly mammograms help to spot problems early on. We would like to encourage you to get your annual mammogram.

As an FHN Member over age 40, we are offering you a **\$25.00 Payless Shoe Source Gift Card** when you have an annual mammogram.

To receive this gift card, take the FHN Incentive Slip to your mammogram exam, have the office fill it out and mail it back to FHN. We will mail your gift card to you as soon as we get the slip.

If you have not made an appointment with your doctor, now is the time to call.

Put your health first!

**Family Health Network
We are Family!**

Family Health Network
910 W Van Buren, 6th Floor
Chicago IL 60607
1-888-346-4968
TTY: 1-800-422-1942

Visit Family Health Network online at
www.fhnchicago.com

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~Family Health Network Mammogram Incentive Form~

Name: _____ Recipient ID#: _____

Date of Birth: _____ Date of Mammogram: _____

Place of Service: _____ Office Stamp: _____

Signature of Office/Technician: _____

Family Health Network • 910 W Van Buren • 6th Floor • Chicago IL 60607 • We are Family!

Are you at risk for breast cancer?

Breast cancer is the leading form of cancer among women. By simply being a woman and growing older, you are at risk for breast cancer.

Many women do not know that they have breast cancer until it is advanced. Finding the disease early with mammograms and monthly self breast exams can save your life. For yourself and your family, call your doctor to make an appointment today.

What is a mammogram?

A mammogram is a low-dose X-ray picture of the breast. Along with a breast exam by your doctor or nurse, a mammogram can find breast cancer at an early stage when it can best be treated. A mammogram does not cause cancer.

What happens during a mammogram?

When you get a mammogram, the technician taking the picture will place your breast between two X-ray panels. The panels will push your breast between them to get a clear picture. You may feel a little bit of discomfort but each X-ray only takes a few seconds. All you have to do is relax and then it's done!

Who should get a mammogram?

Women age 40 and older should get a mammogram every 1 to 2 years. A woman's chance of getting breast cancer increases as she ages. Ask your doctor when you should start and how often you need to get a mammogram.

**Please call Family Health Network
Member Services at 1-888-346-4968
with any questions about the
FHN Mammography Incentive Program**



If you have any questions about breast health, please contact your family doctor.

Why should I have a mammogram?

Finding breast cancer early can save your life. A mammogram is the only exam that can find cancer that is too small for you or your doctor to feel. When breast cancer is found early, you can avoid breast removal and may not need chemotherapy.

How do I prepare for a mammogram?

- Make an appointment with your doctor for an exam and ask for a mammography referral
- When you go for your mammogram, do not wear lotions, powders, perfumes or deodorant because they can cause shadows on the X-ray picture
- Relax! It only takes a few seconds
- Follow up with your doctor to get the results

What else can I do?

Ask your doctor or nurse to teach you how to do a self breast exam.

Self Breast Exam

Early detection is the best way to help treat breast cancer. You should check your breasts once a month. The best time to check is the last day of your period. Your breasts will be less tender and lumpy.

1) Visual exam:

- Stand in front of a mirror with your hands on your hips and lean forward
- Look at the shape, size and color of your breasts:

Make sure there are no dimples

2) Exam standing up in the shower:

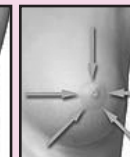
- Soap up: *It is easier to examine if you can glide your hand over your breasts*
- Put your right hand behind your head, then use the second, third and fourth fingerpads of your left hand to examine your entire right breast by using one of the patterns shown below
- Repeat for your left breast
- Gently squeeze your left and right nipple to look for any discharge
- Check the area around and in your armpit
- Make sure to feel around the bottom of the breast

3) What to look for:

- Any lumps: *Can be hard, soft, rounded or uneven*
- Swelling, skin irritation, inward turned nipples or nipple discharge

Contact your doctor immediately if:

- You have nipple discharge
- Your nipple is pulled inward
- You detect a lump or change in the breast
- You have change in texture, color or dimpling of the skin



***With fingertips close together, gently probe each breast in one of these three patterns**

Self Breast Exam (Standing Up)

