

## *Other breast health services*

Do you want to make sure you get the most thorough breast exam available? So do we. That's why we have a **Certified Breast Examiner** on staff. Nurse Practitioner Stacia Soliday has committed to giving you the best exam through special intensive training on breast structures. To make an appointment with Stacia, contact the Davenport or Wilbur Clinic.



We are also fortunate to have a cutting edge **gynecological surgeon** on staff locally. Deanna Huntwork, DO, treats many breast concerns including cancer. To find out more about her practice, call (509) 725-6560.



## *FREE Women's Health Exams are available!*

If you have no insurance or inadequate insurance (high deductible or no preventative coverage for screening exams), call Kyp at (509) 725-7101 ext. 139 to see if you qualify for a **FREE** mammogram, clinical breast exam, cervical cancer screening and possible follow-up treatment. These programs are great — so don't be shy. Call today!

*If breast cancer is diagnosed early, the 5-year survival rate is 86 percent.*

*Mammograms assist early diagnosis. Call for your appointment today.*

**(509) 725-7101**

*Lincoln Hospital Dist. 3*



*Neighbors for Life*

YOUR GUIDE TO

## *Mammography and Breast Health for Women*

**Lincoln Hospital**



**(509) 725-7101**

## Three steps to life...

The latest information on breast cancer shows women in Lincoln County to be more likely to develop the disease and more likely to die younger than women across the state and nation.

Lincoln Hospital promotes the Three Steps to Breast Health plan.

1. Monthly breast self-exams
2. Annual professional exam
3. Regular mammograms



Breast cancer is a leading cause of death in Lincoln County women aged 45-64.

Because mammography is able to find such small tumors, this practice can catch lumps long before manual exams or symptoms begin. Finding cancer early increases chances of positive treatment. Mammography has an overall accuracy rate of 90 percent and is highly regulated for image quality. Mammography technologists are required to have extensive specialized training. They also must read a minimum number of films each year to keep their qualifications. Lincoln Hospital and its technologists are approved by the FDA for quality mammograms.

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## Putting something off?

Women make many excuses to put off having a mammogram. Lack of family risk factors, fear of mammography, pain and fear of a positive finding are the most common. The FDA says most positive findings are not cancer,



but benign tumors. Special tests such as biopsies are used to discern whether a lump is cancerous.

**Delaying the diagnosis of breast cancer does not change the diagnosis, it only increases your risk of a worse outcome — even death.**

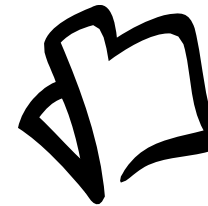
## Who needs one?

All women should get a mammogram by age 40 to establish a “baseline.” This “baseline” mammogram should be followed up every one to two years until age 49. At age 50, the American Cancer Society recommends annual exams. Younger women who have a high incidence of breast cancer in their family should set up a personal mammography/exam regimen with their doctor. If all women followed these guidelines, the death rate from breast cancer could be reduced by 30 percent — that’s 13,000 lives each year.

## What can I expect?

A mammogram is a low-dose x-ray of the breast. The breast is placed on a device that flattens it, spreading the breast out so the x-rays can produce a precise image. We are proud to offer women a “soft” mammogram and use special state of the art **soft paddles** to maximize comfort during this process. The technologists at Lincoln Hospital work with each patient to find a comfortable angle and compression while maintaining highest quality images.

Typically, the technologist will take two views of each breast, one from above and one from the side. The entire procedure takes about 20 minutes.



Start your breast health file with a baseline mammogram around age 40 or sooner if you're at high risk.

Films taken at Lincoln Hospital are read immediately by the region’s top radiologists at Inland Imaging in Spokane.

If the radiologist decides further pictures are needed, don’t panic. The vast majority of lumps found are not cancerous, but it is important to find those that are, so treatment can begin.

## More on mammography?

[www.cancer.org](http://www.cancer.org)

American Cancer Society

[www.fda.gov](http://www.fda.gov)

Food & Drug Administration

[www.lincolnhospital.org](http://www.lincolnhospital.org)