

Your Free Mammogram

With the help of the Susan G. Komen Pittsburgh Mammogram Voucher Program (MVP), no woman or man who lives in central or western Pennsylvania will have to go without this test.

If you have no insurance, or if you cannot meet the co-pay or deductible, you likely will qualify for a free mammogram. The voucher program also covers other recommended testing, such as ultrasound and biopsies.

HOW DO I SCHEDULE MY FREE MAMMOGRAM?

1. Call 1-888-687-0505 to request a voucher.
2. Once you have requested a voucher, request a prescription for a mammogram from your primary care doctor's office. (If you don't have a doctor, you can schedule a mammogram at UPMC Altoona.)
3. Schedule your mammogram by calling UPMC Altoona at 814-889-4222.



UPMC Altoona Breast Health Center

Station Medical Center

1400 Ninth Ave.
Altoona, PA 16601

For more information, call **1-814-889-4100**
or visit us at **UPMCAaltoona.org**.

UPMC Altoona Breast Health Center

Mammogram Voucher Program



UPMC Altoona

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

Breast Cancer Early Detection and Prevention

Breast cancer is the most common cancer among American women. Thanks to improvements in cancer research, early detection, and improved treatment, today millions of women are surviving breast cancer.

Regular screenings can often find breast cancer early when treatment is more likely to be successful.

The Mammogram Voucher Program offered through the UPMC Altoona Breast Health Program is funded by the Community Grants Program of Susan G. Komen Pittsburgh through Adagio Health, Inc.

What is a mammogram?

A mammogram is a low-dose x-ray of the breast. Mammograms are the most effective, widely used screening tool to detect early breast cancer. A screening mammogram is routine for women with no symptoms and provides a baseline for future studies. A diagnostic mammogram is used for women and men who are experiencing changes in the breast.

Who should get a mammogram?

The American College of Radiology and the Society of Breast Imaging recommend:

- Annual screening mammograms, beginning at age 40, for women without specific breast concerns or problems.
- Diagnostic mammograms for women who detect any lumps or breast abnormalities.



Do men get breast cancer?

- Yes. Although it is not very common, it should be taken seriously. Symptoms of breast cancer in men are similar to those in women. The same techniques used to detect breast cancer in women — including mammography — are used for men.

Are mammograms really effective?

Yes! A mammogram can help to detect breast cancer very early, before it has spread to other parts of the body. Mammograms save lives!

Do mammograms hurt?

A mammogram may cause minor discomfort, but only for a few seconds at a time. Each compression is brief. The entire procedure is over in about 10 minutes.

What happens during a mammogram?

- You will be asked to undress from the waist up. You will receive a wrap to cover you during this time.
- A female technologist will perform the procedure.
- You and the technologist will be the only two people in the room. She will position your breast on a plastic platform, where another plastic plate will compress your breast for a few seconds while she takes the x-ray. This compression helps provide a sharp image of your breast tissue.
- A radiologist will then read your x-rays.
- You may be called back for additional x-rays. This is nothing to be alarmed about; approximately 10% of women need additional imaging to clarify a finding on their mammogram.

What happens after a mammogram?

The doctor who ordered the mammogram will have the results in a few days. The Radiology Department also will send you a letter with your results.

If you require follow-up, your doctor will get in touch with you. If you don't have a doctor, a UPMC Altoona Breast Center specialist in breast health will contact you to arrange a follow-up appointment.

Tips for your mammogram

- If possible, schedule your mammogram for a day after your period. Your breasts may be more tender the week before and during your period.
- Do not wear deodorant, perfume, or powder the day of your mammogram.
- Because you will need to undress from the waist up, wear pants or a skirt with a top that is easy to remove. Wear something comfortable.
- If you have breast implants, tell the scheduler when you make the appointment.
- Also inform the scheduler if you are having any problems with your breasts.

Special accommodations

When making your mammogram appointment, tell the scheduler if you need special accommodations. We will do whatever we can to make you as comfortable as possible for this procedure. For example, you may be able to sit for your mammogram.

We may also be able to help with transportation issues. Blair Senior Services provides a shuttle for in-town and rural seniors. For more information, please call 814-695-3500, weekdays from 8 a.m. to 4:30 pm. Or call 814-889-4100 to ask about other transportation options.



Mammography chair

The Mammogram Voucher Program is funded by the Community Grants Program of Susan G. Komen Pittsburgh to Adagio Health, Inc.

