

Mobile Digital Mammography Van

The Sentara digital mobile mammography van makes mammogram appointments fast and convenient for women in the Hampton Roads area.



The Sentara digital mammography van visits locations across Hampton Roads.

Benefits of a Mobile Mammography Van Include:

Convenience

By offering women the option of a mobile unit coming to their employer or other locations near their home, women can more easily set aside the time for this important screening tool.

Comfort

- ▶ 38-foot fully equipped mobile mammography van.
- ▶ Hotel-like interior and two private dressing rooms
- ▶ Central air/heating system with back-up AC unit
- ▶ Platform step for safer patient entry

Learn more about [digital mammography at Sentara](#).

How Do I Make An Appointment?

[Register online](#) or call 1-800-SENTARA.

To schedule the mobile mammography van for a specific location, please call (757) 261-6914.

If any of the following apply to you, please make a mammography appointment at a facility and not the van:

- ▶ A serious breast problem such as a lump, thickening, bloody discharge from the nipple, recent inverted nipple, "orange peel" texture to the skin, redness or discoloration of the breast or any other recent changes that are not normal for the patient.
- ▶ No imaging will be performed on anyone under the age of 35.
- ▶ Breast implants
- ▶ Women with a personal history of breast cancer
- ▶ First mammogram after having breast biopsy/surgery or reconstruction
- ▶ Follow-up mammogram less than 12 months from their most recent normal mammogram.

The mobile mammography van represents a \$652,000 investment in Hampton Roads' women's health. The auxiliaries at [Sentara Norfolk General Hospital](#), [Sentara Leigh Hospital](#), and [Sentara CarePlex Hospital](#) contributed to the purchase of the van. At no cost to businesses, the van visits employers across Hampton Roads at numerous locations.

Guidelines for Mobile Mammography Screening Patients

Patient Guidelines:

- Every woman should have a baseline mammogram between the age of 35 and 39
- Women age 40 and older should have a mammogram every year
- Imaging for women age 30 to 34 is acceptable if they have strong family history of breast cancer in a mother, sister, or daughter

Your current physician's name, addresses, and phone number is required to register online.

Please refer to your individual insurance policy for coverage of these screening guidelines, especially if you are under the age of 40.

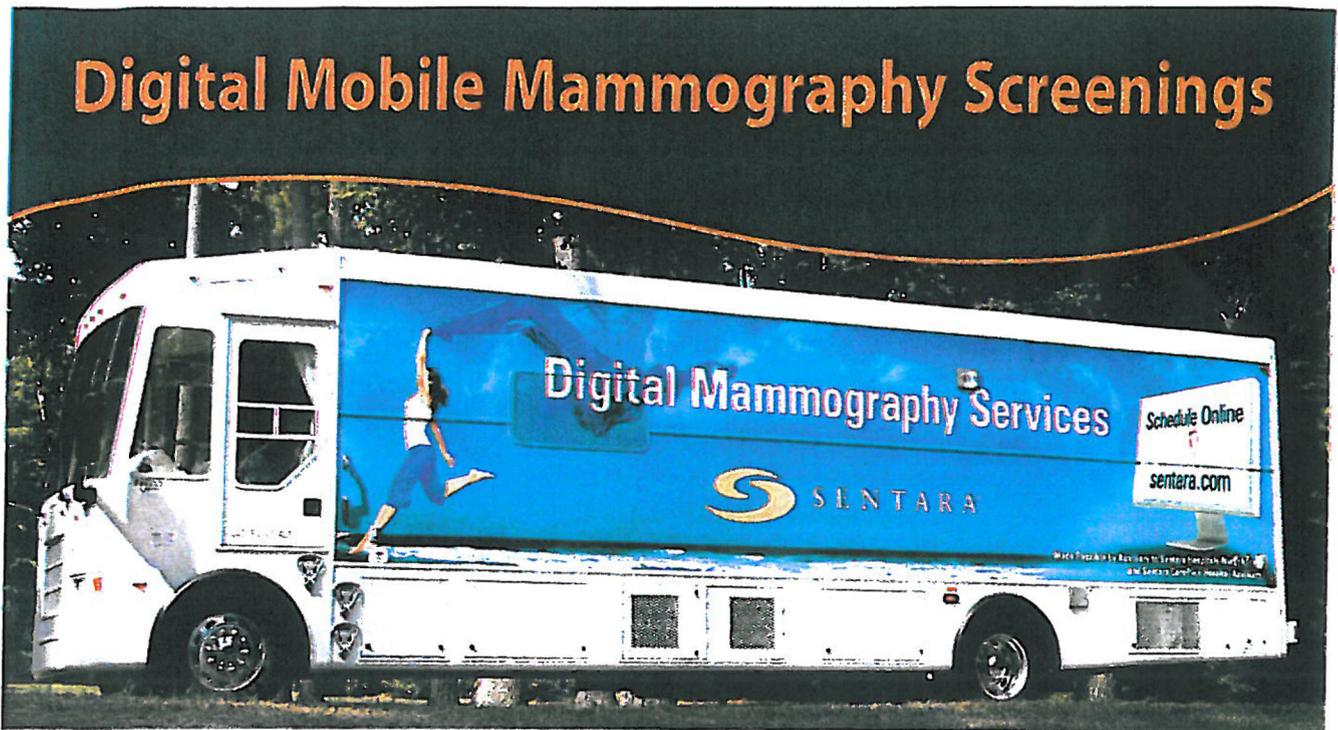
No imaging will be performed on the mobile unit for anyone under the age of 35, no exceptions.

It is not recommended that women with any of the following conditions be imaged on a mobile unit, but rather that they be imaged in a facility where a radiologist is present to read the film immediately – these patients fall into a diagnostic mammogram category:

- Women with a serious breast problem such as a lump, thickening, bloody discharge from the nipple, recent inverted nipple, "orange peel" texture to the skin, redness or discoloration of the breast or any other recent changes that are not normal for the patient.
- Women with breast implants.
- Women who are under the age of 35.
- Women with a personal history of breast cancer.
- Women coming back for their first mammogram after having breast surgery for any abnormal condition.
- Women coming back for a follow-up mammogram less than 12 months from their most recent normal mammogram.

Call 1-800 Sentara (1-800-736-8272) or 757-455-7500
Monday – Friday: 8 a.m. – 6 p.m.

- Identify yourself as a _____ employee/retiree.
- You can go online to www.sentara.com/mobilemammo and click on **Classes & Events** then click on **Mobile Mammography**.
- Select a location under **Mobile Mammography-2013**, then choose a date and time and follow the registration instructions.



Caring For Her Health Is Within Every Woman's Reach

Mammography detects cancer. Early detection saves lives. As a woman, you should want more ways to arm yourself against a form of cancer that strikes one in nine women. The American Cancer Society also recommends scheduling your first, or baseline, mammogram by age 40 and every year thereafter.

Sentara operates a mobile mammography unit which is accredited by the American College of Radiology. Every member of our all-female staff is certified in mammography.

**To make an appointment with our Mobile Mammography unit
go to sentara.com or call (757)455-7500 or 1-800-SENTARA.**