

SONOMA VALLEY HOSPITAL

# No Cost Mammograms for Uninsured and Underinsured Women

PROJECT PINK  
SONOMA VALLEY HOSPITAL FOUNDATION

*A Special Service to the Women of Our Community During May*

If you have not had a screening mammogram within the last year because of financial barriers, Sonoma Valley Hospital wants to keep you healthy by offering you a screening mammogram at no cost to you any time during the month of May, courtesy of a special grant from the Sonoma Valley Hospital Foundation.

You are eligible for this program if you meet these criteria:

- You live or work in Sonoma Valley
- You have not had a mammogram within the past 12 months
- You are uninsured, underinsured, have a high deductible or are otherwise unable to afford a mammogram
- You are 40 years or older

*How to take advantage of the Project Pink screening mammograms in May:*

- Obtain an order from your physician, who can fax the order to us at 707.935.5271. If you don't have a physician, call 707.935.5215 and our staff will help you.
- Call us at **707.935.5215** to make an appointment. Please be sure to tell the scheduler that you want to participate in Project Pink. Please also let the scheduler know if you have had mammograms at another facility in the past.

*American Cancer Society guidelines for early detection of breast cancer:*

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- A clinical breast exam (CBE) is recommended about every three years for women in their 20s and 30s and every year for women 40 and over.
- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.
- The American Cancer Society recommends that some women — because of their family history, a genetic tendency, or certain other factors — be screened with MRI in addition to mammograms. (The number of women who fall into this category is small: less than 2 percent of all the women in the US.) Talk with your doctor about your history and whether you should have additional tests at an earlier age. For more information, contact the American Cancer Society and ask for their document, **Breast Cancer: Early Detection**.

*For more information, please call 707.935.5215*

