



# 3D Mobile Mammography



## Frequently asked questions

### How common is breast cancer?

1 in 8 women will develop breast cancer in their lifetime.

### What is the benefit of 3D mammography?

A mammogram is an X-ray of the breast. For many women, 3D mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. A 3D mammogram will provide better images of the breast, especially in women with dense breast tissue.

### Is a mammogram painful?

Mammograms are generally not painful, but the compression can cause a little discomfort.

### Are there any restrictions for being screened on the mobile unit?

Yes, a few. If you have pain in your breast, have found lumps, or notice a discharge, you should see your doctor prior to scheduling a mammogram. An annual mammogram is recommended for women starting at age 40. Patients between the ages of 35 and 39 need verification of insurance coverage prior to scheduling and those below 35 must have mammography performed at a breast imaging center. You must not have had a mammogram within the last 12 months, and you must be able to walk or stand without assistance.

### How does billing work if I have insurance?

While most insurance companies cover 3D mammography, we highly recommend you contact your insurer to validate coverage before scheduling your appointment.

### What if I don't have insurance? May I still have a mammogram on the mobile unit?

If you don't have insurance, there are programs that may cover mammogram costs. Please ask about these programs when you call to schedule your appointment.

### Will my doctor receive a copy of the mammogram report?

Yes. Your doctor will receive a copy of the report, and you will receive a letter with the results.

### How do I make a 3D mobile mammography appointment?

In the Northern Virginia area, call **703-523-1560** or visit [sentara.com/MobileMammo](http://sentara.com/MobileMammo).



Scan this QR code to watch a short video





Sentara's Mobile Digital Mammography is open to women 40 years old\* or older with no physician's order.

#### What to bring to your scheduled appointment

- Your prior mammography films or the name of the facility where they were done
- Your insurance card/s, photo identification (driver's license/passport), and your physician's contact information

#### How to prepare for your mammography

- You must be able to climb 5 steps.
- Do not use deodorant, hairspray, powders or perfume the day of the exam.
- Please arrive 10 minutes before your appointment.

\* If you are under 40 you must have a physician's order.

**Schedule your appointment for our next Sentara Digital Mobile Mammography event.**

#### Where:

Antioch Baptist Church

6531 Little Ox Road

Fairfax Station, VA 22039

#### When:

Wednesday October 30, 2024

#### Time:

9:00-1:30pm

To schedule call **703-523-1560** or visit **sentara.com/MobileMammo**.

If you have questions about mobile mammography, call **Tracie Mayhew**, the Sentara Mobile Mammography Coordinator, at **703-523-1997**.

