

# BATTLING THE MYTHS OF *Mammography*

*It's expensive, it can be painful, and a few other misconceptions we wish to explore.*



During the month of October, Parrish Healthcare offers low-cost mammograms to women who are self-pay or non-insured.

## **Myth 1: Insurance won't cover it, or I won't be able to afford the co-pay/deductible.**

"Mammography is usually covered under most health plans, including Medicare, once a woman reaches an age determined by the insurer," says Shannon Luker, RN, BSN, Parrish Healthcare Oncology Navigator.

If you have Medicare and are age 65 or older, Medicare pays for most of the cost of a screening mammogram every 12 months. Parrish Healthcare offers low cost options for non-insured women during the month of October.

## **Myth 2: The test is too painful.**

Yes, the test can be a bit uncomfortable, but most women don't consider it painful.

Compression helps hold the breast still, evens out the breast tissue and allows lower doses of X-rays to be used.

If you feel pain, speak up. The technologist may be able to lower the compression and relieve some of the pressure on your breast. And remember that any discomfort is brief; the actual X-ray takes less than a minute.

## **Myth 3: I just don't have time.**

From start to finish, the three-dimensional (3D) mammogram offered at Parrish Healthcare takes 30 to 45 minutes.

State of the art technology, such as this, makes it easier for providers to diagnose certain types of breast abnormalities, especially in women with dense breasts. The result? Early detection and better outcomes reduce the number of deaths from breast cancer for women ages 40 to 69, especially those older than 50.

## **Myth 4: Breast cancer only affects older women.**

Breast cancer can occur at any age. Additional factors that may raise your risk include obesity, heavy alcohol consumption and a sedentary lifestyle.

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*For questions, additional information or to schedule a mammogram, please call 321-268-6111 ext 6150*



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