

Scheduling your mammogram

To schedule a mammogram at a Kaiser Permanente location, call **877-751-4324**.

We offer mammograms at the following Kaiser Permanente Radiology/Imaging Centers:

- Bellevue Medical Center
- Capitol Hill Campus (Seattle)
- Everett Medical Center
- Olympia Medical Center
- Silverdale Medical Center
- Tacoma Medical Center

Where can I get more information?

Visit our Health and Wellness Resources section at **kp.org** for more information about breast cancer screening.

Breast Cancer Screening

- Breast cancer risk factors
- How to decide when to start getting mammograms
- Recommended screening schedule

What is a screening mammogram?

A mammogram is an X-ray of the breast. It is used to look for breast cancer in women before changes in the breast are seen or felt. While mammograms don't prevent breast cancer, they are the most effective test for finding breast cancer early, before it spreads to other parts of the body.

Know and understand your health history

Family and personal health histories help your care team provide care that meets your needs, including recommended screenings that can help find cancer early.

The following checklist includes things that increase your risk of breast cancer. These things are called risk factors.

Check any of the things on the list that are true for you. Then look at the information to the right of the list to see when you should get mammograms based on your age and risk factors.

Risk factors

- Check if true for you

You've had:

- Breast or ovarian cancer
- Breast biopsy—talk to your doctor about your results to find out if you're at increased risk
- Radiation therapy to your chest between the ages of 10 and 30

You have a family history:

- Mother, sister, or daughter with any of the following:
 - breast cancer before age 50
 - breast cancer in both breasts at any age
 - breast and ovarian cancer
- Two (2) or more aunts or grandmothers on the same side of the family with breast cancer before age 50
- Three (3) or more relatives with breast cancer (mother, sister, daughter, aunt, grandmother)
- One relative with ovarian cancer and another relative with breast cancer on the same side of the family (mother, daughter, sister, aunt, grandmother)
- Male relative with breast cancer
- One relative with breast or ovarian cancer and you are of Ashkenazi Jewish heritage

How often should you get mammograms?

Our recommendations for mammograms depend on your age and risk factors (items listed in the checklist).

For women who've had breast or ovarian cancer:

We recommend mammograms every year, or as recommended by your doctor.

For women aged 40-74:

If you checked any items, we recommend mammograms every year. If you didn't check any items, we recommend mammograms every 2 years.

For women aged 75 and older:

A decision to continue or stop mammograms should be based on your personal preference and situation. Please talk with your doctor about your need for screening.

If you have breast implants:

Screening recommendations are the same as outlined above.