

Need a Mammogram?



A yearly mammogram is still the best way to prevent breast cancer. The American Cancer Society recommends that women ages 40 and over receive a yearly mammogram.

SELF-BREAST EXAMS

In addition to regular mammograms, we also recommend that women perform monthly self-breast exams. Knowing how your breast tissue feels, and being able to recognize anything unusual, is very important. Be honest with your health care provider about any breast changes or related concerns.

HOW TO SCHEDULE A MAMMOGRAM

1. You must be 40 years of age or older, earlier if you have a family history of breast cancer.
2. No order is needed from your doctor for a screening mammogram.
3. Please contact your health care provider if you are experiencing signs or symptoms that require further evaluation.
4. If you want to schedule a screening mammogram and have insurance, call **757-312-6137**.

HOW DO I GET A FREE MAMMOGRAM?

Bra-ha-ha[®] funds are available for those who are uninsured or underinsured (\$5,000 or greater deductible or out-of-pocket expense). If you want to schedule a mammogram using BHH funds, please call our Bra-ha-ha line at **757-312-6536**.