



We're Working Toward Healthier Tomorrows

At Methodist Healthcare, our cancer care team treats more patients with breast cancer than any other hospital system in the Greater San Antonio area.

THE October Challenge

 SCHEDULE YOUR MAMMO

1 in 8

US Women will develop breast cancer over the course of her lifetime.

2x

A woman's risk of breast cancer nearly doubles if she has a first-degree relative who has been diagnosed with breast cancer.

#MakeYourMammo

Methodist Healthcare partners with South Texas Radiology Imaging Centers (STRIC) at 22 locations throughout the greater San Antonio area. Our Boutique Mammography Centers offer a unique approach to delivering breast imaging services and provide a better patient experience. Scan the QR code to the right or call **210.617.9000** to schedule your mammography appointment. Visit the Boutique Mammography Center near you:

- Alamo Heights
- Alamo Ranch
- Northeast
- Stone Oak
- Huebner Road

FREE Health Risk Assessments

Assess your breast health, take our FREE HealthMatters quiz at [SAHealth.com/healthmatters](https://www.sahhealth.com/healthmatters).

Nurse Navigators

A breast cancer diagnosis can be confusing and scary — but you don't have to navigate it alone. Methodist Healthcare works together with Sarah Cannon, the Cancer Institute of HCA Healthcare, to provide experienced, compassionate nurse navigators to support patients as they go through the many stages of living with cancer. From diagnosis, to treatment and survivorship care, our oncology expertise ensures you have access to locally-trusted care with the support of a globally-recognized network.

Call **210.507.0941** to speak to an askSARAH registered nurse specially trained to help with your cancer questions. Calls are confidential and nurses are available to speak 24/7.



Breast Cancer SCREENING

AGE
20+

MONTHLY

Women should be familiar with their breasts and promptly report any changes to a healthcare provider.

AGE
20-40

EVERY 3 YEARS

Breast exam by your physician or practitioner

AGE
40+

CONSULT MD ANNUALLY

Mammogram and breast exam by your physician or practitioner

“ I must admit,
I was not the best
at keeping up
with my physicals.
Breast cancer
does not run in
my family.

SANDRA, SAN ANTONIO

Scan to watch Sandra's story, take a
health risk assessment, or schedule
your screening mammogram.



Annual Screenings are Smart, Delaying them is Not.

Methodist Healthcare is challenging the women of San Antonio to **#makeyourmammo!** Whether you're 40 or older, have a history of breast cancer in your family, or you want to challenge the women in your life, it's time! The first step in every survivor's journey is screening. Recognizing signs, symptoms, and being proactive in early detection are key for every survivor. So, get out your annual planners and make your mammogram appointment today!

METHODIST HEALTHCARE | SAHealth.com/mammo



SOUTH TEXAS RADIOLOGY
IMAGING CENTERS



NAPBC[®]

NATIONAL ACCREDITATION PROGRAM
FOR BREAST CENTERS
ACCREDITED BREAST CENTER