



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.



Breast Cancer
SCREENING

AGE 20+	AGE 20-40	AGE 40+
MONTHLY	EVERY 3 YEARS	CONSULT MD ANNUALLY
Women should be familiar with their breasts and promptly report any changes to a healthcare provider.	Breast exam by your physician or practitioner	Mammogram and breast exam by your physician or practitioner

#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 breast cancer risk assessment at SAHealth.com/healthmatters.

Nurse Navigators

A breast cancer diagnosis can be confusing and scary — but you don't have to navigate it alone. Methodist Healthcare partners with Sarah Cannon, the Cancer Institute of HCA Healthcare, to provide cancer nurse navigators. These medical system advocates will help you and your family understand each part of the cancer journey while compassionately supporting your physical, emotional and spiritual needs. 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.



**“ When I was
diagnosed with
cancer, it was a weird
battle between my
emotions and my
nursing brain.**

**VICTORIA,
BREAST CANCER
SURVIVOR AND METHODIST
HEALTHCARE NURSE**



Scan to watch Victoria'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



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NATIONAL ACCREDITATION PROGRAM
FOR BREAST CENTERS
ACCREDITED BREAST CENTER