



200 St. Clair Street
St. Marys, Ohio 45885
Phone 419-394-3335
Toll Free 1-877-564-6897
GrandLakeHealth.org

Joint Township District
Memorial Hospital

Grand Lake
Family Practice & Pediatrics
at the Celina Medical Center

Wapakoneta Primary Care
at the Wapakoneta Medical Center

Grand Lake Home Health

Grand Lake Hospice

Grand Lake OB/GYN

Grand Lake Occupational Medicine

Grand Lake Primary Care
at St. Marys

Grand Lake Sleep Center

Miami & Erie
Family Practice & Pediatrics

Urgent Care at JTD MH

James Reichert, D.O.

New Day
Pain Management Center

Grand Lake Neurological Center

Vanant ENT & Sinus Center

INFORMATION CONTACT

Carrie Widman
Marketing

Joint Township District Memorial Hospital
200 St. Clair Street
St. Marys, Ohio 45885 2400
Phone: 419-394-3387 ext. 3568
Fax: 419-394-8485
Email: cwidman@jtdmh.org
Website: GrandLakeHealth.org

PRESS RELEASE

FOR IMMEDIATE RELEASE — JUNE 26, 2014

Screening Mammograms Just Got Easier

The Women's Imaging Center at Joint Township District Memorial Hospital will soon be offering a new self-request screening mammogram program approved by the Ohio Department of Health, set to begin July 1, 2014.

Women who meet screening criteria may now schedule a screening mammogram at the Women's Imaging Center without an order from their provider. Women age 40 or older without breast complaints should undergo an annual screening mammogram. Used as a preventive tool, the goal of screening mammography is to find cancer in its earliest form to increase survival rate if a breast cancer is found. "The goal of the self-request screening mammogram program is to provide patients easier access to screening mammograms" says Denise Pugh, Manager of Medical Imaging at JTD MH.

To be eligible for the self-request screening mammogram program, women must meet all of the following criteria:

- Asymptomatic (having no current breast complaints)
- No personal history of breast cancer
- No breast implants
- Female
- 40 years of age or older at the time of screening

Once the woman determines that she has met all of the criteria, she can call and schedule her screening mammogram appointment. If she currently has a healthcare provider, her results will be sent to that provider. If she does not have a healthcare provider, one will be assigned to her for the purpose of reviewing mammography results.

Screening Mammography is just one important tool to help with early detection of breast cancer, however, equally important is that women see a healthcare provider for a clinical breast exam and that women perform self-breast exams. "Women need to be aware of how their breasts look and feel. Monthly self-breast exams help women more easily identify something that seems abnormal" says Lisa Roettger, Mammography Technologist at JTD MH Women's Imaging Center. "Total breast health is best obtained when all tools are being utilized in the fight against breast cancer."

To schedule a self-request Screening Mammogram contact JTD MH Central Scheduling at 419-394-9599.

The American Cancer Society guidelines for the early detection of breast cancer in women without symptoms are:

- Women 40 and older should have a mammogram every year.
- Women 40 and older should have a Clinical Breast Exam performed by a healthcare provider such as a physician, physician assistant, or nurse practitioner. This exam should take place near and preferably before the annual mammogram.
- Women should know how their breasts normally look and feel, and report any breast change promptly to their healthcare professional.
- Women ages 20-39 should have a Clinical Breast Exam every three years performed by a healthcare professional.
- Women 20 and older should perform breast self-examinations every month. — ■