



# Mammogram Party

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By Via Christi Clinic Breast Care Services

Let us pamper you  
while taking care  
of yourself!



[vcbreastcare.com](http://vcbreastcare.com)

*...because your life matters*

*"A great way to pamper yourself while addressing your health!"*

– Mammogram party guest



## It's a fact

- Approximately 230,480 women in the U.S. were diagnosed with invasive breast cancer in 2011.
- Breast cancer is the number one cause of death among women 35-54 years of age (39,520 U.S. women will die from the disease this year).
- In women under 45, breast cancer is more common in African-Americans than in Caucasians. Overall, African-American women are more likely to die of breast cancer.
- About 85 percent of breast cancers occur in women who have no family history of breast cancer.
- About one in eight U.S. women will develop invasive breast cancer over the course of her lifetime.

## Mammography is a woman's best weapon against breast cancer

Mammography is approximately 90 percent accurate in finding breast cancer. According to the Centers for Disease Control and Prevention, a yearly mammogram can detect a breast lump an average of 1.7 years before it can be detected by self examination (increasing survival rates by 20 to 25 percent).

## Why do women avoid getting a mammogram?

- Fear of discomfort
- Fear of confronting the issue — vulnerability
- Misinformation about how often they should be screened
- Busy schedules



# The American Cancer Society recommends:

Annual mammogram screenings for women age 40 and older and women who are high risk (based on family history or genetic predisposition).

## What is a mammogram party?

It's a planned event to prevent procrastination, provide support and reduce anxiety about one of the most important cancer screenings available for women.

In 2007, Via Christi Clinic's dedicated mammography technologists began hosting after-hours mammography parties for their fellow employees as a way to make the annual screenings more appealing. A mammogram party is a women-only event that offers a more relaxing and fun way to get an annual (and potentially life-saving) screening. The radiology area is closed to everyone except your group during a mammogram party and special amenities are offered like complimentary food and beverages, massages, paraffin hand treatments and beauty consultations.

## Where are mammogram parties held?

Via Christi Clinic offers digital mammography at three locations:

- 3311 E. Murdock, Wichita, KS 67208
- 13213 W. 21st St. North, Wichita, KS 67235
- 720 Medical Center Drive, Newton, KS 67114

## Why host a mammogram party?

It's fun! Mammography is the best way to detect breast cancer early in a more treatable stage. Hosting a party demonstrates to your employees that you are concerned about their health and gives them incentive to comply with national screening guidelines. It's also a great way to educate employees about the importance of early detection and provide a way for them to maximize insurance benefits. The relaxed and fun atmosphere of the party makes the screening a more pleasant experience and it also promotes co-worker camaraderie.

*"It was fun and relaxing!  
It took away the stress of  
getting a mammogram!"*

- Mammogram party guest



# How do I host a mammogram party?

## Via Christi Clinic provides:

- Date and time that is most convenient for your group
- Electronic invitation for you to circulate
- Mammography technologists and equipment
- All the fun amenities at no charge (chocolate fondue, beverages, massages, paraffin hand treatments and beauty consultations)

## You provide:

- Minimum of 10 people who will be screened (maximum capacity will depend on the location)
- Coordinator who will make sure each attendee has submitted a completed registration form three working days prior to the event

## Your employees provide:

- Their insurance information, health history and name of their primary care physician
- Images from their last mammography (if available). Via Christi Clinic can obtain this for individuals if they provide the name of the facility and the date of their last screening.

*“Loved the after hours appointment, ease of scheduling, food, massage, etc. Very nice!”*

– Mammogram party guest

REMINDER: Most insurance companies and Medicare will cover the cost of an annual screening. Screenings must be 12 full months plus one day apart.

## Can Via Christi Clinic include other necessary screenings?

Via Christi Clinic is happy to tailor the party to your specifications. As a multi-specialty practice, a variety of options are available. Other screenings your employees are concerned about can be added like a bone density screening for osteoporosis.

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## Ready to schedule?

Call Via Christi Clinic today to reserve the date for your mammogram party: **316.651.2282**

