

Breast Cancer Screening Script for Secured Messages:

Hi I am Dr. Bobbie Preston, the Physician in Charge of Breast Imaging at Kaiser Permanente in the Napa/Solano Service Area. I'd like to talk to you about Breast Health and a test that can help you stay healthy.

Did you know that Breast Cancer is the most common cause of cancer in women in the United States? If you are a woman over 40, the single most important thing you can do for your health is to have a mammogram.

Women with early breast cancer usually have no symptoms. In fact, a mammogram can detect cancer years before you or your care provider can feel a lump.

I know getting a mammogram may not sound appealing, but we at Kaiser Permanente work hard at trying to make this test as easy, simple and comfortable as possible for you. The procedure is really simple. When you come in for a mammogram, you'll be asked to undress from the waist up and to cover yourself with a hospital gown. During the exam a technologist will position your breast between two plates to gently flatten the tissue and then take some pictures. The pressure for each picture is only a few seconds and the whole process takes less than fifteen minutes.

As a wife and mother myself, I know how hard it is for you to find time to take care of yourself. But it's really important to both you and your family that you're healthy.

Early detection of Breast Cancer can save your life, so please....call today and make your appointment. Do it for yourself..... do it for your family. Live well and be well.