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## **Mammograms critical to breast cancer prevention and survival**

### **An important message during October's Breast Cancer Awareness Month**

**GREEN BAY, Wis.** – Breast Cancer Awareness Month is observed every October to raise awareness about breast cancer, its impact and the importance of early detection and treatment. During this awareness month, Prevea Health and HSHS hospitals in Wisconsin share this brief, yet critical message: **Get your mammogram.**

“Mammograms are critical to breast cancer prevention and survival,” says [Dr. Kai Huang](#), breast surgeon at Prevea Health. “With regular mammograms, breast cancer is treatable and curable when caught early and mammograms can even detect some forms of pre-cancer before a tumor even develops.”

Recent research, compiled by the [American Cancer Society](#), indicates breast cancer cases have continually risen by 0.6% to 1% annually from 2012 to 2021. During this time frame, researchers also discovered that the demographic experiencing the largest increase in breast cancer diagnoses were found in women under the age of 50.

All women should talk with their health care provider about the appropriate timing for screening mammograms, especially women at high-risk. A mammogram schedule will be based upon an individual's health and risk factors. At age 40, women should have a screening mammogram and continue to have one every year or at least every other year.

New American College of Radiology (ACR) breast cancer screening guidelines now recommend that all women — particularly Black and Ashkenazi Jewish women — undergo a risk assessment by age 25 to determine if screening before age 40 is necessary.

“A mammogram is a relatively quick and painless X-ray test that from start-to-finish of an appointment, takes 15 minutes to complete,” says Dr. Huang. “Setting time aside for this and keeping regular mammogram screenings a priority could save your life.”

According to the [American College of Radiology](#), mammography has helped reduce breast cancer mortality in the U.S. by nearly 40% since 1990. In addition, it reports that **out of every 100 women who get a screening mammogram:**

- **90** will be told their mammograms are normal.
- **10** will be asked to return for additional mammograms or ultrasounds. Out of these 10:
  - **6** will be reassured their mammograms are normal.
  - **2** will be asked to return in 6 months for a follow-up exam.
  - **2** will be recommended to have a needle biopsy.

Prevea Health; HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; and HSHS St. Clare Memorial Hospital in Oconto Falls provide access to mammography services in communities across Northeast Wisconsin:

- In the **Green Bay area**, mammograms are provided at the Prevea Allouez Health Center, Prevea East De Pere Health Center, and at Prevea St. Mary's Health Center. To schedule a mammogram with Prevea in Green Bay, call (920) 496-4789.
- In **Sheboygan**, mammograms are provided at HSHS St. Nicholas Hospital, located at 3100 Superior Ave. To schedule a mammogram at HSHS St. Nicholas Hospital, call (920) 459-5171.
- Together, Prevea Health and HSHS hospitals in Wisconsin also provide mammograms via a state-of-the-art mobile mammography unit which travels to local businesses and the communities of **Grand Chute, Lena, Manitowoc, Mountain, Oconto Falls, Pulaski, Shawano, Kewaunee, Luxemburg, Marinette, Oconto, Plymouth** and **Seymour** on a regular basis. To schedule a mammogram in one of these communities, or to request a business visit, please call (920) 496-4789 or schedule online at: [www.myprevea.com](http://www.myprevea.com)

In addition, Prevea now offers same or next day appointments with a breast surgeon to any individual who may discover a lump on their own. Appointments can be made by calling (920) 272-3350.

For more information about all mammography and breast surgery services offered at Prevea Health in Northeast Wisconsin, please visit: [www.prevea.com/mammo](http://www.prevea.com/mammo)

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#### **About Prevea Health**

Prevea Health is a community of passionate and accomplished physicians, caregivers and staff working together to provide exceptional health care. Patients have trusted Prevea with their medical care needs since 1996 when the organization was founded in Green Bay, Wis. Today, Prevea provides primary care and a wide range of specialty medical care in clinic, hospital, and workplace settings across Northeast Wisconsin. It is partnered with Hospital Sisters Health System (HSHS) which operates hospitals in Wisconsin. For more information about Prevea Health, visit [www.prevea.com](http://www.prevea.com).

#### **About Hospital Sisters Health System (HSHS)**

Hospital Sisters Health System (HSHS) is a Catholic health care ministry founded in 1875. Dedicated to our Mission to reveal and embody Christ's healing love for all people through high-quality Franciscan health care, HSHS clinicians provide exceptional care centered on the whole person. Based in Springfield, Illinois, HSHS employs more than 11,000 colleagues who provide care in 13 acute-care, children's and critical-access hospitals and home health and hospice programs in Central and Southern Illinois and Eastern Wisconsin. HSHS is aligned with more than 1,000 primary and specialty physicians and advanced practitioners through its owned affiliates [HSHS Medical Group](#) and [Prairie Cardiovascular](#) and its partnership with [Prevea Health](#). For more information about HSHS, visit [hshs.org](http://hshs.org).