

# Schedule Your Mammogram Today!

## Early Detection is Your Best Protection

- A woman's chance of developing breast cancer in her lifetime is 1 in 8
- 8 out of 10 diagnosed women have no family history of breast cancer
- With early detection, the five-year survival rate for breast cancer is excellent, and can approach 100 percent
- Research has shown early detection reduces breast cancer mortality by up to 44 percent

## At Valley Medical Center, we offer:

- 3D digital mammography
- DEXA bone density testing
- Diagnostic breast ultrasound
- Breast biopsies

## Schedule your appointment!

- No referral required for screening mammogram
- Screening mammography can be scheduled most easily through your MyChart, **under the *Appointments* tab.**
- You may also schedule your screening mammography or all other appointments by calling 425.690.3688.

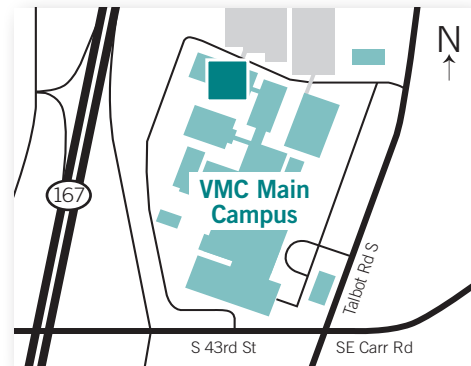
More information at [valleymed.org/breastcenter](http://valleymed.org/breastcenter).

Scan the QR code to  
schedule in MyChart today!



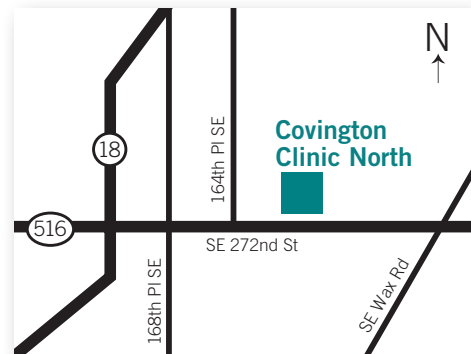
## SQUEEZE US IN!

Schedule your mammogram at one  
of Valley's two convenient locations:



### Valley Medical Center, Renton

Medical Arts Center building  
4033 Talbot Road S. Ste. 470  
Renton, WA 98055



### Covington Clinic North

16850 SE 272nd St. Ste. 250 (2nd floor)  
Covington, WA 98042

## The Breast Center

UW Medicine  
VALLEY  
MEDICAL CENTER

