



FIRE DEPARTMENT

The City of New York

Bureau of Health Services

WORLD TRADE CENTER HEALTH PROGRAM

9 MetroTech Center, Room 2E-13, Brooklyn, N.Y. 11201-5431

E-mail: wtcmed@fdny.nyc.gov

Phone: 718-999-1858



July 2013

Mammograms – A New FDNY WTC Screening Benefit at NO Cost to You

You are receiving this invitation because you are an FDNY uniformed member (FIRE or EMS; active or retired) who enrolled in the FDNY WTC Health program after participation in the World Trade Center rescue and recovery effort. As you are aware, the WTC Health Program continuously monitors the health status of our enrolled members, especially the development of specific types of cancers, such as breast cancer.

Mammography can lead to early diagnoses and thereby increase your likelihood for successful treatment. The FDNY WTC Health Program is providing screening mammography at no charge to you and with no effect on your duty status. Only enrolled members receiving this letter by mail are eligible for this free benefit. Authorizations for this procedure are required and will be provided at your annual exam for active members or at your WTC monitoring exam for retirees. If your monitoring exam is delinquent, you should schedule an appt. to be seen. If you had a monitoring exam within the past 11 months, you should schedule a treatment visit to obtain authorization.

What is a Mammogram? *Mammography* is the study of the breast using x-rays. The actual test is called a *mammogram*. A screening mammogram is ordered for women who have no known problems with their breasts. Additional tests may be authorized if abnormalities are detected. The purpose is breast cancer detection.

Why should I get a Screening Mammogram?

- A screening mammography is used to detect breast cancer as early as possible.
- Many studies have shown that screening mammograms increase a woman's chance of finding breast cancer at an early stage, when it is more likely to be treatable, & possibly several years before a lump may be felt.
- Even if you cannot feel a lump, your WTC exposures may increase the chance of developing breast cancer.
- The radiation risk from modern mammograms is small and for most women the benefits of screening outweigh this low risk.

Who should have a Screening Mammogram?

- Females enrolled in the FDNY WTC Health Program between ages 40 and 74 years old.
- Enrolled females at *increased risk* for breast cancer should begin screening at an earlier age. Please discuss this with your physician at your next annual monitoring exam

Who should not have a Screening Mammogram?

- Females below age 40 or above age 74 who are not at high risk (ex. no family history of breast cancer).
- Females who had a mammogram within the last 1 to 2 years (depending on the results). *Please bring your last mammography report with you to your next annual or monitoring exam.*
- Females who are pregnant or might be pregnant.

Where will the Mammogram be performed?

- At a private radiology center near your home or work.
- Mammograms and breast exams are not done at FDNY facilities or by FDNY employees.

Three Important Notes for active members participating in the Screening Mammography Program:

- Your participation is voluntary; will not affect your duty status, and results are confidential.
- Once authorized, your mammogram is at no charge to you
- As participation is voluntary, you cannot be paid or receive any salary compensation for your time spent obtaining this examination.
- *Mammography supplements, but does not replace a clinical breast exam done by your primary care physician.*

PS: Woman between ages 50 and 75 years old will receive a separate letter from us offering a free colonoscopy.