

# Be sure to schedule your mammogram

It is common for many women to encounter barriers when trying to schedule an appointment with a primary care physician or for a mammogram. Things like concerns about cost or not knowing who to call can often be daunting. SHARE provides you with information on free mammogram sites for you to be able to schedule your appointment.

## What do I do with this list?

### 1. Schedule an appointment to visit a primary doctor at the free health clinic closest to you.

Your primary doctor should be your best ally for your health. It is one of the first points of contact when it comes to your general well-being. He or she is the one who will take care of your regular medical needs and can anticipate, as well as detect, health problems earlier.

Establishing a good relationship with your doctor is very important for improving your health outcomes. A successful doctor-patient relationship consists of clear communication and collaboration between both parties.

### 2. Schedule an appointment for a routine mammogram.

A mammogram is our most powerful tool for detecting breast cancer. It is recommended that women have a mammogram once a year starting at age 40. If the person is at high risk due to a family history of breast cancer, it might be recommended before the age of 40.

The warning signs of breast cancer can be different for each person. Some people may not have any signs or symptoms at all.



- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

Please keep in mind that these symptoms can happen with other conditions that are not cancer, but if you have signs or symptoms that worry you, be sure to see your doctor right away.

## Why is early detection so important?

Early detection includes scheduling regular clinical exams and routine mammograms. There are reliable screening methods that can detect breast cancer early when it is easier to treat.



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## NYC FREE MAMMOGRAM SITES

### BRONX

#### **Bronx Lebanon Hospital Center**

1650 Grand Concourse  
Bronx, NY 10457  
(718) 590-1800  
bronxcare.org

#### **Jacobi Medical Center**

1400 Pelham Pkwy S  
Bronx, NY 10461  
(718) 918-5000  
nyhealthandhospitals.org/  
jacobi/

#### **Lincoln Medical Center**

234 E 149th St  
Bronx, NY 10451  
(718) 579-5000  
nyhealthandhospitals.org/  
lincoln/

#### **Montefiore Medical Center - Henry and Lucy Moses Div**

111 East 210th Street  
Bronx, NY, 10467  
(718) 920-4321  
montefiore.org/west

#### **Montefiore Medical Center - Wakefield Campus**

600 E 233rd St  
Bronx, NY 10466  
(718) 920-9000  
montefiore.org/north-campus

#### **Montefiore Breast Imaging Center**

1500 Blondell Ave.  
Bronx, NY 10461  
(718) 405-8181  
montefiore.org/imaging-  
locations

#### **North Central Bronx Hospital**

3424 Kossuth Ave  
Bronx, NY 10467  
(718) 519-5000  
nyhealthandhospitals.org/  
northcentralbronx/

#### **SBH Health System**

4422 3rd Ave.  
Bronx, NY 10457  
(718) 960-9000  
sbhny.org

### BROOKLYN

#### **Brookdale Hospital Medical Center**

1 Brookdale Plaza  
Brooklyn, NY 11212  
(718) 240-5000  
brookdalehospital.org

#### **The Brooklyn Hospital Center**

121 DeKalb Ave.  
Brooklyn, NY 11201  
(718) 250-8000  
tbh.org

#### **Interfaith Medical Center**

1545 Atlantic Ave.  
Brooklyn, NY 11213  
(718) 613-4000  
interfaithmedical.com

#### **NewYork-Presbyterian**

#### **Brooklyn Methodist Hospital**

506 6th St.  
Brooklyn, NY 11215  
(718) 780-3000  
nyp.org/brooklyn

#### **Woodhull Medical and Mental Health Center**

760 Broadway  
Brooklyn, NY 11206  
(718) 963-8000  
nyhealthandhospitals.org/  
woodhull/

### STATEN ISLAND

#### **Staten Island University Hospital**

256 Mason Ave floor 2,  
Staten Island, NY 10305  
(718) 226-6447

#### **Lenox Hill Radiology-Annadale**

4771 Hylan Boulevard  
Staten Island, NY 10312  
(646) 680-5610  
radnet.com

#### **Lenox Hill Radiology-Clove Road**

1050 Clove Rd.  
Staten Island, NY 10301  
(646) 680-5610  
radnet.com

### MOBILE LOCATIONS

#### **American-Italian Cancer Foundation**

americanitaliancancer.org

#### **Mount Sinai Mobile Mammography**

mountsinai.org/care/  
radiology/services/mobile-  
mammography

#### **Project Renewal ScanVan**

projectrenewal.org/scanvan

### MANHATTAN

#### **Lenox Hill Hospital**

100 E 77th St.  
New York, NY 10075  
(212) 434-2000  
lenoxhill.northwell.edu

#### **Harlem Hospitals**

506 Lenox Ave.  
New York, NY 10037  
(212) 939-1000  
nyhealthandhospitals.org/  
harlem/

#### **NYU Langone Health**

550 1st Ave.  
New York, NY 10016  
(646) 929-7800  
nyulangone.org

### QUEENS

#### **Charles B. Wang Community Health Center**

136-26 37th Avenue  
Flushing, NY 11354  
(718) 886-1287  
cbwchc.org

#### **Jamaica Hospital Medical Center: Women's Health Center**

133-03 Jamaica Ave.  
Queens, NY 11418  
(718) 291-3276  
jamaicahospital.org

#### **St. John's Episcopal Hospital**

327 Beach 19th St.  
Far Rockaway, NY 11691  
(718) 869-7000  
ehs.org

Scan for an interactive map



\*SHARE does not schedule appointments for mammograms.