



Outreach of the Month: Mammogram/Flu Vaccine

Information for Your Patients

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In This Issue

- **Gaps in Care**
Outreach topic of the month:
Mammogram/ Flu Vaccines

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1. Mammograms: Early detection is the best protection.

What is a mammogram or Clinical Breast Exam?

- A mammogram is an x-ray used to detect changes in the breast tissue.
- In the course of a clinical breast exam, a health professional feels the breasts and underarms, searching for lumps or any other changes in their shape or appearance.

Why get a mammogram?

- Finding breast cancer early reduces your risk of dying from the disease by 25-30% or more. Women **should** begin having **mammograms** yearly at age 40, or earlier if they're at high risk.

2. Flu Vaccine: Get your shot and don't get caught!

What is the Flu?

- Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death.

Who needs a Flu vaccine?

- Everyone. Especially, elderly people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Where can I get the Flu Vaccine shot?

- Contact your Primary Care Provider.

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