

Preventative Testing Recommendations

*The following tests are considered preventative and are self-referred at the appropriate age; however, it is recommended that you always check with your health insurance company first to verify coverage for these tests. *

Screening Mammogram:

Women can begin getting mammograms without a referral from a provider starting at **age 40**. Sometimes your provider will recommend a mammogram for you at an earlier age if you have certain risk factors or a family history of breast or ovarian cancer.

Visit the American Cancer Society website for more information:

<http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>

Imaging/Testing Locations:

Swedish Mill Creek Imaging Center –Mill Creek
Schmidt Medical Center – Mill Creek
Bellevue Medical Imaging—Bellevue

To Schedule an Appointment:

425-357-3960 Mammograms
425-338-4051 Mammograms
425-454-1700 Mammograms

Colonoscopy:

Routine screening for colorectal cancer is recommended for adults starting at **age 50**. If you have had a primary relative who has had a gastrointestinal related cancer, earlier screening may be indicated.

Visit the Centers for Disease Control website for further information:

http://www.cdc.gov/cancer/colorectal/basic_info/screening/guidelines.htm

Imaging/Testing Locations:

Puget Sound Gastroenterology—(multiple locations)
Western Wa Medical Group—Everett
NW Gastro Associates—Bellevue, Issaquah

To Schedule an Appointment:

425-899-4500 Colonoscopy
425-259-3122 Colonoscopy
425-454-4768 Colonoscopy

DEXA (Bone Density) Exam/Testing:

Starting at **age 65** it is recommended that adults have a DEXA scan, or sooner if you have certain risk factors. A bone density test tells you if you have normal bone density, low bone density (osteopenia) or osteoporosis.

Visit the National Osteoporosis Foundation website for more information:

www.nof.org/patients/diagnosis-information/bone-density-examtesting/

Imaging/Testing Locations:

Schmidt Medical Center – Mill Creek
Bellevue Medical Imaging—Bellevue
Evergreen Radia Imaging—Kirkland

To Schedule an Appointment:

425-338-4051 DEXA Scans
425-454-1700 DEXA Scans
425-899-2831 DEXA Scans