

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:

Bellevue Medical Imaging—Bellevue
Evergreen Radia Imaging—Kirkland
Providence – Mill Creek/N. Everett

To Schedule an Appointment:

425-454-1700 DEXA Scans
425-899-2831 DEXA Scans
425-261-4940 DEXA Scans

Viable Alternatives: Making a decision about screening tests is difficult. Some may or may not be covered by your insurance as easily as the above Preventative Testing Recommendations. Call your insurance and speak to them about coverage.

Cologuard: A non invasive at home stool kit that is indicated to screen adults, 50 years or older, who are at typical average-risk for colorectal cancer. Cologuard is covered by Medicare and Medicare Advantage with no co-pay or deductible for eligible patients. Some exceptions may apply, so we recommend patients call their insurer to confirm.

3D-Tomotheysis Mammo: Also called tomosynthesis, the machine moves around the breast, taking laser-sharp images in thin slices. The radiologist can then view the entire breast in 3-D, moving through each slice to find cancers that may have been obscured in traditional mammograms. Some, but not all insurance companies are covering this procedure.

Breast Thermography: Breast thermography is a risk assessment tool that is meant to be used in addition to mammography and other tests or procedures. Breast thermography and mammography are complementary procedures, one test does not replace the other. All thermography reports are meant to identify thermal emissions that suggest potential risk markers only and do not in any way suggest diagnosis and/or treatment.