A Message from Dr. Tilney, Chief Physician/Executive Director, UH Health Center & the POWER UP Employee Wellness Initiative

Regardless of your gender, chances are breast cancer has touched you in some way, either personally or by affecting someone you know and love. October is Breast Cancer Awareness Month, a reminder to all women age 40 and above to have their annual breast exam. Did you know that in Texas, it is estimated that there will be 17,060 new incidences of breast cancer in women this year? That’s an alarming statistic, but the good news is that yearly screening can lead to early detection, improved treatment options, and most importantly, survival.

One of the main reasons women report missing their annual exam is time away from work. This year, the POWER UP Employee Wellness Initiative makes it easy to get your annual breast exam on campus via The Rose’s new state of the art mobile unit. I just signed up for my yearly screening -- and you can, too -- by going online to REGISTER at: www.the-rose.org/mobile (Code: UH). Registration is quick and easy and allows you to schedule a time that works best for you. If you have difficulty registering online or have no access to a computer, you can call 281 464-5136 for help in making your appointment in English or Spanish.

Both 3D and 2D mammography will be offered and the exam takes only about 17-22 minutes. For your convenience, on-campus exams will be offered two days, Tues., Nov. 7, 7:30 AM – 2:30 PM and Wed., Nov. 8, 11:00 AM – 6:00 PM in the mobile unit located in Lot 19F between the Power Plant and Technology Annex (near the M.D. Anderson Library).

Considered preventive care, mammograms are covered by most insurance carriers; employees with Blue Cross Blue Shield HealthSelect are eligible to participate in this mobile mammograms offering with no co-pay and no additional out-of-pocket expense. However, those with KelseyCare are encouraged to visit a Kelsey-Seybold provider for their exams. If you have another insurance, please visit The Rose online or call (281) 484-4708 to see if your insurance plan is accepted.

Patient requirements for Mobile Mammogram Screenings:
  - Must be 40 or older
  - Must have a doctor
• Must not be pregnant or breast feeding
• Must not have any breast symptoms or problems
• Must not have had breast cancer in the last 2 years
• Must not have had a mammogram in the last 12 months

To learn more about 3D mammography, click here to watch a quick video. Then, REGISTER online (Code UH) and the hardest part of the process is completed! Next, just show up the day and time of your appointment for your exam. It’s that simple and convenient.

I encourage you to take advantage of this on-campus screening opportunity – or to schedule your yearly exam with your personal healthcare provider today. This year, I’ll be at the mobile unit on campus bright and early Tues., Nov. 7th! Please join me on one of the two days screenings are available on campus for your annual exam. I can’t stress enough how important this is. If you have any questions, please contact The Rose at MobileTeam@therose.org or 281 464-5136.

Sincerely,

Vanessa Tilney, MD