

## Summary...

Breast tumors are the most common types of cancer among women in Italy: approximately one malignant tumor in every 3 cases is breast cancer (AIOM, 2020). It is good to regularly repeat the mammogram every two years starting from the age of 50. All invited women will be called back after two years. Meanwhile, it is advisable to periodically checkup your breasts through self-examination and, in case of doubt, to contact your doctor or call the screening program tollfree hotline number. If you haven't received an invitation from your local health authority or have never joined the program, call the toll-free hotline number of the local health centers to ask for an appointment; foreign or EU citizens with an STP or ENI card can also book an appointment.

All personal data collected are subject to the rules on confidentiality and data protection. For those who need it, the day of the test a certificate can be issued to justify the absence from work. For more information or to make an appointment call the toll-free hotline number of your local health authority.

\*AIOM 2020



ASL	Screening	Numero Verde	Orari
Roma 1	Mammella Cervice Colon Retto	800 536 693	da Lun a Ven 8:00-17:00
Roma 2	Mammella Cervice Colon Retto	800 405 051	da Lun a Ven 8:00-18:00
Roma 3	Mammella Cervice Colon Retto	800 634 634	da Lun a Ven 8:30-17:00
Roma 4	Mammella Cervice Colon Retto	800 539 762	da Lun a Ven 9:00-13:00
Roma 5	Mammella Cervice Colon Retto	800 894 549	da Lun a Ven 9:00-13:00 e 14:00-17:00
Roma 6	Mammella e Colon Retto	800 430 264	da Lun a Ven 15:00-19:00
	Cervice	800 160 622	
Viterbo	Mammella Cervice Colon Retto	800 840 359	da Lun a Ven 9:00-13:00
Rieti	Mammella Cervice Colon Retto	800 646 999	da Lun a Ven 9:00-13:00
Latina	Mammella Cervice Colon Retto	800 065 560	da Lun a Ven 9:00-13:00 da Lun a Gio 15:00-17:00
Frosinone	Mammella Cervice Colon Retto	800 003 422	da Lun a Ven 9:30-13:30

Per prenotare gli esami di screening scansionare il QR code  
[prenotascreeing.regione.lazio.it](http://prenotascreeing.regione.lazio.it)



Traduzione in Inglese curata da  
Medici Senza Frontiere nell'ambito  
del protocollo d'intesa con la  
Asl Roma 2.

[www.salutelazio.it](http://www.salutelazio.it)

# MAMMOGRAFIA

ABITUATI A CURARE  
TE STESSA



SCREENING PROGRAM FOR  
BREAST CANCER

FREE FOR WOMEN AGES  
25 TO 64 YEARS



## Why do you receive an invitation from your local health authority?

To remind all women from 50 to 69 years old that early breast cancer diagnosis is possible through regular mammograms, free every 2 years. The objective is to flag the presence of even tiny tumors, not otherwise identifiable, to maintain the integrity of the breast, and, in many cases, to save lives.

Women between 45 and 49 can also get a free mammogram every two years: they will not receive a letter of invitation, but they can ask their family doctor for a specific referral with cost exemption. Women between 70 and 74 years old can call the toll-free hotline screening number of their local health authority and ask to continue to undergo mammograms through the Screening Program.

The Screening Program is offered free of charge, including mammography and further examinations or any treatment that may become necessary.

If you never received an invitation from your local health centers or you have never joined the program, you can call the toll-free hotline number of your local health authority to book an appointment.

## What is a Mammogram?

A mammogram is an x-ray picture of the breasts, it is the most specific, sensitive and effective examination for early diagnosis of breast cancer.

### Is it painful?

No. Some women will find the compression of the breast uncomfortable for a few minutes.

### Is it a risky examination?

No, digital mammograms using very few X-rays are used for the screening.

## After having a Mammogram?

If the result is normal, the Screening Center will send a communication of the negative result directly at your home through a letter, and after two years they will send a new invitation to repeat the mammogram. If additional examinations (ex. ultrasounds) are necessary to determine the final diagnosis, the local health authority will contact the woman by phone to rapidly arrange an appointment.

If the result is positive, the Screening Center will contact the person directly by telephone to invite her to undergo a detailed ultrasound scan, always free of charge. Any further examination and successive treatments, if necessary, are booked and provided directly and still free of charge by the local health authority.

## Can I be confident?

Mammograms results are evaluated separately by two expert radiologists who conduct thousands of tests each year, in the manner required by European recommendations.

Radiologists working in Screening Programs must participate in continuous training programs, be dedicated to breast health for at least 50% of their work, and conduct at least 5,000 mammograms every year.

All procedures follow the national and European guidelines and are subjected to quality controls.

