



City of Albuquerque

Timothy M. Keller, Mayor

Interoffice Memorandum

August 9, 2018

To: All City Employees

From: Sarita Nair, Chief Administrative Officer *SN*

Subject: Mammograms in the Mobile Mammography Van

City of Albuquerque is once again making it easier for employees to prevent and detect breast cancer early by supporting the onsite mobile mammography van. Employees are allowed 30 minutes Paid Leave Other (PLO) to attend a screening appointment *with prior approval from their supervisor*. The mobile mammography van will be available for employees and family members at the locations listed below. As always, there is no charge for the mammogram.

Date	Location	Time
Thursday, October 11, 2018	Fire Academy/911	7:30am – 11:30am
Thursday, October 11, 2018	Solid Waste Management	1:30pm – 5:30pm
Annual Employee Health Fair Friday, October 26, 2018	Convention Center 3 rd St. between Tijeras & Marquette Ave	8:00am – 5:00pm
Thursday, November 1, 2018	City Hall (6 th St. & Marquette Ave)	8:00am – 5:00pm

Most women age 50-74 should have a screening mammogram every 2 years. Women age 40-49 who think they may have a higher risk of breast cancer should ask their doctor when to have a screening mammogram. The screening test checks for changes in breast tissue and can help find breast cancer early. Finding breast cancer when it is small and in its earliest stage increases the chance for successful treatment. Doing regular physical activity and keeping a healthy weight can help prevent breast cancer.

Call (505) 332-6967 to schedule a mammogram appointment. Presbyterian Health Plan and other health insurance plans will be accepted. The scheduler reviews and confirms acceptance of insurance plans. Presbyterian covers screening mammograms that are scheduled at least 11 months since your last mammogram, at age 40 or older for your first mammogram, or if you have a referral from a health care provider to get one sooner.

If you have any questions, please contact Health and Wellness Coordinator Lisa Gatan at 768-2921 or lgatan@cabq.gov.