



U.S. Department of Veterans Affairs

VA San Diego Healthcare System

DIRECT SCHEDULING FOR MAMMOGRAMS

According to Breastcancer.org, about **1 in 8** U.S. women will develop invasive breast cancer over the course of her lifetime. Excluding cancers of the skin, breast cancer is the most frequently diagnosed cancer in women; it's estimated that about 30% of newly diagnosed cancers in women will be breast cancers.

Mammograms are probably the most important tool doctors have not only to screen for breast cancer, but also to diagnose, evaluate and follow people who've had breast cancer. The VA San Diego Healthcare System is offering direct scheduling for screening mammograms. The goal is to eliminate administrative barriers for women Veterans to get screening mammograms, reduce missed opportunities, while ensuring scan results are monitored appropriately. Direct scheduling offers Veterans a more patient-centered approach to their care, giving them the same opportunities as the private sector.

VA San Diego offers women Veterans aged 40-75 two convenient ways to get their annual screening mammogram at the La Jolla Medical Center Radiology Department. Schedule an appointment by calling **858-642-3226**

Walk-ins (no appointment required) are available:

Mondays, Wednesdays, Fridays: 8:00am-3:00pm

Tuesdays and Thursdays: 1:00pm-3:00pm

The VA San Diego has started a **Food Empowerment Program** to enhance the lives of veterans by meeting a basic human need, and to empower veterans in self-sufficiency long-term by connecting them to food resources in their community. Dieticians and social workers in the *Oceanside and Escondido PACT clinics* will assess Veterans for food insecurity and can provide one-time emergency food assistance (a bag of assorted groceries) to those who qualify. The Veteran will also be provided with ongoing resources in their community to educate them about sustainable food resources and government support programs. This program is a coordinated effort between VA San Diego, the San Diego Food Bank and Us 4 Warriors. If a Veteran would like education, resources or assistance purchasing groceries, they can schedule an appointment with their social worker or dietician.

Did you know?

- VA San Diego Healthcare System has created **child friendly waiting rooms** in Mission Valley, Oceanside and La Jolla's primary care clinics. Coloring books, crayons, books and a small table and chairs were donated by the **American Legion Auxiliary-Pacific Beach Unit 552!**
- Want to meet other women Veterans? Check out the **San Diego Women Veterans Network MeetUps** link

<https://www.meetup.com/San-Diego-Veteran-Womens-Networking-Meetup/>



Important Phone Numbers:

Jennifer Roberts, Women Veterans Program Manager:
858-642-3676

Melanie Krupa-Kelly:
Maternity Care Coordinator:
858-344-6999

To make an appointment, call the VA Call Center: 858-552-7475

Veterans Crisis Line 24 hours/7 days a week: 800-273-8255, press 1 or chat online at VeteransCrisisLine.net/Chat

VA Homeless Program Main Office: 619-497-8989

Mental Health Access Clinic: 858-642-3391