

PREFACE

The Health Research and Educational Trust of New Jersey, a nonprofit affiliate of the New Jersey Hospital Association, is pleased to offer a new resource, *Early Detection Saves Lives: A Guide to Breast Cancer Screening in New Jersey*, as part of its Breast Cancer Awareness Program. This is the revised and updated version of the resource that was first published in 1990 in collaboration with the New Jersey Department of Health's Cancer Control and Risk Reduction Program. It was later updated in 1995 and made available in both English and Spanish.

NJHA and HRET have always emphasized that improved community health and well-being can be best attained through prevention and early interventions. With the incidence of breast cancer steadily increasing in New Jersey since the mid-1980s, this resource guide aims to combat this disease by promoting early detection services and increasing awareness about mammography screening facilities. Its ultimate goal is to improve access for all women in New Jersey, especially the underserved and uninsured, to mammography screening services and reduce breast cancer incidence, morbidity and mortality.

Early Detection Saves Lives: A Guide to Breast Cancer Screening in New Jersey is produced with funding provided by the state Department of Health and Senior Services and in close collaboration with New Jersey Cancer Education and Early Detection Program (NJCEED) through a special legislative appropriation (P.L. 2001, CHAPTER 197). Production of this resource guide was also included as part of the implementation section of the New Jersey Comprehensive Cancer Control Plan. The guide provides comprehensive, up-to-date information about accessible mammography facilities and their educational/support services, focusing on those that provide screening services free of charge or at a reduced rate and during evenings and weekends. The purpose is to reach and educate the providers and community-based organizations serving women, especially those at highest risk, to encourage more referrals for screening and facilitate greater utilization of these services.

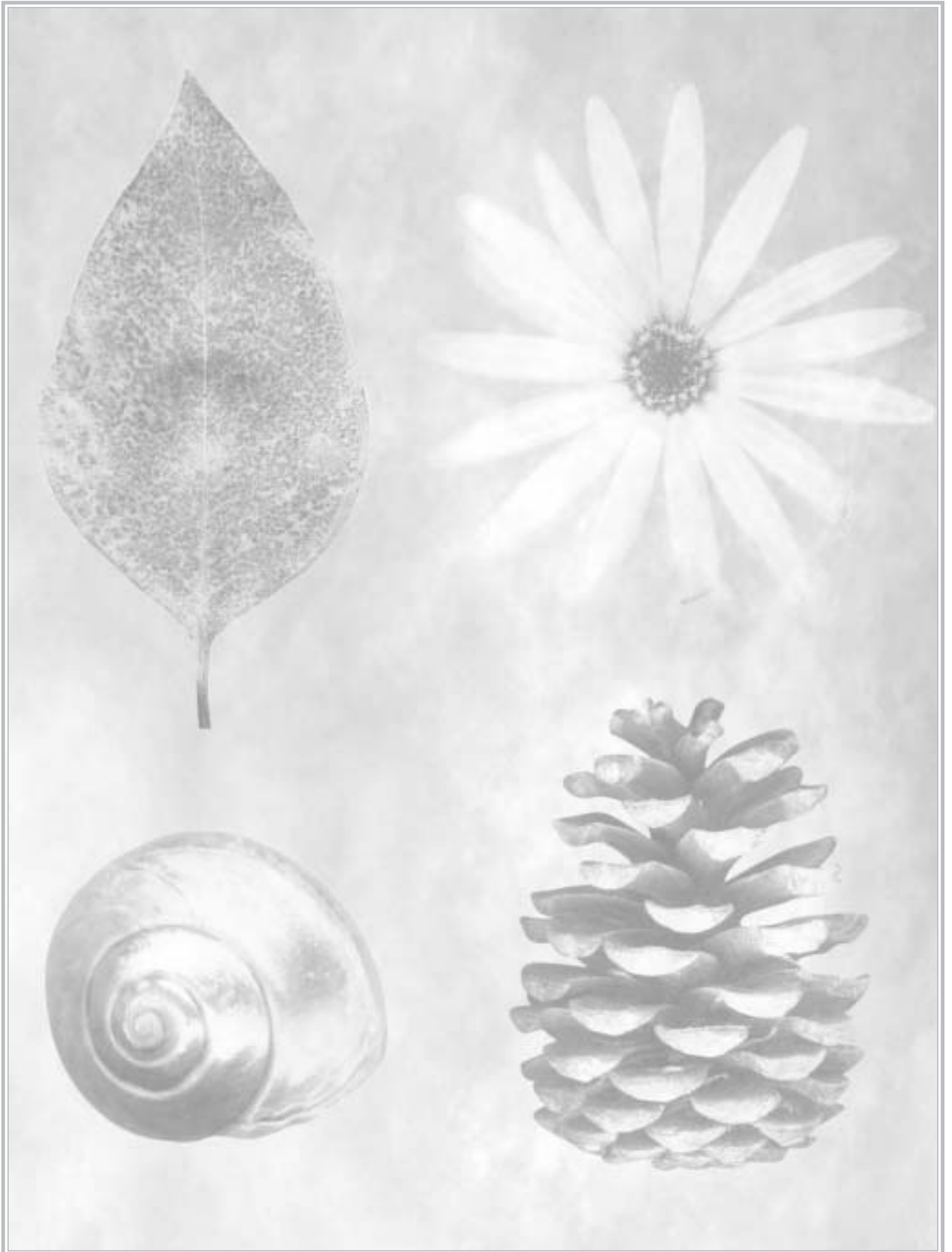
This resource is available in statewide and county-specific formats, both in print and online. It is being distributed to physician offices, libraries and community-based organizations. We hope the directory will help women locate a provider close to them that meets their specific needs.

If you have any questions, need further information or need an additional copy, please call the Research Department at (609) 275-4145.

GARY S. CARTER, FACHE

President and CEO

New Jersey Hospital Association

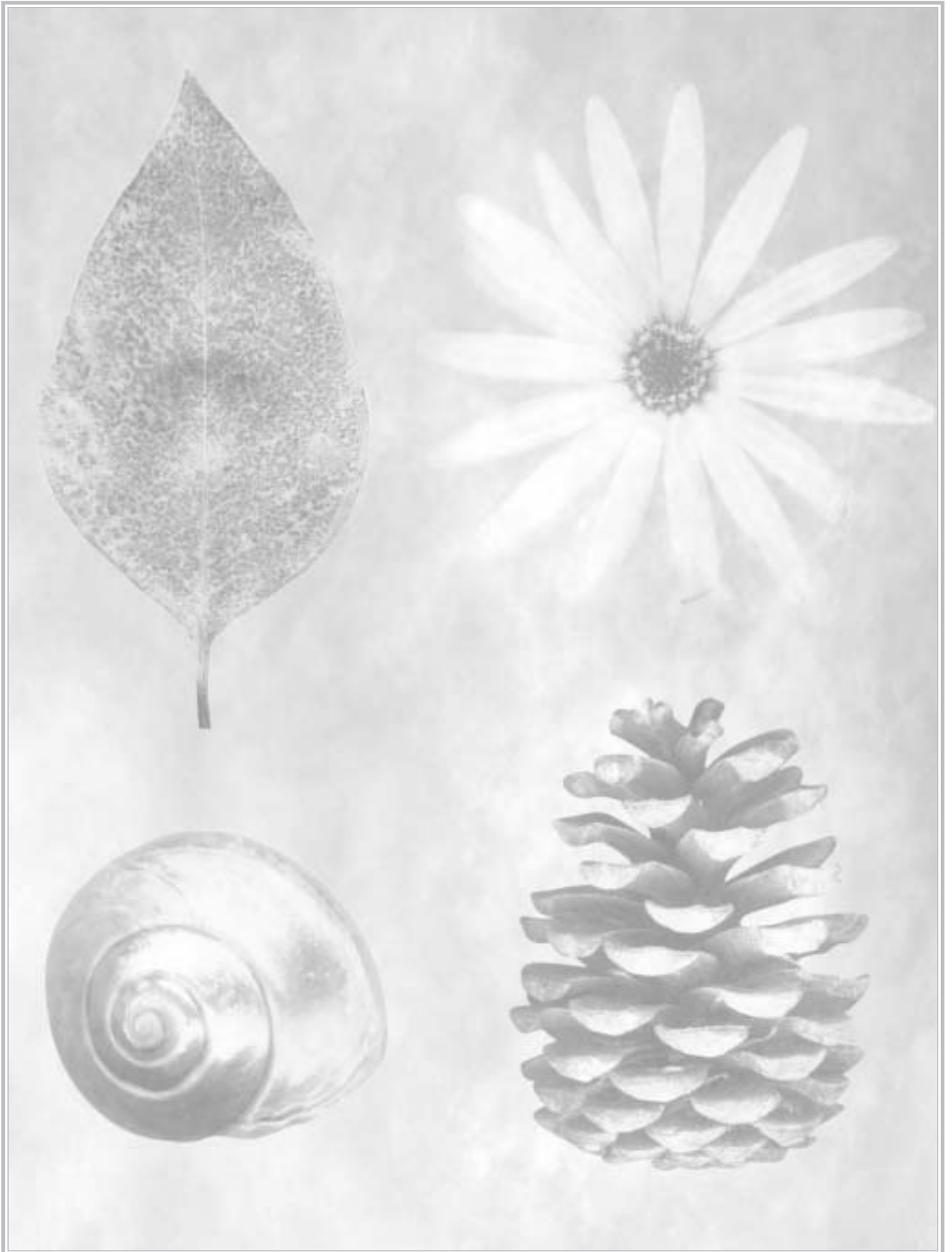


ACKNOWLEDGEMENTS

The Health Research and Educational Trust of New Jersey and the New Jersey Hospital Association would like to extend their deep appreciation to former Sens. Louis Kosco and Jack Sinagra, Assemblyman Samuel Thompson and Assemblywoman Joan Quigley, who sponsored a bill to support the production of this resource guide. The funding was provided through the New Jersey Department of Health and Senior Services. This project could not have been accomplished without this support. The project also benefited from the information and technical assistance provided by the state staff at the New Jersey Cancer Education and Early Detection Program (NJCEED). HRET is especially grateful for the comments, professional advice and contributions of Doreleena Sammons-Posey and Anna Ruth Thies. A special thanks is also extended to the Susan G. Komen Foundation's Race for the Cure program and the Hoffman-LaRoche Foundation for their contributions to funding the distribution of this resource guide.

HRET would like to specially acknowledge the contributions and technical assistance from several other agencies and individuals whose support was invaluable to the success of this project. These include Pat Krupka and other staff from the Women with Developmental Disabilities Council; Roslyn Council from the New Jersey Cancer Education and Early Detection Program; Mariann Moore from the Hudson Perinatal Cooperative; and Nancy Healy from the Breast Cancer Resource Center at YWCA Princeton. We greatly appreciate the support and assistance they provided throughout this project. A special thanks is also extended to the radiology and mammography facilities that participated in our survey and generously contributed their time to provide detailed information about their facilities and services.

We would further like to acknowledge the contributions of NJHA's Department of Legislative and Legal Affairs, especially its former Vice President, Peter Lillo, for preparing and advocating for the bill that provided funding for this project; Department of Design and Print for the artwork, layout and production of the guide; and HRET's former staffer, Rona Remstein, for providing assistance in identifying information sources and through part of the survey process. Last, but certainly not least, we extend our sincere thanks to HRET Research Department's staff, Jennifer Barrett and Kimberly Hewitson, for their hard work, dedication and high standards during the survey of facilities and preparation of this directory.



INTRODUCTION

Breast Cancer is on the rise in New Jersey. An estimated 7,400 new cases of breast cancer are expected among New Jersey women in 2003, and an estimated 1,400 women will die from the disease this year. The number of breast cancer cases in our state has increased 23 percent between 1994 and 1999. Today, the Garden State has one of the five highest breast cancer rates in the country, with one of every 10 N.J. women developing breast cancer in her lifetime.

Age, socioeconomic background, race and ethnicity can all be factors in who develops breast cancer — and who dies from it. But women can fight back against this horrible disease. Prevention and early detection are proven ways to combat the high incidence and mortality of breast cancer. Mammography is the single most effective method of early detection, but it's vastly underused, especially by minorities, older women and those with lower socioeconomic status. Those same groups, unfortunately, are more likely to die from breast cancer than other women.

There are a number of obstacles that can prevent women from receiving those all-important mammograms. Lack of transportation, high costs and lack of physician encouragement or referral are among the factors. Also adding to the problem for some groups are language or cultural barriers between physicians and patients.

What these women need is a comprehensive resource that tells them where to find the mammography services they need, with special considerations including free or reduced-cost screening, transportation assistance and accessibility for the disabled. That resource guide is now in your hands, provided by the Health Research and Educational Trust of New Jersey as part of its Breast Cancer Awareness Project. HRET is a nonprofit arm of the New Jersey Hospital Association, dedicated to improving the health of all New Jerseyans. Its Breast Cancer Awareness Project aims to improve access to mammography services for all women in New Jersey, especially the underserved and uninsured. The ultimate goal, of course, is to reduce the incidence of breast cancer in New Jersey and save lives.

We hope this directory answers your questions about breast cancer screening services and sets you on your way to receiving that all-important mammography. Early detection really does save lives, and you owe it to yourself and your loved ones to do all you can to avoid becoming one of those troubling statistics of breast cancer deaths in New Jersey. The sooner this disease is caught, the more lives can be saved.

FIROOZEH VALI, PH.D.

Assistant Vice President of Research

New Jersey Hospital Association/HRET



DESCRIPTION OF THE DIRECTORY

ABOUT THE SURVEY

The information in this directory was collected through a survey of all mammography providers certified by the Food and Drug Administration to practice in New Jersey, using a self-administered instrument. The survey was initially mailed to 265 mammography facilities and was followed up three times by mail and phone calls over a four-month period. During that time, nine agencies discontinued mammography services and 10 new agencies were identified. Out of a total of 266 facilities, 239 responded and provided their information through mail, fax and phone. Of the 27 non-respondents, three informed us that they provide screening mammograms only for their regular clients, and 24 continue to provide mammograms for the general public but did not respond to our requests for comprehensive information. These non-responding facilities are included in this directory, but only their addresses and phone numbers are listed.

The survey showed that more than 60 percent of the mammography facilities in the state were private, community-based providers, while almost 40 percent were hospital-based or hospital-affiliated. About 1 percent of facilities were located in New Jersey's military bases.

ABOUT THE DIRECTORY

This directory is arranged alphabetically by county and then by facility name in each county. Each entry includes: address, phone number, fax number, Web site, days and hours of operation, scheduling information, whether self-referrals are accepted, insurance carriers accepted, public coverage programs accepted, fee range, special fee arrangements, mammography services available, other services/features/capacities (including educational services, languages that are spoken, cultural competency training for staff and cultural sensitivity of services, accessibility of the facility or services for women with disabilities) and transportation. One or more of these items may be excluded from entries due to missing or incomplete information. Information on the availability of facilities during evenings and weekends, special fee arrangements and culturally sensitive outreach and educational programs are highlighted throughout the directory.

Four indexes provide easier access to all facilities included in the directory. One is the list of mammography providers arranged alphabetically by name. The second lists providers that perform off-site services through mobile mammography vans (Mobile Mammography Units). The third lists providers that offer screenings with digital technology. The last is a table listing facilities with special services for women with disabilities, including handicapped-accessible mammography equipment and reading and interpreting services for the visually impaired, deaf or hard of hearing.

Before the directory is a section on general information about breast cancer. This section includes brief information on the disease types, risk factors, distribution in population of the state, prevention strategies, screening types, diagnosis and treatment methods and a glossary of terms related to breast cancer. Materials for this section were collected from resources produced by the American Cancer Society, the National Cancer Institute, the Susan G. Komen Foundation's "ABCs of Breast Cancer," co-developed with the Harvard Center for Cancer Prevention, and New Jersey's Comprehensive Cancer Control Plan.

Following the directory, additional information on sources of support, information and services is provided in separate appendices. These additional resources include county offices of the NJCEED program, county offices of Area Agencies on Aging, local health departments, regional offices of the American Cancer Society, support services for coping and the state and national government agencies and non-profit organizations that are dedicated to battling the disease and supporting patients.

Early Detection Saves Lives: A Guide to Breast Cancer Screening in New Jersey is being distributed, in statewide and county-specific formats, to the women of New Jersey through their primary care providers and community-based organizations. With this information at their fingertips, physicians and other healthcare providers are encouraged to counsel minority and underserved women, provide more referrals for screening tests and facilitate greater utilization. Grassroots and community-based organizations also play a critical role in communicating the information and encouraging timely utilization of early detection services. The guide is also available online at www.njha.com.

HOW TO USE THE DIRECTORY

To find a facility near you, just look up your county and identify a facility in your city or township or one that is closest to you. Before selecting a facility, compare the services and features that are important to you. If there is a particular facility you have in mind, but do not know what county it is located in, see the first index immediately following the listing, where all New Jersey facilities are listed together in alphabetical order.

The following is a sample entry, representing a typical mammography facility listed in this directory. As shown, an entry may contain up to 17 items of information. (Keep in mind that if a facility did not provide a piece of information, the item related to that piece is excluded from its entry.) Each numbered item in the sample entry is explained in the paragraph with the same number following the diagram.

ANYWHERE COUNTY *continued*

1. TYPICAL RADIOLOGY CENTER

2. 123 Main Street

Anywhere, NJ 08234

Phone: 609-555-1234

Fax: 609-555-5678-5469

www.typical.com

3. Evening/Weekend Hours and Special Fee Arrangements Available

4. DAYS, HOURS: M-Th 8:00am-7:30pm; F 8:00am-4:30pm; Sat 8:00am-12:00pm

5. SCHEDULING: Appointment only

6. SELF-REFERRALS: Not accepted

7. INSURANCE ACCEPTED: Most carriers

8. PUBLIC COVERAGE PROGRAMS ACCEPTED: Medicare

9. FEE: 2 *

10. SPECIAL FEE ARRANGEMENTS: Available

- Free during Breast Cancer Awareness Month, October (limited)
- 25% reduced fee if paid in full (limited)
- Installment plan - 50% down, 25% billed (limited)

11. BREAST HEALTH SERVICES: Available

- Clinical breast exam
- Diagnostic services
- Referral service
- Follow-up services
- Outreach for missed appointments

ADDITIONAL SERVICES/FEATURES/CAPACITIES:

12. EDUCATIONAL SERVICES: Breast self-exam pamphlets

13. INTERPRETER AVAILABLE FOR: Spanish; sign language

14. STAFF TRAINED ON CULTURAL AWARENESS/SENSITIVITY

15. DISABILITY SERVICES/ACCESSIBILITY:

- Handicapped parking and building access
- Accessible equipment: Bucky arm, adjustable heights, wheelchair access
- Physical assistance
- Support for cognitive impairment

16. OTHER: Home-like setting

17. TRANSPORTATION: Bus



* Mammogram Fee Categories: 1 = \$100 or less; 2 = \$101-\$150; 3 = \$151-\$200; 4 = \$201-\$300; 5 = more than \$300

1. **Name of Mammography Facility.** Some of the facilities listed in this directory are part of a network operating in different locations or counties while sharing the same name. However, these sites vary in their capacities and the range of services they offer. Therefore, each facility listed as part of a network has its own unique entry. Also, about 40 percent of the facilities listed in this directory are hospitals. Typically, mammography services are provided in the "radiology department" of the hospital.
2. **Location and Contact Information.** The addresses given are the street addresses where the facilities are located. Some have also included fax numbers and Internet addresses.
3. **Highlight Box.** Facilities that have evening hours (open past 5:00 pm), weekend hours, special fee arrangements for those not covered by insurance or a mobile unit have this information highlighted in the box to the right of the address.
4. **Days and Hours of Operation.** The hours given are usually the hours of operation for mammography procedures. Several facilities indicated administrative working hours as well as mammography service hours, if they are different.
5. **Scheduling Procedures.** Most facilities require that patients call ahead to schedule an appointment. A few take patients on a walk-in or emergency basis. If a site lists "appointment only" but you have an emergency, let the receptionist know and the facility may try to schedule a more immediate appointment.
6. **Self-Referral Acceptance.** Indicates whether the facility will see a patient without a doctor's referral. Most facilities prefer that patients come to them with a "prescription" (referral) from their primary care physicians, so that there is a doctor they can follow up with later on behalf of the patient. Many will see a patient who has no regular doctor, through self-referral, if necessary. Uninsured women who do not have a regular doctor can obtain a referral from any Federally Qualified Health Center, where basic healthcare services are provided for a sliding scale fee.
7. **Insurance Carriers Accepted.** Some of the facilities in this directory list the health insurance carriers they accept, some specify which they do not accept and others state that they take "most" or "all." It is recommended that when you call to make the appointment, you double check that the facility accepts your insurance. Also, you may want to check with your health insurance company, by calling the number on the back of your insurance card, to make sure that you are covered for a mammography screening. Most insurance companies cover the cost of mammograms, but if you are not fully covered, make sure you know how much you will be charged and whether the facility you choose offers free or reduced fee options.
8. **Public Coverage Programs Accepted.** In addition to commercial insurance carriers, most agencies accept insurance cards from Medicare, Medicaid, NJ FamilyCare and Charity Care.

9. **Mammogram Fee.** Exact fees charged by each facility for a screening mammogram have not been reported in this directory. Instead, they have been converted to number symbols reflecting the range of prices the fee falls within. This method was used due to variations in the reporting of the fees (some including the radiologist reading charge and some reporting it separately, if at all) and the nature of constant price changes. The symbol identified for a facility means that the facility's fee for a standard mammography screening falls somewhere in the range corresponding to the number symbol. For example, if a facility stated that its fee for a screening mammogram is \$135, its directory entry will show "Fee: 2" indicating the range of \$101 to \$150. These ranges are defined at the bottom of each page. Overall, the fees reported for a screening mammogram in New Jersey range from \$80 to \$650. Most fees are between \$100 and \$200, with the average being \$170.
10. **Special Fee Arrangements Available.** Indicates the free or reduced fee options available, as well as payment plans by installments. These are typically intended for patients who are uninsured or whose insurance companies do not cover the cost of mammograms. (Insurance companies have different coverage policies based on age and risk factors.) A number of mammography sites with these services are part of the New Jersey Cancer Education and Early Detection Program (NJCEED) and receive grants to offer free and low-cost mammograms to the uninsured. Be sure to check with the facility that its programs are still ongoing and that you will be eligible. In addition to these discounts, many community-based organizations such as Planned Parenthood and the YWCA sponsor low-cost or free mammograms. October is Breast Cancer Awareness Month and there are usually many programs offered at this time as well. To find out how to get a low-cost or free mammogram, contact your county's NJCEED program (see Appendix 1) or the Susan G. Komen Breast Cancer Foundation toll-free Breast Care Helpline at 1-800 I'M AWARE® (1-800-462-9273).
11. **Breast Health Services Available.** Indicates any additional breast health-related services offered by the facility. These may include clinical breast exam, digital mammography, diagnostic services (such as ultrasound and biopsy), referral service, counseling, follow-up and outreach for missed appointments. It may also include whether or not the facility operates a mobile mammography unit (a mammography van). For easy reference, see index 2 for a list of all sites reporting use of a mobile unit and index 3 for a list of all sites providing digital mammography.
12. **Educational Services Available.** Indicates whether the site has breast self-exam information including video, written materials or instruction by a staff member.
13. **Interpreters (Communication Services) Available.** Indicates the languages, other than English, spoken by staff members or the use of interpreter services such as the AT&T language line, a call-in service able to translate any language over the phone. Use of interpretation or other services for persons who are visually impaired, deaf or hard-of-hearing are also included in this section.
14. **Cultural Sensitivity Training.** Indicates whether staff members receive some form of training or instruction on cultural awareness, sensitivity and competency and how to address the needs of ethnically and racially diverse populations.

15. **Accessibility of Services for Women with Special Health Needs.** Indicates whether the facility is accessible in terms of the building, the mammography equipment and assistance to those with sensory, physical or cognitive impairments. For a comparison of facilities with these services, see index 4.

For many women in New Jersey, selecting a mammography site is not as simple as opening up a directory or phone book. For those who use mobile aids such as wheelchairs or scooters or face other physical barriers, obtaining health services can be much more difficult. The accessibility of the mammography equipment is important for those who cannot stand up on their own while the X-rays are taken. Some machines are equipped with a "Bucky arm" that adjusts the angle of the plates used for compressing the breast and taking the X-ray, providing the easiest and most comfortable positioning for those with impaired access. Some have adjustable heights, so that patients do not have to stand. With some, a wheelchair can roll right up to the machine, although a few require that the arm of the wheelchair be removable. Many facilities that responded to our survey have some combination of these capabilities. Be sure to mention any of these requirements when scheduling an appointment.

16. **Other Information.** Provides additional information about the facility's features, such as office atmosphere and affiliations.
17. **Transportation in the Area.** Lists the modes of transportation available nearby. For example, if "bus" is listed, there is an NJ Transit bus stop within two blocks of the facility. AccessLink is the NJ Transit system for persons with disabilities, following local fixed route bus operating hours. The origin and destination must fall within three-fourths of a mile on either side of a local bus route.