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Informed Decision-Making Form

Your provider has recommended that you have a mammogram.

What is a mammogram? A mammogram is an X-ray picture of the breast. A mammogram can detect breast cancer and changes in the breast. Regular mammograms are the best tests providers have to find breast cancer early, sometimes up to three years before it can be felt.

What are the alternatives? None

Important things to remember:

- A mammogram could save your life. Finding breast cancer early reduces your risk of dying from the disease by 25-30% or more.
- Women should begin having mammograms at age 40, or earlier if they're at high risk.
- About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime.
- Except for skin cancer, breast cancer is the most commonly diagnosed cancer among American women.
- As of January 2020, there were 3.5 million women with a history of breast cancer in the U.S.
- Breast cancer is more common in black women than white women in women under the age of 45.
- About 85% of breast cancers occur in women who have no family history of breast cancer.

I agree that I have read this whole document and that I was given the opportunity to discuss the benefits of the recommended care and the risks of not getting the care with my provider who has answered all of my questions.

Even knowing all of this, I have decided at this time not to get the recommended mammogram. I know that my decision not to follow my provider's recommendations may endanger my health or my life.

I know that I may change my decision and have the recommended tests and/or treatments at any time in the future.

Date: ____/____/____ Time: _____ (AM) (PM)

Signature of Patient or Authorized Individual: _____

Relationship of Authorized Individual: _____

Provider's Name: _____

Provider's Signature: _____

Witnessed By: _____

Name of Patient: _____ Date of Birth: ____/____/____