



Date:

Name

Street or PO

City, State, Zip code

Dear

You are a *Women's Way* active client and that is why you are receiving this letter. If you have already had your mammogram, you can disregard this letter.

You may be wondering if you should postpone or reschedule your mammogram appointment if you have recently received a COVID-19 vaccination? The answer is "not necessarily".

Side effects from the COVID-19 vaccine could possibly include swelling of the lymph nodes under the arm in which the shot was given. The swelling in the lymph nodes due to the COVID vaccine is a sign that your body is responding to the vaccine and building up defenses against the virus that causes COVID-19. But that doesn't mean you should postpone or reschedule your mammogram if you've received your vaccine. Instead, contact the facility where you usually have your mammogram to ask for guidance.

Because of the concern that having a mammogram soon after vaccination may cause unnecessary worry about swollen lymph nodes, some mammogram facilities have recommended waiting four to six weeks after your final vaccine dose before having a mammogram. That way, any lymph node swelling caused by the vaccine has time to go away. This applies only to screening mammograms. If you have a new breast lump or concern, don't delay getting seen, your health care provider will recommend the appropriate breast imaging tests.

Other facilities continue to schedule mammograms without waiting four to six weeks after your final COVID vaccination. But be sure to tell your health care provider about your vaccination, the date it occurred, and which arm was affected. This information will be helpful for the doctor (radiologist) who interprets your mammogram. If lymph node swelling is found on your mammogram and you've recently received the COVID-19 vaccine, the radiologist who interprets your mammogram images will consider this when recommending whether additional imaging or follow-up is needed.

It is important not to delay your breast cancer screenings regardless of what's happening in the world around us. Regular screening mammograms can aid in the early detection of breast cancer.

Sincerely,

Barbara Steiner

*Women's Way* Nurse Consultant