

# Mammogram Screenings

## Tips for patients living with paralysis

Compiled by Sheri Denkensohn, Co-Founder of [Happy on Wheels](#) and breast cancer survivor

1. When you call to make your appointment, tell the receptionist that you are a wheelchair user, or explain what type of adaptive equipment you use.
2. Disclosing your disability and mobility limitations is helpful.
3. Get the name of the individual you are speaking to or the appropriate contact person so that you can reference this conversation.
4. Keep notes of the dates, time, and individual that you speak to throughout the following process.
5. Explain that due to your disability you need 2 radiology technicians to help position you to get the most accurate mammogram in the most efficient timeframe.
6. Explain that you should be scheduled for a one-hour mammogram, even though it might take less time.
7. One week before you go to your mammogram, call the facility, and ensure that they are aware of everything you have told them.
8. One day before you go to get your mammogram, call the facility and ensure that they are aware of everything you have told them.
9. Make sure to schedule your transportation so that you have extra time to find parking and be ready for your appointment.
10. If the receptionist does not remember or is unaware of your prior requests, make sure you give the name and date and times of when you called.
11. If the facility will not grant you these accommodations, please cite section J of the regulations implementing Section 504 of the Rehabilitation Act that were recently issued ensuring that you will get a mammogram with a machine that goes up and down and that you will be accommodated.
12. In the event this is not successful, please nicely inform the facility that they will be cited in a complaint that you will file with the Department of Justice and the Office of Civil Rights at the US Department of Health and Human Services.



*Real change lives here*