No excuses.

The No Excuses program is designed for women with a lot on their minds. Some women need help affording their important routine health screenings, and if needed, the additional diagnostic and other procedures that may follow.

No Excuses is a simple name to help you remember that JRMC will help navigate whatever is in the way of your care, any time of the year. Since its start in 2016, No Excuses has touched hundreds of lives and afforded \$100,000 in mammograms, diagnostics and advanced equipment aimed at early detection.

"I hope women don't delay care. Because of Women's Way and No Excuses, we don't have to."

- Nicki Wiederrich, Edgeley

No Excuses support recently purchased a Sentimag[®] system. The system is used during surgical breast procedures at JRMC. It uses a magnetic material to pinpoint lymph nodes at a tumor site, increasing the accuracy of the surgeon.

HOW IS NO EXCUSES FUNDED?

R.M. Stoudt Running of the Pink (RoP) event funds No Excuses care and technology for early detection of cancer. Each year, the event raises about **\$25,000** for women's care and dedicates a portion of the proceeds to the JRMC Foundation.

To support legendary healthcare please contact the Foundation at (701) 952-4880 or make a gift online at **jrmcnd.com/giving**.



LEGENDARY HEALTHCARE (701) 952-4878 • jrmcnd.com/no-excuses

No excuses.

Eliminating barriers to early detection.

JAMESTOWN REGIONAL MEDICAL CENTER

Eliminating barriers to early detection.

Help is here.

No Excuses helps cover the costs of mammograms, pap tests and advanced screening technology for uninsured and underinsured women.

At the appointment or during scheduling, JRMC representatives will ask if the individual needs support for this care - through Women's Way, No Excuses or both. The JRMC team will help a woman register for these services if they are appropriate for her.



Women's Way is an income-based program that provides a way to pay for breast and cervical cancer screenings for eligible North Dakota women. The Women's Way program may also provide patient navigation services to help women overcome barriers and get timely access to quality care. Limited diagnostic procedures are also available.

No ecuses. o

No Excuses is not income-based. The program can bridge the gap between insurance coverage and the patient's financial responsibility. JRMC was the **FIRST** facility in North Dakota to offer 3D mammography for breast cancer screening before insurance covered 3D technology. No Excuses ensured every woman received a 3D mammogram. The fund continues today to provide access to the latest technology and life-saving early detection.



SCREENING GUIDELINES

A mammogram is a low-radiation x-ray of your breast to detect abnormalities, including cancer. Most women ages 40 and older should have a mammogram each year.

Cervical screenings, also called pap smears, check the health of a woman's cervix to prevent cancer. Women ages 21 and older should have a cervical screening every three to five years, depending on their age and the recommendation of their provider.



age **CERVICAL SCREENING** 21+ **EVERY 3-5 YEARS**

At any given time, more than 1,300 Stutsman County women are not up to date on their mammograms or pap tests. Cancer is the leading cause of death for 45-84 year-olds in this region. Breast cancer is the second leading cause of cancer death among women, exceeded only by lung cancer. These screenings save lives.

Along with critical screenings, OB/GYNs care for the entire spectrum of women's health needs, from puberty to pregnancy and menopause and beyond. Their expertise is available 24/7 care and saving women from needing to leave the community for advanced specialty care.

No excuses.

Specializing in women's health.

You can schedule directly with our OB/GYN team. Our goal is to ensure you receive the information and support you need to make the right decisions for your health.

