



All your local doctors in one convenient location

## GET TO KNOW YOUR LOCAL DOCTORS

### Imaging Healthcare Specialists

Specialty: Radiology

Offering over 30 years of imaging services experience, Imaging Healthcare Specialists has earned an outstanding reputation for providing the highest quality medical imaging technology, highly specialized expertise and exceptional customer service.

At their Encinitas location, the experienced staff of board-certified radiologists, technologists and support personnel are committed to providing the most accurate, safe, timely and caring medical imaging and interventional radiology services.

For more information, call (866) 558-4320 or visit [imaginghealthcare.com](http://imaginghealthcare.com)



**NORTH COAST**  
HEALTH CENTER

477 N. EL CAMINO REAL  
ENCINITAS, CA 92024

For more than 25 years, physicians and dentists at North Coast Health Center have been providing highly personalized care to coastal north San Diego County. With more than 250 physicians and dentists to choose from, North Coast Health Center patients have access to primary care, a surgery center, pharmacy, lab, imaging, and over 45 medical and dental specialties all in one convenient location.

To find the right doctor for you, visit:  
[www.NorthCoastHealthCenter.com](http://www.NorthCoastHealthCenter.com)



# Ask the EXPERT<sub>2015</sub>

## ‘KNOW YOUR CURVES’ APP BRINGS NEW LEVEL OF CONVENIENCE TO EARLY DETECTION

Imaging Health care Specialists has introduced new services in the fight against breast cancer. And its team wants every woman to join the mission.

The Know Your Curves mobile application is a woman’s best friend in the fight against breast cancer. Available for free in the Apple App Store, it affords women access to many important features, including:

- Annual screening mammogram reminders
- Monthly self-exam reminders
- Self-exam instructions
- Convenient scheduling of screening mammograms
- Latest tips and updates on breast health

Early detection has been proven to save lives. For every 1,000 women who have a screening mammogram, 100 will return for additional or an ultrasound due to something found in the initial test, according to The American College of Radiology.

The American Cancer Society recommends annual screening using mammography and clinical breast examination for all women beginning at age 40.

“We’re all about partnering with the women of San Diego County to win the fight against breast cancer,” said Douglas Stoddard, Imaging Health care Specialists Director of Marketing and Service.

Imaging Health care Specialists is a leader in diagnostic imaging in San Diego County. Stoddard says his team takes its task seriously to not only perform top-notch imaging services, but to also spread the word on the importance of early detection. “It’s all about awareness,” Stoddard said. “The more people know, the more we can do to help.”

Last year, Imaging Health care Specialists launched an online scheduling system specifically for screening mammograms to make appointment-setting an easier experience for clients.

“People are busy with work and families – we understand that,” Stoddard said. “With online scheduling, you choose the time and day that’s right for you and just show up, it’s that easy”

Start today by getting your mammogram at Imaging Health care Specialists. To make an appointment go to [www.ImagingHealthcare.com](http://www.ImagingHealthcare.com) or [www.KnowYourCurves.com](http://www.KnowYourCurves.com). You can also download their free app Know Your Curves, a must have for women’s health.

For more information, visit [www.imaginghealthcare.com](http://www.imaginghealthcare.com)

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