



# Tina's Terrific!

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451-3455

# Macy's Mammogram - The Best!

It had been a dangerously long time since my last mammogram. At my age you should have one every year or two but years had gone by because my last experience had not been a pleasant one.

I had gone to a hospital here in the Keys and was squeezed every which way until I had to tell the lady "Stop! No more!" I then received a bill from the hospital. I had been given a free certificate that I had provided the technician with so I ignored the bill. Then I started getting calls from a bill collector! I called the hospital and could not speak to a human but I left an angry message and that was the end of that.

A few months ago I went online to see what the new government healthcare was all about. They might as well have written the entire website in Swahili! It was so confusing I just gave up. Then one of my friends gave me a phone number for a local contact, Dixie Hummlestein, who handles the new healthcare. I called her and I found that I could afford it! The cats looked at me strangely as I did the Teaberry Shuffle half naked on my kitchen floor.

Dixie signed me up with Cigna and I went on a mission to get the most out of it. My doctor, Dr. Lawyer, accepts it and Nurse Practitioner Jessica Henry prescribed a mammogram for me. She said Mariners Hospital or Homestead Diagnostics would accept it. "Yikes!" I thought, and "Hell no! Not that again!"

But I had made a commitment to myself to better my health, so I started worrying that I would have to stuff my giant bazooms in the God-awful pannini machine again with a sadistic weightlifter in a lab coat sneering at me in a germ-ridden hospital. No thank you.

Then a friend told me to go to the Macy's store at the Falls. "Baptist Hospital has a mammogram center on the 2nd floor," she said. "The waiting room is like being in a living room and they are awesome!" Jessica Henry faxed them the prescription and I got an appointment right away.

It was just as my friend had described it. Professional, comfortable and pain free! The friendly technician made me feel right at home and her 30 years experience on the new high tech equipment had me comfortably done in only a few minutes!

I went shopping at the Falls, and after only about 2 hours I got a call from Dr. Lawyer's office that my results were back and they were negative. It was a zippy doo dah day! It couldn't have been any better unless I was a singing mammogram.



Beautiful dressing room



Nicely appointed with coffee, tea and amenities

For info on government healthcare  
call Dixie Hummlestein 305-240-9222  
or 305-853-8975.

To schedule your Macy's Baptist  
Health mammogram call 786-573-6000.

## 10 WAYS TO KNOW IF YOU HAVE "ESTROGEN ISSUES"

1. Everyone around you has an attitude problem.
2. You're adding chocolate chips to your cheese omelet.
3. The dryer has shrunk every last pair of your jeans.
4. Your husband is suddenly agreeing to everything you say.
5. You're using your cellular phone to dial up every bumper sticker that says "How's my driving-call 1-800-\*\*\*-".
6. Everyone's head looks like an invitation to batting practice.
7. You're convinced there's a God and he's male.
8. You can't believe they don't make a tampon bigger than Super Plus.
9. You're sure that everyone is scheming to drive you crazy.
10. The ibuprofen bottle is empty and you bought it yesterday.



Find Macy's Mammogram Center at the Falls  
store, near ladies' lingerie, of course!

## THE OLD WAY



YES, I DID HAVE MY MAMMOGRAM  
TODAY... WHY DO YOU ASK?