

OFFICIAL NOTICE

Free CSS mammogram and PSA testing days in Chiriqui, 17-18 and 24-25 October

When	2026-10-17 07:00 to 2026-10-25 15:00
Where	Chiriqui (David, Puerto Armuelles) and nationwide
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Summary

The Caja de Seguro Social is holding extra mammogram and prostate (PSA) screening days on 17, 18, 24 and 25 October 2026, 7:00 a.m. to 3:00 p.m. In Chiriqui the sites are Policlínica Pablo Espinoza, Hospital Dionisio Arrocha and Hospital Dr. Rafael Hernández; no referral needed, just ID.

Details (summary of the article)

CSS (Panama's social security health service) runs an extraordinary mammogram and PSA testing drive on Saturdays 17 and 24 October and Sundays 18 and 25 October 2026, 7am-3pm, as part of its "Cuidarme es cuidar a los míos" campaign for pink and light-blue ribbon month. Insured people need no medical referral, only their ID card. Each facility has 24 mammogram slots; PSA blood tests are on a walk-in basis. Results come within five working days at tramites.css.gob.pa, and any finding needing further study is fast-tracked. Mammogram requirements: over 40 or family history of cancer; no creams, lotions, perfumes, oils or talc on underarms, arms or breasts; comfortable clothing; no metal jewellery on the chest. PSA requirements: over 40 or family history; avoid ejaculation/sex 24-48 hours before the test. Chiriqui sites: Policlínica Pablo Espinoza, Hospital Dionisio Arrocha, Hospital Dr. Rafael Hernández (David). Other sites across Panama Metro, Panama Este, Panama Oeste, Colón, Coclé, Los Santos, Veraguas and Bocas del Toro.

Original (es)

CSS realizará jornada extraordinaria de mamografías y pruebas de PSA en octubre

La Caja de Seguro Social (CSS) realizará una jornada extraordinaria de mamografías y pruebas de antígeno prostático específico (PSA) los