
Breast Cancer Screenings

Early detection can save your life.



What is breast cancer?

Breast cancer is the abnormal growth of cells (tumor) in the breast. It is the second leading cause of cancer-related death for women.

Know your risk

Anyone can get breast cancer. Although more common in women, men can get it too.

RISK FACTORS YOU CAN'T CHANGE:

- Age and race.
- Dense breast tissue.
- Menstrual period before age 12.
- Menopause after age 55.

RISK FACTORS YOU CAN CHANGE:

- Being overweight.
- Lack of physical activity.
- Using oral contraceptives (birth control pills).
- Hormone replacement therapy during menopause.

YOU ALSO MAY HAVE A HIGHER RISK IF YOU HAVE A HISTORY OF:

- Breast cancer in the family.
- Non-cancer breast disease.
- Genetic mutations (BRCA1, BRCA2).
- Radiation therapy to the breast or chest.
- Pregnancy at a later age or never having children.

Screenings can save your life

Your first line of defense is monthly breast self-exams. Call your doctor or health care provider if you find any changes in your breast. Screenings also find changes in the breast — often before you have symptoms like a lump, pain or swelling, nipple discharge, or dimpling. If you are between age 40 and 54, schedule a mammogram each year. If you have a family history of breast cancer, you may need mammograms sooner than age 40.

Screening guidelines

BREAST SELF-EXAM

Looking at and feeling the breast for any changes

Once a month

CLINICAL BREAST EXAM

Manual exam by your health care provider

Age 20–39 — Every 1–3 years

Age 40 and older — Every year

MAMMOGRAM (2- OR 3-D)

X-ray of each breast

Age 40 and older — every year

Your doctor may recommend starting sooner based on your personal health and family history.

These are general guidelines. Talk to your health care providers and follow their recommendations.

Questions?

Keep in mind that every plan is a little different, so if you have questions about your costs and coverage call the number on the back of your member ID card. That number is plan specific and the quickest path to correct answers.

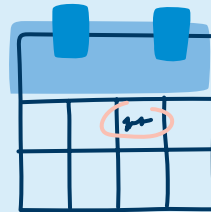
Schedule a mammogram today.

IT CAN SAVE YOUR LIFE.

Date:

Time:

Location:



**Breast cancer—
2nd leading
cause of cancer
death for women.**

**Over 40? It's time for
a screening.**

The information provided is intended to provide general information only and does not attempt to give you advice that relates to your specific circumstances. This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition.

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