

# Breast cancer screenings can save your life.

Protect your health by keeping up with your care.



## 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

Although more common in women, anyone can develop breast cancer.

### RISK FACTORS YOU CAN'T CHANGE:

- Age and race.
- Dense breast tissue.
- Menstruation 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 MAY ALSO 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.

## Stay on track with screenings

Your first line of defense is a monthly self-breast exam. Call your doctor right away if you notice changes like lumps, pain or swelling, nipple discharge, or dimpling. Your doctor can also perform screenings that detect problems before you have symptoms, so it's important to schedule regular exams even if everything seems fine.



Because Life.™

# Breast cancer

# 2<sup>nd</sup>

leading cause of cancer death for women

## Over 40?

It's time for a screening.



## 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 (2D OR 3D)

**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:**

Sources: CDC, USPSTF, ACOG  
American Cancer Society. *Breast Cancer Facts & Figures, 2022-2023*.  
Atlanta: American Cancer Society, Inc. 2022.



Because Life.™

This is intended to provide general information only and 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 regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Benefits Group Inc., Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company. Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.

Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield.

Highmark Blue Shield is a Medicare Advantage HMO, PPO, and/or Part D plan with a Medicare contract. Enrollment in these plans depends on contract renewal.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

03/24 Z MX3523454