

# 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.



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# 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.



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