

# BREAST CANCER AWARENESS MONTH

## Early Detection Matters

Each October, Breast Cancer Awareness Month helps shine a light on the importance of education, screening, and early detection. Breast cancer is the **second most common cancer among women** in the United States, and about **1 in 8 women** will be diagnosed during their lifetime. The good news is that **early detection can save lives**. A mammogram is one of the best tools for finding breast cancer early, often before it can be seen or felt, when treatment may be more effective.

## Screening Guidelines

- **Women ages 40 to 49:** Talk with your health care provider about when to start mammograms and how often to get them
- **Women ages 50 to 74:** Mammograms are generally recommended every **2 years**, though some women may need them more often.

Your screening schedule may vary based on your health history and personal risk factors, so it is important to speak with your health care provider about what is right for you

## Coverage under EMR's Medical Plans

Each plan has expanded Preventive Care breast cancer screenings coverage that includes mammograms, 3D mammograms, MRIs and ultrasounds for women of average risk, at no cost-share.

# COMMON RISK FACTORS

Risk factors may include:

- |                                                               |                                                |
|---------------------------------------------------------------|------------------------------------------------|
| → Increasing Age                                              | Radiation treatment to the chest before age 30 |
| → Family or personal history of breast cancer                 | → Hormone therapy after menopause              |
| → Inherited gene changes such as <b>BRCA1</b> or <b>BRCA2</b> | → Alcohol use                                  |
| → Dense breast tissue                                         | → Physical inactivity                          |

### A Few Important Reminders

- Breast self-exams are not a substitute for mammograms, but any unusual changes should be reported to your health care provider
- Men can get breast cancer too, although it is rare. Any lump or breast change should be checked by a health care provider

### Take Action

If you are unsure when to begin screening, talk with your health care provider. Creating a screening plan based on your age, family history, and risk factors is an important step in protecting your health. **Make breast health a priority this October and all year long.**

## DISCLAIMER

This flyer is for general informational purposes only. Benefits, eligibility, and coverage are subject to official plan documents and policy terms. Nothing in this flyer constitutes medical, legal, or tax advice.

Sources:

- <https://healthylearn.com/connerstrong/hn/the-facts-about-breast-cancer-screening.html>
- <https://healthylearn.com/connerstrong/hn/breast-cancer-awareness.html>