



# Staying on top of your health game

Regular preventive breast exams can spot problems early and save lives



It's too easy to put off your health screenings when you're busy. But breast exams should be a part of every woman's wellness plan — even if you don't have a family history of breast cancer.<sup>1</sup> Regular checks can help find breast cancer early, when it is easier to treat — and beat.<sup>2</sup>

## Protect yourself

- **Be aware of the signs and symptoms.** A lump, swelling, pain, discharge, or skin changes are signs that should be checked by a doctor.<sup>3</sup>
- **Talk with your doctor.** Ask when to start having mammograms and how often you should have one based on your health history. A mammogram is an X-ray of the breast tissue, using very low levels of radiation.

## Have you had a mammogram recently?

A mammogram is a low-dose X-ray picture of the breast. The amount of radiation used during the test is very low, so the risk of any harm is extremely small.

This test is very important because it can help your doctor find breast cancer at an early stage when it can best be treated.



### Sources

American Cancer Society website, cancer.org, unless otherwise stated.

1 National Breast Cancer Foundation: Myths (accessed June 2018): nationalbreastcancer.org.

2 American Cancer Society: Breast cancer survival rates (accessed June 2018): cancer.org.

3 American Cancer Society: Breast cancer signs and symptoms (accessed June 2018): cancer.org.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](http://anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc.; HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company, Inc. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.



## What happens during a mammogram?

- A technician uses a machine to take a few pictures of your breasts by placing each breast between two X-ray panels.
- The panels will push your breast closer between the panels to get a clear picture.
- Each X-ray picture takes less than one minute.

## Who should get one?

It's important to know that 70-80% of breast cancers occur in women who have no family history of breast cancer. And the chance of getting it is greater as you age. So discuss your family history with your health care professional. You might need to get a mammogram at an earlier age if you have a family history or personal history of breast cancer or other breast problems. Your health care professional can help you figure out when you should start having yours.

### Get screened

Survival rates for breast cancer are very high – especially when it's caught early. The five-year survival rate for breast cancer in stages 0, 1 or 2 is between 93% and 100%.<sup>2</sup>

