



Want to learn more?

Additional information about breast cancer, including recommendations for screenings and potential signs and symptoms, can be found at the websites listed below:

www.cancer.org

www5.komen.org

www.nih.gov

www.breastcancer.org

www.nationalbreastcancer.org

www.cdc.gov

Blue Cross and Blue Shield of Alabama cares about your health and wellness.

This is an informational series designed to provide you with specific ideas for a healthy and safe lifestyle.

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Breast Cancer: Take Steps for Early Detection

According to the American Cancer Society, breast cancer is the most common cancer among women in the United States, other than skin cancer.

More than 284,000 new cases of breast cancer will be diagnosed this year.



*A wellness program for you
from Blue Cross and Blue Shield of Alabama*



Early detection improves the survival rate of breast cancer patients. Following the guidelines below can improve the chances of breast cancer being found at an early stage and treated with success.

Recommendations to consider:

- **MAMMOGRAMS:**

Women age 50-74 should have a screening mammogram every two years, as long as they are in good health, or as directed by a physician. Women age 40-49 have the option to start screening with a mammogram every year. However, the decision about the age to begin mammography screening should be made through a shared decision-making process with their health professional.

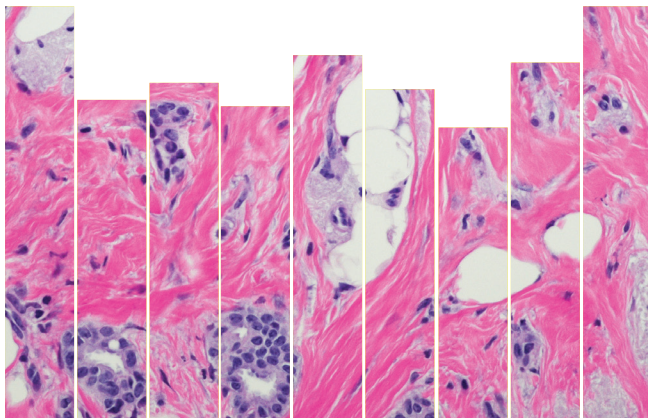
- **CLINICAL BREAST EXAM:**

Screening clinical breast exams may be offered to women in their 20s and 30s every one to three years and annually after age 40 as part of a regular exam by a health professional.



- **BREAST SELF-EXAM (BSE):**

BSE is an option for women starting in their 20s. Women should discuss the benefits and limitations of BSE with their health professional. If you do BSE on a regular basis, you get to know how your breasts normally look and feel. Any changes in how breasts look or feel should be reported to a health professional right away.



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Before having any tests performed, review your benefits to see which tests are covered by your plan.