



FEARLESS IS PUTTING YOUR HEALTH FIRST

**Schedule your mammogram —
the only thing that hurts is not knowing.**

We all know the importance of early detection. But we get busy. We put it off. Put our families first. Know this — when you take care of yourself, you're taking care of everyone who depends on you, too. Plus, it's fully covered as preventive care for women over 40 and earlier for those with a higher risk.



LET'S GO
Only 50% of
women over age
40 scheduled a
mammogram
last year.¹



Tips for Better Mammograms



Perfect timing: Avoid the week before your period when your breasts are extra sensitive.



Ditch deodorant: Antiperspirants have ingredients that can show as white spots on an x-ray.



Dress smart: You only need to undress above the waist, so wear a top that makes it easy for you.



Be consistent: Choose a place that specializes in mammography and stick with it to make image comparison easy.



Speak up: Discuss any changes to your breasts with your health care provider before the exam.

According to the American Cancer Society, Here's What to Expect:

1. You and the technologist will be the only people in the room.
2. Your breast is flattened on the machine's plate for the best image.
3. The imaging only takes a few seconds.
4. If you feel discomfort, just let your technologist know.

The total procedure should only take about 20 minutes, and the full results will be sent to your health care provider.

Don't put it off another day — talk to your doctor about breast health and scheduling a mammogram.

¹ American Cancer Society, "Cancer Prevention & Early Detection: Facts & Figures 2017–2018."

² American Cancer Society, "Mammograms: What to Know Before You Go."

³ Cancer Treatment Centers of America, "What Every Woman Should Know About Breast Cancer."

Copyright © 2018, Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association. All rights reserved.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

DID YOU KNOW

Only 2-4 out of 1,000 screenings lead to a breast cancer diagnosis.²



The 5-year survival rate for women has gone up 26% since the 1960s.³