

# GIVE HEALTH A HEAD START

**With early detection,  
breast cancer is becoming  
easier to beat**

Chances are you know someone who has been affected by breast cancer. While it might seem scary, incredible advancements have made early detection easier and treatment more effective.

**That's why it's important to:**

01

**Get regular  
mammograms  
as recommended  
by your doctor**

02

**Perform a  
self-exam  
once a month**

03

**Talk to your  
doctor about  
changes**

# 1 IN 8 WOMEN

## are diagnosed with breast cancer in their lifetime



### Follow your mammogram schedule

New York state guidelines recommend a mammogram every two years for individuals ages 50 to 74. If you're ages 40 to 49, have a family history or other risk factors for breast cancer, or notice any symptoms or changes in your breasts, you should talk to your doctor about the best screening schedule.

It won't cost you anything out of pocket, either. Preventive screenings are fully covered for women 40 and older.

**Mammograms can help detect breast cancer early, when treatment has a higher rate of success.**

### Perform self-exams once a month

A quick, monthly check allows you to take your health into your own hands. It can help you understand the normal consistency and appearance of your breasts, so you can more easily recognize changes that might indicate breast cancer. Self-exams can be performed in the shower, in front of a mirror, or lying down. If you see or feel something unusual, let your doctor know immediately.

**Set a monthly reminder on your phone for self-exams so you don't forget.**

### Talk to your doctor about changes

There can be many causes for changes to your body, so don't panic. But anytime you notice a change, discuss it with your doctor. Signs to look for include:

- Nipple tenderness
- A lump or thickening of the tissues in or near the breast or armpit
- A change in skin texture, such as more noticeable pores around the breast
- Milky discharge that is not associated with breastfeeding
- Unexplained changes in size or shape
- Dimpling of the breast
- An inward or inverted nipple
- Scaly, red, or swollen skin around the breast or nipple

Remember: The only way we'll beat breast cancer is by facing it. **Talk to your doctor. Check yourself monthly. And make sure you schedule regular mammograms.**

Turn to Excellus BlueCross BlueShield for more resources on breast cancer detection and awareness. Because when women have the care and support they need to make health a priority, **everybody benefits.**



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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.

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