



ExcellusBCBS.com

The information contained in this brochure is not intended to provide medical advice or to take the place of medical care. Any questions you have should be brought to the attention of your health care provider.

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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。

BE AWARE

Get a mammogram





AM I AT RISK FOR BREAST CANCER?

We are all at risk for breast cancer regardless of race, age, breast size, or family history. Our risk for breast cancer increases as we get older.

Why have a mammogram?

Breast cancer can be found on a mammogram before a woman has any symptoms. It can find a tumor this small ●. If the tumor is cancerous, it is much better to find it early, while it is still in one spot. The majority of cancers found at an early stage are successfully treated.

Early detection may also reduce the extent of surgery needed. For example, early stages of cancer can often be treated with a lumpectomy (removal of only the lump and surrounding tissue) instead of a mastectomy (removal of the entire breast).

What is a mammogram?

A mammogram is a low-dose x-ray picture of the breast that is used to detect breast cancer. It can find tumors years before they can be found by an examination. With today's machines, the level of radiation is very low.

What happens during a mammogram?

A mammogram is a simple exam. When you go for a mammogram, the person taking the picture will place your breast between two x-ray

panels. The panels will push your breast between them to get as clear a picture as possible. You may feel a little bit of discomfort, but the entire process takes less than 15 minutes.

Who should get a mammogram?

Beginning at age 40, all women should discuss breast cancer screening with their health care provider. Women with known family histories of breast cancer should start these discussions much earlier. Screening mammograms are the best way to detect cancer early, and many experts recommend that mammograms be done at least every two years for women age 50-74 who are considered "average risk" (no family members with breast cancer). Women who have had breast surgery in the past should discuss mammograms with their health care provider.

Is my mammogram covered?

Screening mammograms and 3D mammography (breast tomosynthesis) by a participating provider are covered 100%.

If you have any questions, please call our Customer Care Department at the phone number listed on your member identification card.