

who  
should get a  
mammogram?

Women age 40 and older  
should have mammograms  
every 1-2 years.

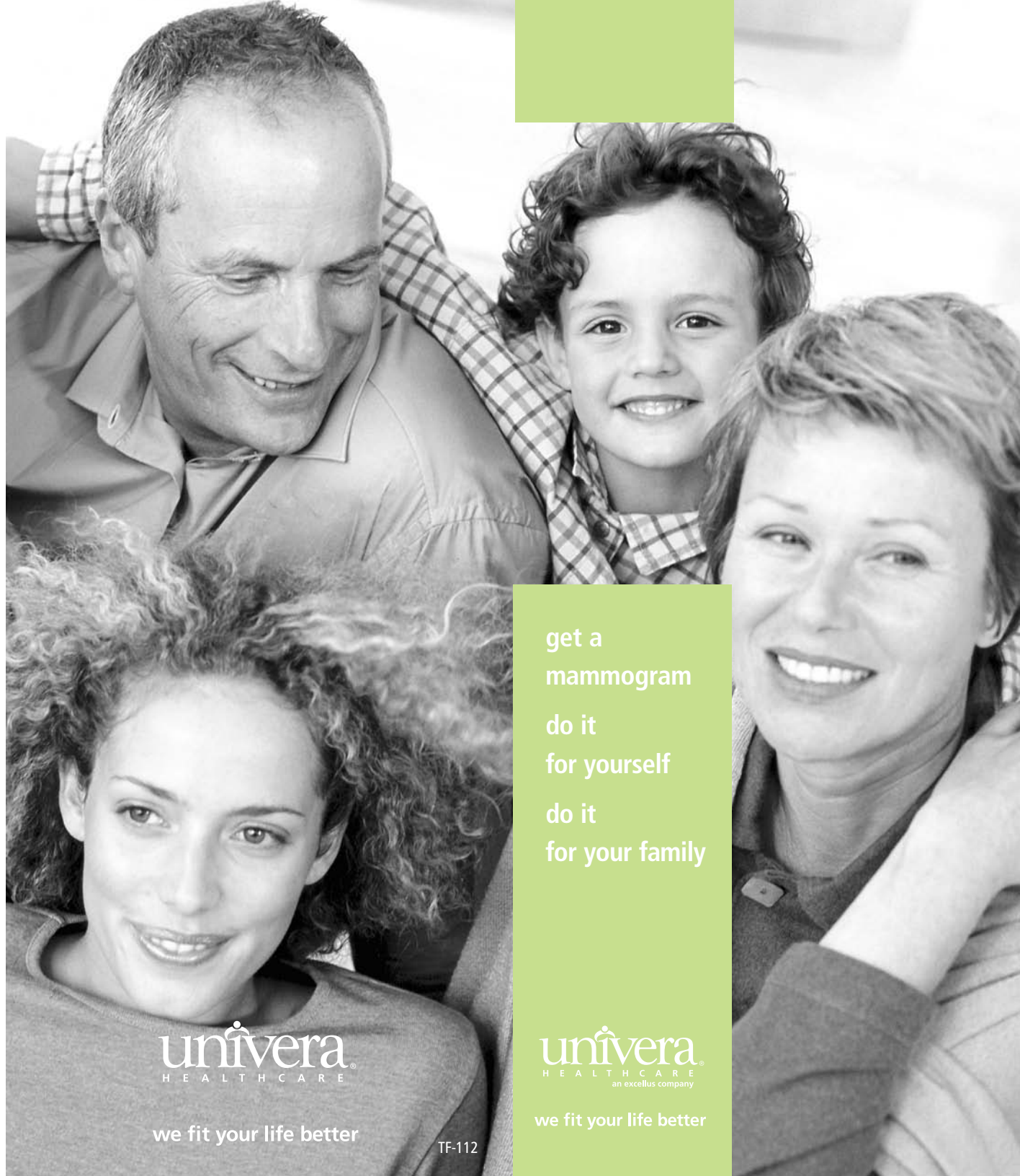


is my  
mammogram  
covered?

In most cases, mammograms  
are covered benefits. A  
copayment may be required.

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

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



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mammogram  
do it  
for yourself  
do it  
for your family

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## 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 and will continue to rise until at least age 85.



## 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. A mammogram does not cause cancer. With today's machines, the level of radiation is very low and studies have shown that mammograms are not harmful.



## why have a mammogram?

Mammograms can find a tumor years before you can. It can find a tumor this small ●. If the tumor is cancer, 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 are the chances that a woman in the united states might get breast cancer?

Age is the most important risk factor for breast cancer. The older a woman is, the greater her chance of developing breast cancer. A woman's chance of getting breast cancer is:

from age 30 to age 40	1 out of 252
from age 40 to age 50	1 out of 68
from age 50 to age 60	1 out of 35
from age 60 to age 70	1 out of 27
Ever	1 out of 8

## 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.

\* Source: National Cancer Institute Surveillance, Epidemiology, and End Results Program, 1997–1999.