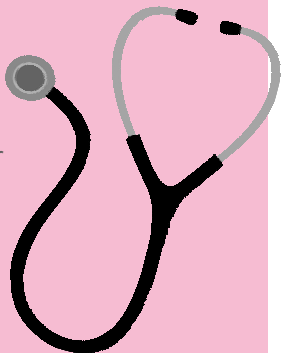


Prevention and Early Detection Saves Lives!



Preventing and detecting breast cancer early will help save more lives. Understand the lifestyle factors that may affect your risk of breast cancer and what you can do to stay healthy. Breast exams, mammograms and other screenings increase the chances of detecting breast cancer early, when they are most likely to be curable.

Most doctors feel that early detection tests for breast cancer save many thousands of lives each year, and that many more lives could be saved if even more women and their health care providers took advantage of these tests. Following the American Cancer Society's guidelines for the early detection of breast cancer improves the chances that breast cancer can be diagnosed at an early stage and treated successfully.



Preventative screenings are covered in full by insurance. Follow these guidelines:



Yearly mammograms starting at age 40.

Clinical breast exams every 3 years for women in their 20s and 30s and every year for women 40 and over.

Monthly breast self-exam for women starting in their 20s.

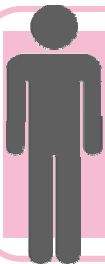


The best advice about diet and activity to possibly reduce the risk of breast cancer is to:

Get regular, intentional physical activity.

Reduce your lifetime weight gain by limiting your calories.

Avoid or limit your alcohol intake.



Breast cancer is **NOT** just a women's disease. In 2013, it is estimated that among men in the U.S., there will be 2,240 new cases of invasive breast cancer. Men should call the doctor if they notice any change in their chest area, such as a lump or a change in their nipples.

Visit provider.bcbs.com or call 800-222-9206 to find a provider near you