



Here's Your Sign: Breast Cancer Screening

What do 12.4%, 22% and 100% all have in common? Breast cancer.

12.4% of women born in the United States will develop breast cancer. That's nearly 1 in 8 women who will find that the disease, in which malignant cells form in the tissues of the breasts is invading their body.

Nearly **100%** of women diagnosed in the early stages (stages 0-1) receive a treatment plan, a good prognosis and survive. Physical examinations from your family physician and self-monitoring for changes (and then notifying your physician of those changes) are all great places to start in detecting the disease. However, according to the Centers for Disease Control and Prevention, different people have different symptoms of breast cancer and some do not show any symptoms at all. So, if you're waiting for a sign before you get a screening, here it is: When breast cancer is caught in later stages of 4-5, that 100% substantially drops to **22%**.

These statistics are one reason MedBen WellLiving promotes breast cancer screenings through biannual mammograms for women ages 40 and older. And it seems to be catching on, too; According to a recent study, the death rate from breast cancer decreased 40% from 1989 to 2015, thanks in part to early detection.

The fact is, we don't know exactly what causes breast cancer. We do, however, know what inflates the risks including, genetics, hormones, and obesity. Some can be managed, while other can not. However, we all have an opportunity to receive a mammogram and other recommended screenings to hopefully catch it in the earliest stages possible. For more information, seek guidance from your family physician.



When to Get Your Mammogram

Some guidelines about when to ask your physician about receiving a mammogram.

- Regardless of the absence of signs and symptoms, all women age 40 and older should receive a mammogram every two years.
- Family medical history of breast cancer.
- Abnormal changes in the breast, such as becoming scaly, red, or swollen, or even swollen lymph nodes in the armpit.
- Fluid, other than breast milk, discharging from the breast.
- Keep in mind that although extremely rare, men can also develop breast cancer.
- It's always a good idea to discuss with your physician any health concerns. They will be able to direct toward the best solution for you!

SOURCES: Cancer.gov, Cancer.org, Washington Post, National Breast Cancer Foundation, Inc.