

Early detection can save a life

Breast cancer is the second most common cancer among women in the United States. Regular breast cancer screenings, as recommended by the American Cancer Society, have been shown to be effective in decreasing breast cancer mortality. For that reason, women need to take the proper steps to detect breast cancer at its earliest and most treatable stage.

Prevention

Women can help reduce their risk of developing breast cancer by:

- **Maintaining a healthy weight.***
- **Exercising regularly.***
- **Limiting alcohol consumption to one drink a day.**
- **Getting screened for breast cancer regularly.**

Must-have breast screenings

In addition to making a commitment to live healthier, the following screenings are recommended to find breast cancer early, when it is most treatable:

Breast self-exam (BSE): A BSE should be performed monthly by women beginning in their 20s. Women should know how their breasts normally feel and report any change promptly to their physician.

Clinical breast exam (CBE): Women in their 20s and 30s should have a CBE as part of a routine health exam, preferably every three years. Women ages 40 years and older should have a CBE performed annually by a health care professional.

Baseline Mammography: One baseline mammogram should be performed for women between ages 35 and 39 years.

Mammography: An annual mammogram is recommended for women beginning at age 40 years, or younger for women at high risk.

Providing you with the health information you need to make smart health care decisions is another way Horizon Blue Cross Blue Shield of New Jersey is *Making Healthcare Work*.

** Always speak to your physician before beginning a new exercise program or changing your diet.*

Sources: The Centers for Disease Control and Prevention, <www.cdc.gov>;
The American Cancer Society, <www.cancer.org>.

