



## Breast Cancer

Breast cancer is the most frequently diagnosed cancer among women. In 2017, an estimated 252,710 cases of invasive breast cancer will be diagnosed in the U.S. alone, according to the American Cancer Society.<sup>1</sup>

Mammograms can help find breast cancer early, when it might be easier to treat. WellCare covers the cost of an annual mammogram for women.

These guidelines are for women at average risk. A very small number of women might have an increased risk of breast cancer, and need a different screening plan.

### American Cancer Society guidelines<sup>2</sup>:

- **Women ages 40 to 44** should have the choice to start annual breast cancer screening with mammograms (X-rays of the breast).
- **Women ages 45 to 54** should get mammograms every year.
- **Women 55 and older** should get mammograms every two years, or continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.
- **All women** should be familiar with the benefits, limitations and potential harm linked to breast cancer screening.



- Ensure regular preventive appointments and screenings are up to date
- Reach out to women who are overdue for screening

<sup>1</sup> <https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>

<sup>2</sup> <https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>

