



DON'T HAVE TIME FOR A MAMMOGRAM?

Then you definitely don't have time for breast cancer.

Having a mammogram is the most important step you can take to help protect yourself against breast cancer, and it could save your life.

A **mammogram** is a simple screening and is one of the best ways to detect breast cancer. When caught early, it may be easier to treat. Depending on your age or family medical history, women should have a mammogram every one to two years or as recommended by your health care provider. Some women with certain risk factors might begin screenings at an earlier age.

If you are age 40 or older, talk with your provider about when you should begin having mammograms and how often you should have the screening done.*

Different people have different warning signs for breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs or symptoms of breast cancer are:**

- › A new lump in the breast or underarm (armpit)
- › Thickening or swelling of part of the breast
- › Irritation or dimpling of breast skin
- › Redness or flaky skin in the nipple area of the breast
- › Pulling in of the nipple or pain in the nipple area
- › Nipple discharge other than breast milk, including blood
- › Any change in the size or the shape of the breast
- › Pain in any area of the breast

Keep in mind that some of these warning signs can happen with other conditions that are not cancer. If you have any signs that worry you, be sure to see your provider right away.



Routine mammograms are covered at 100% when you use an in-network provider. See your brochure for details or call **888.636.NALC** (888.636.6252) for the High Option, or call **855.511.1893** for the CDHP/Value Option.

Together, all the way.®



*Mammograms are covered at 100% when you use an in-network provider and meet the guidelines listed in brochure (RI 71-009).

**Centers for Disease Control and Prevention, "What Are the Symptoms of Breast Cancer?" http://www.cdc.gov/cancer/breast/basic_info/symptoms.htm. Last updated 06/13/2018.

This information is for educational purposes only and is not medical advice. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.

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