

UNITE FOR BREAST CANCER AWARENESS



Neighbors, friends, coworkers. So many women you know may develop breast cancer—1 in 8 will over their lifetime. Yet, breast cancer is very treatable when spotted early. Let's take action together with measures for detection and managing risk factors.

PREVENTIVE EFFORTS AND SCREENING ARE KEY

1 Know your numbers

Some women have a higher risk of developing breast cancer including those who:

- Are age 45 or older
- Have previously had breast or ovarian cancer
- Are daughters, sisters and/or mothers of women who have had breast cancer
- Have tested positive for a gene mutation that is associated with higher risk of breast cancer (i.e., BRCA1 or BRCA2)

2 Keep a healthy lifestyle

- Aim for meals high in plants and whole grains (2/3) with less meat and dairy (1/3 or less)
- Exercise 3-5 hours per week and keep a healthy weight
- Drink plenty of water; limit alcohol and highly processed foods
- If you smoke, make a plan to quit

3 Avoid carcinogens

Avoid or limit exposure to these common chemicals known to cause cancer:

- Polycyclic aromatic hydrocarbons (PAHs) in vehicle exhaust fumes
- Secondhand smoke
- Bisphenol A (BPA) found in many hard plastic items
- Parabens and phthalates in cosmetics (considered hormone disruptors and still being studied for links to breast cancer)

4 Get screened

Found early, breast cancer can be more successfully treated. Discuss screenings with your primary care provider (PCP).



TALK WITH YOUR PRIMARY DOCTOR

Personalized breast health guidance is a great reason to have a close relationship your primary care provider (PCP). Screening guidelines can change, and individual risks vary. Plus, early-stage breast cancer usually has no symptoms. A PCP knows your health history and can guide your breast cancer screenings and include additional tests or treatment, if needed.

Use this handy preventive care calendar to stay on track:

<https://www.bcbsnd.com/members/health-well-being/preventive-care>

THERE'S HOPE AFTER DIAGNOSIS

Even after a diagnosis, there is so much hope for women with breast cancer. When detected early, survival rates are extremely high with treatments improving every year.

Typical treatment plans are based on the type of breast cancer, the stage or any special situations. Your treatment plan will depend on other factors as well, including your overall health and personal preferences, as discussed with your PCP and cancer care team.



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

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