

Early Detection Matters

Mammogram – the gold standard

The mammogram is a low-dose breast X-ray that can detect changes before physical symptoms develop. At 87% sensitivity¹, the mammogram is a good early detection screening that can lessen the need for mastectomy or chemotherapy.

Who's at risk of breast cancer?

Family history can play an important role in knowing and understanding your breast cancer risk, as can drinking alcohol, smoking, obesity, and taking hormone therapy for symptoms of menopause.

However, you can work toward lowering your risk by:

- Getting to and staying at a healthy weight
- Being physically active
- Avoiding or limiting alcohol
- Not smoking

KNOW THE FACTS

Women have a one in eight chance of developing breast cancer in their lifetime.²

Lifetime risk of developing breast cancer for women with an inherited gene mutation³:

- 60–70% for BRCA1
- 55–70% for BRCA2

40–50% of women ages 40–74 have dense breasts⁴, raising their risk and eligibility for consideration for supplemental MRI screening.⁵

The 5-year survival rate is 99% for localized breast cancer when detected early.⁶



Schedule Your Screening Mammogram*

Now is always the best time to schedule your screening mammogram. It's \$0** out of pocket when you use an in-network provider.

Find a provider in your neighborhood.

Visit [MyBlueKC.com](https://www.mybluekc.com), click **Find Care** at the top of page, and type "Mammogram" in the search bar.

Have questions about getting a mammogram?

Connect with your Blue KC care team using the **Blue KC Care Management app**.

Download it now and use access code **kcbluewelcome** to register. Then tap Chat at the bottom of the home screen to begin a secure messaging session with a Care Management team member.

¹ Sensitivity means mammography correctly identifies about 87% of women who have breast cancer. Susan G. Komen ² American Cancer Society ³ Susan G. Komen

⁴ Susan G. Komen ⁵ Dense Breast Info ⁶ National Breast Cancer Foundation, Inc.

* Annually for women 45–54; every two years for women 55+. American Cancer Society.

** For costs and further details of coverage, including exclusions, reductions or limitations, and the terms under which the policy may be continued in force, contact your Blue KC representative.