

Nurse's Notes

from your UnitedHealthcare Health Engagement Nurse

Screenings for Early Detection of Breast Cancer

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The past 2 years have brought many challenges and breast cancer prevention is no exception. According to the American Cancer Society, when breast cancer is detected early and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms.

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. Screenings for breast cancer include:

- **Mammogram:** A *mammogram* is an X-ray of the breast. For many women, mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer. Currently, a mammogram is the best way to find breast cancer for most women of screening age.
- **Clinical Breast Exam:** A *clinical breast exam* is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.
- **Breast Self-Awareness:** Being familiar with how your breasts look and feel can help you notice symptoms such as lumps, pain, or changes in size that may be of concern. These could include changes found during a *breast self-exam*. You should report any changes that you notice to your doctor or health care provider. [Click here](#) for information about performing a breast self-exam.

Through your Franklin County Cooperative benefits, preventive mammograms are covered at 100%. If you are due for your screening, please do not put it off! For more information, talk with your physician, visit myUHC.com or contact Nurse Therese.



Your UnitedHealthcare Health Engagement Nurse is available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

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