

Have you had your mammogram?



A UnitedHealthcare Company

The best way to beat breast cancer is to detect and treat it early.

Breast cancer will affect about **1 in 8 women** in the United States, and nearly 40,000 women die of the disease each year.

The United States Preventive Services Task Force recommends that women age 50 to 74 at average risk for breast cancer, should receive a mammogram every two years. Some experts recommend different ages to start screening and different screening frequencies. If you are over 40 years old, talk to your physician about what is right for you.

Your doctor may recommend regular mammograms before age 50, or more often than usual if you have a family history of breast cancer or other risk factors for the disease.

Factors that may raise your risk include:

- 1 Never giving birth or having your first child after age 30
- 2 Being overweight after menopause or not exercising regularly
- 3 Getting older – your risk increases with your age
- 4 Drinking alcohol – your risk increases with increased use
- 5 A previous diagnosis of breast cancer or non-cancerous breast disease
- 6 Beginning menstruation before age 12 or beginning menopause after age 55

© 2017 United HealthCare Services, Inc. UM0837 0917

Sources: cdc.gov; BreastCancer.org; uspreventiveservicestaskforce.org; cancer.org
No part of this document may be reproduced without permission. The information provided by this program is for general educational purposes only. It is not intended as medical advice and cannot replace or substitute for individualized medical care and advice from a personal physician. Individuals should always consult with their physicians regarding any health questions or concerns.