Screening to find breast cancer early

According to the American Cancer Society, breast cancer is the most common cancer among women in the U.S., apart from skin cancers. One in eight women will develop breast cancer during her lifetime. Although the cause of breast cancer is not fully understood, certain risk factors put some women at an increased risk, including:

- **Age:** A person's risk for breast cancer increases as they get older, especially after age 55.
- **Inherited genes:** Up to 10% of all breast cancer is thought to be caused by an inherited genetic change.
- **Race and ethnicity:** The risk of breast cancer is slightly greater for Caucasian women overall and for African American women under the age of 45.
- **Age of menstruation and menopause:** If a woman had her first period before the age of 12 or goes through menopause after age 55, she is at a slightly higher risk.
- **Breast density:** Breast composition varies, and certain characteristics inside the breast tissue can also increase risk.

Decreasing your risk

It's not possible to predict or prevent breast cancer with certainty, but these simple lifestyle changes can help lower your overall risk.

- **Maintaining a healthy weight:** Eat a balanced diet full of fruits, vegetables and whole grains to avoid weight gain and balance food intake with physical activity.
- **Staying physically active:** Aim for 150 to 300 minutes of moderate-intensity exercise or 75 to 150 minutes of vigorous-intensity exercise each week.
- **Limiting alcohol:** It's a best practice to limit alcohol intake to one drink or less per day. One drink is considered 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof distilled spirits.
- **Getting a mammogram:** Annual mammograms are recommended for all women, even those with minimal risk factors, starting at age 40. A mammogram is the best way to detect breast cancer early when it's most treatable. An early diagnosis improves outcomes, prevents the cancer from becoming more complicated to treat, and decreases medical expenses.

Helping you live life covered

As a Sanford Health Plan member, you're eligible to receive your annual mammogram as a preventive benefit covered at little to no cost. To view a full list of covered preventive benefits, visit sanfordhealthplan.com/wellness or your mySanfordHealthPlan account.

Schedule your mammogram today

Contact your provider to schedule your mammogram. For help with finding a provider or to learn more about breast cancer screening, call our team at (800) 752-5863.

SANFORD HEALTH PLAN

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Protecting your breast health

According to the American Cancer Society, breast cancer is the most common cancer among women in the U.S., apart from skin cancers. Although the cause of breast cancer is not fully understood, certain risk factors put some women at an increased risk, including:

- **Gender:** Women have a one in eight chance of developing breast cancer.
- **Age:** Risk for breast cancer increases with age, especially after 55.
- **Inherited genes:** Up to 10% of all breast cancer is thought to be caused by an inherited genetic change.
- **Race and ethnicity:** The risk of breast cancer is slightly greater for Caucasian women overall and for African American women under the age of 45.

Decreasing your risk

Simple lifestyle changes can help lower a person's overall risk, including:

- Limiting alcohol consumption
- Maintaining a healthy weight
- Staying physically active

Get screened

The best way to help protect yourself is by getting an annual mammogram starting at age 40. A mammogram can detect breast cancer early when it's most treatable. An early diagnosis improves outcomes, prevents the cancer from becoming more complicated to treat, and decreases medical expenses.

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Contact your provider to schedule your mammogram today. For assistance, call our team at (800) 752-5863.

SANFORD HEALTH PLAN

Get screened to protect your breast health

Regular screenings are important to protect your breast health. Mammograms remain the best way to find breast cancer when it's most treatable. An early diagnosis improves outcomes, prevents the cancer from becoming more complicated to treat, and decreases medical expenses.

Helping you live life covered

Annual mammograms are recommended for all women starting at age 40. As a Sanford Health Plan member, you are eligible to receive your annual mammogram covered at little to no cost. To view a full list of covered preventive benefits, visit sanfordhealthplan.com/wellness or your mySanfordHealthPlan account.

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