

Breast Cancer **ACTION** Month

Move beyond AWARENESS and take ACTION!

Breast Cancer Screening Fact Sheet

Am I at risk of breast cancer?

All women are at risk of getting breast cancer, even without a family history. The top two risk factors for breast cancer are:

- * Being a woman
- * Getting older

Screening Recommendations

Women at average risk of breast cancer should talk to their doctor about the right screening test for them.

Tests may include:

- * A yearly clinical breast exam (CBE).
- * A yearly mammogram starting at age 40.

Clinical breast exam: A physical exam performed by a health care provider, who uses his or her hands to feel for and eyes to look for breast abnormalities.

Mammogram: A low-dose X-ray picture of the breast.

The clinical breast exam and x-ray information are used together to help detect breast cancer at an early stage.

Do you have health insurance?

Most insurance plans pay for breast cancer screening tests. Check with your insurer to learn about your benefits and coverage either by phone or on the company's website. **Most times, you can get a mammogram at no cost to you!** You may be "under-insured" if your health insurance does not pay for all of the cancer screening tests that you need. The Maryland Breast and Cervical Cancer Program may be able to help with:

- * Paying co-pays, deductibles or co-insurance
- * Information about screening tests
- * Scheduling appointments
- * Finding transportation to appointments
- * Language interpretation services
- * Making follow-up appointments

Are you uninsured?

If you do not have health insurance, you can still get your breast cancer screenings! Options for breast cancer screening coverage in Maryland include:

1. Maryland Health Connection (<http://marylandhealthconnection.gov/>). You may qualify for Medicaid or financial help to make health coverage more affordable. Call Maryland Health Connection to find out about your options for health insurance coverage at 1-855-642-8572.
2. The Maryland Breast and Cervical Cancer Program can help eligible women ages 40 to 64 get no cost breast exams, mammograms, Pap tests and any necessary follow-up testing. Call your local health department or 1-800-477-9774 for more information.