



Breast Cancer Screening: *Frequently Asked Questions*

Breast cancer is the second most common cancer in women. Finding cancer early gives you the best chance of beating it.

What is breast cancer?

It is a disease that makes cells in the breast grow abnormally. The cancer cells can spread to other parts of the body.

What can I do to better protect myself?

Things you cannot change:

- Getting older
- Starting your period before age 12
- Starting menopause after age 55
- Having dense breasts
- Family history of breast or ovarian cancer

Things you can change:

- Be more physically active
- Keep a healthy weight
- Limit how much alcohol you drink
- Ask your primary care provider (PCP) how to quit tobacco

What can I do to find breast cancer early?

Getting a mammogram can find early signs of breast cancer. A mammogram is an x-ray picture of the breast.

When should I get a mammogram?

If you are 40 and older, you should get a mammogram every 2 years until you turn 74.

Talk to your PCP about how to lower your risk for breast cancer and when you should get a mammogram. Your PCP's phone number can be found on your Partnership ID card.