

## **\*\*MANAGEMENT NEWSLETTER\*\*** *Archives*

Below, a compilation of selected health-related articles from Gulfstream's Management Newsletter archives:

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**MAMMOGRAMS CRITICAL FOR DETECTING BREAST CANCER:** Every two minutes, another woman in the U.S. is diagnosed with breast cancer. New statistics indicate that one out of every seven women will contract breast cancer in her lifetime. However, if breast cancer is caught before it spreads, the survival rate is currently greater than 95%. Early detection and treatment are key. That is why Gulfstream strongly encourages every female employee or dependent age 40 and above to get an annual mammogram. The cost of the mammogram is covered by our medical plan.

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**BREAST CANCER SCREENINGS CAN SAVE WOMEN'S LIVES:** Breast cancer, one of the most common killers of women, can be combated with the appropriate screenings done in the early stages of the disease. Early detection can significantly reduce the mortality rate of this disease that kills more than 40,000 people in the United States every year. **Self examinations and annual mammograms for women age 40 and above are keys to this early detection.** Female employees and spouses age 40 or older are encouraged to schedule annual mammograms.

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**SIGNIFICANT INCREASE IN WOMEN RECEIVING ANNUAL MAMMOGRAMS: (from a Savannah issue of the Management Newsletter dated Dec. 6, 2005)** The percentage of females age 40 and above covered under Gulfstream's medical plan in Savannah who received an annual mammogram over the past year has increased to 52 percent – 8 percentage points higher than in 2004. This increase is significant because breast cancer – the second-highest cause of cancer deaths among women – kills 40,000 people in the United States every year and **annual mammograms can detect a problem earlier than any other method and lead to lifesaving treatment.** The American Cancer Society recommends that all women age 40 and older have an annual mammogram, so we're still short of that goal. Our female employees age 40 and above should schedule a mammogram every year. Male employees with wives in this age group should encourage their wives to schedule annual mammograms. If you or your spouse is a female age 40 or above and has not had a mammogram within the past 12 months, contact your doctor to schedule one as soon as possible.