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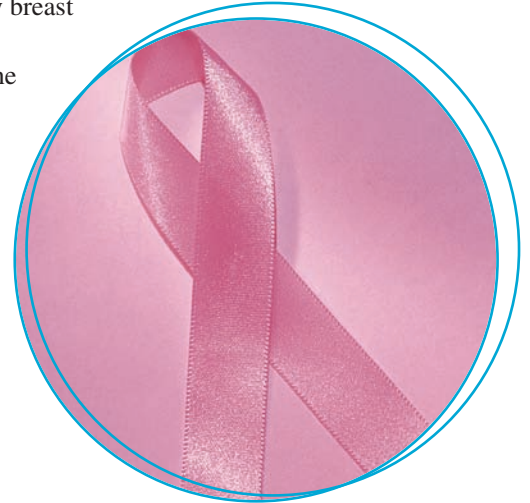
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## Detecting Breast Cancer Early – It Can Save a Life!

If you or someone you love has been touched by breast cancer, you know how quickly it can disrupt a person's health and life. Breast cancer is now the second most common type of cancer among women in this country (after skin cancer). And while a woman can take steps to reduce her risk of developing the disease, no one is immune and early detection is critically important. That's why *Partners 2 Health* is focusing on breast cancer prevention in this issue and for the rest of 2008. Specifically, we'll discuss the health risks for breast cancer and the importance of routine breast cancer screenings. It could save your life or the life of someone you care about.



### Breast Cancer: The Facts

Breast cancer can strike you or someone in your family without warning.

- Breast cancer can happen to women at any age. Christina Applegate, a Hollywood actress, was recently diagnosed with breast cancer at age 36. Breast cancer can appear as early as during a woman's twenties. The risk increases significantly with age.
- 10 million people (mostly women) around the world could die from breast cancer in the next 25 years.
- An estimated 182,460 cases of breast cancer will be diagnosed in American women in 2008.

Source: Susan G. Komen Foundation

**DID YOU KNOW?**

A woman has a **1 in 8 chance** of being diagnosed with breast cancer during her lifetime.



## Breast Cancer Screenings – A Critical Preventive Step

One of the key protective measures you can take as a woman to help detect breast cancer early –when it’s most likely to be treated and cured– is to obtain routine breast screenings.

In general, and if you’re at average risk for breast cancer, you can follow the breast screenings guidelines below. However, if you are considered to be "high risk" talk with your doctor about what makes sense for you. You can also refer to the “Your health risks” section on page 3.

**Getting regular breast exams helps ensure the early detection of abnormalities.**

### *Get Screened Today*

Outlined below are important breast screenings to follow. Getting regular breast exams helps ensure the detection of abnormalities early. Make an appointment to get screened when it’s the right time. Mammography screenings, in particular, take only about 15 minutes from start to finish, so the procedure is quick and may save your life.

Important Breast Screenings Women at average risk		
Exam to get...	Who should receive it...	Why you need it...
Mammography	Beginning at age 40, you should get a mammography screening every 1-2 years. (Gulfstream benefits cover a mammography screening every year.)	Mammograms are the most accurate method in determining whether or not you may have breast cancer. They are not 100% accurate, though. That’s why it’s important to also have other screenings.
Clinical Breast Exam (CBE)	Beginning at age 20, you should receive a clinical breast exam every three years. At age 40 +, you should receive a CBE every year.	CBEs are important to have your doctor perform as another means of detecting abnormalities in breast tissue that may signal breast cancer.
Breast Self Exam (BSE)	All women should perform a breast self exam once a month.	Performing BSEs gives you an idea of your breasts’ normal tissue. Not every breast cancer can be found through BSE, but it’s another way to help detect abnormalities that may signal breast cancer.

Source: National Cancer Institute

### Three reasons why a woman should have breast cancer screenings:

**1** It’s free in-network with your Gulfstream medical coverage.

**2** It takes only a short amount of time.

**3** It could SAVE YOUR LIFE!

## Your Health Risks and Breast Cancer

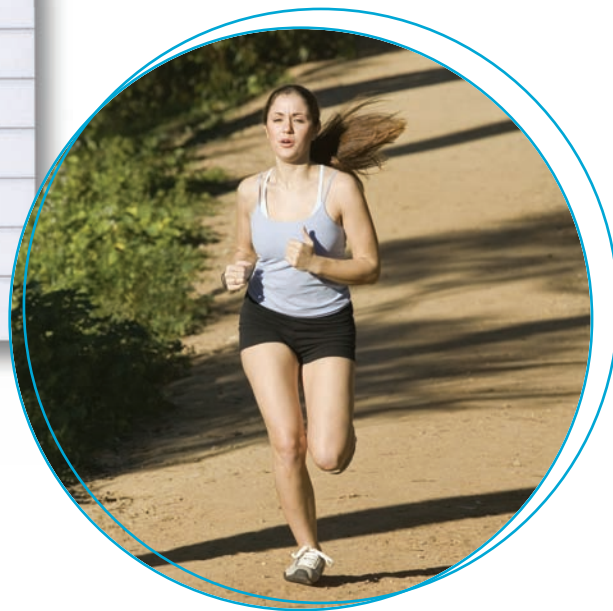
While every woman is considered at average risk for breast cancer, how do you know if you're at increased risk for breast cancer? It's important to find out because you may need to consider lifestyle changes or visit your doctor more regularly. Read the questions below to determine your risk level for breast cancer.

If a woman answers "yes" to any of these questions, she is considered at increased risk for breast cancer:

- Has your mother or sister (other women in your family) been diagnosed with breast cancer?
- Have you been previously diagnosed with breast cancer?
- Have you ever received a breast biopsy showing an irregular pattern of cell growth?

If you answered "no" to these questions, it does not mean you are protected from breast cancer. There are other factors to be aware of when it comes to your individual health and habits, which also play a role. Below are certain things you can do to minimize your risk of developing breast cancer:

- 1 Avoid excess weight gain
- 2 Limit alcohol consumption
- 3 Exercise regularly



While we seek improved methods of diagnosis and treatment of breast cancer, today **mammography** remains an important part of our efforts to **save lives** early through detection.

– ANDREW VON ESCHENBACK, M.D.  
Former Director, National Cancer Institute

## Mammography Screening Questions and Answers

While you may know that you are due to have a mammography screening, you may be putting it off for any number of reasons. Maybe you think you are perfectly healthy and don't need it, maybe you don't have the time or money, or perhaps you don't have a doctor to go to. Whatever the reason, it's probably a misconception that's keeping you from receiving proper care. The reality is that getting a mammography screening is convenient and inexpensive.

### If I'm healthy and not considered high-risk for breast cancer, why do I need to get a mammography screening?

Cancer screening is defined as "a test or procedure used to detect cancer or a pre-cancerous condition in an apparently healthy person without symptoms." Sadly, the simple fact of being a woman and getting older is enough to put you at risk for breast cancer. So no matter how healthy you think you are, breast cancer could still become a reality for you.

### What is a mammography screening?

A mammography screening is one of the routine breast cancer screenings that uses equipment to develop x-ray pictures of the breasts. Women should get regular mammography screenings once they reach 40 years of age. A *mammogram* is the x-ray picture of the breast that is used by doctors and technicians to detect breast cancer. It's one of the best and most precise screening tools doctors have available today to detect the disease. However, mammography screenings are not foolproof. That's why it's also important to perform your monthly self exams, have your clinical breast exams, and stay on track with your mammography schedule.

### Where can I get a mammography screening?

It's convenient to get a mammography screening that fits your calendar. The next column lists your best options when it comes to scheduling a mammography screening. You can also visit <http://www.fda.gov/CDRH/MAMMOGRAPHY/>

Here is where you can go to get a mammography screening:

**1 Your doctor's office.** Simply schedule a screening with your doctor's office. Your screening can be performed either in the doctor's office or they will send you to a medical facility for the screening.

**2 Hospital clinic.** Most hospitals have a mammography clinic where you can go (with or without an appointment) to get your screening.

**3 Mobile van.** In some areas of the United States, there are mobile mammography vans that are available in the community.

**Note:** One of the best ways to detect abnormalities in your breast tissue is for doctors and technicians to compare your annual results against the previous year. Make sure your current provider has the results from your last screening. If this is your first time, make sure to obtain your results so that you have them handy for next time.

### Are mammography screenings expensive?

No. Mammography screenings are covered at 100% in-network through your health insurance coverage with Gulfstream. That means you will pay nothing for your exam. If you have health care coverage outside of Gulfstream, check with your health plan about your benefit. Typically, preventive screenings of this nature are covered so that you do not pay much, if anything, out of your pocket.

### Is it painful to get a mammography screening?

Not really. When you go in for your visit, a radiologic technologist will place your breasts, one at-a-time, between two plastic plates to take two x-rays (one from the side and one from above). The plastic plates press your breasts to make them flat during this procedure. Because of this, there can be some pressure or discomfort, but it lasts only a few seconds.

Women should get regular mammography screenings once they reach 40 years of age.





## How to Prepare for Your Mammography Screening

So that your mammography screening is accurate and efficient, follow these steps when preparing for your appointment.

- 1 Schedule your mammography screening for a week after your period.
- 2 Wear a shirt that you can take off easily.
- 3 The day of your appointment, don't use deodorant, powders or lotions on your underarms or breasts. This can cause shadows on your mammogram results.

4 If you've had a mammography screening before, make sure to bring your most recent mammogram results with you to your appointment. If this is not possible, have the name and address of the doctor's office (or facility) that has your latest mammogram record and provide this information to your doctor.

5 If you have breast implants, make sure to mention this before you go in for your appointment. You may need someone with particular training to conduct your mammography screening.

Source of Table: National Cancer Institute

A woman's chance of being diagnosed with breast cancer is:	
By age 40	1 out of 257
By age 50	1 out of 67
By age 60	1 out of 36
By age 70	1 out of 28
By age 80	1 out of 24
Throughout her life	1 out of 8

Make sure your doctor or the medical facility you visit has a copy of your most recent mammogram results





October is breast cancer awareness month

## More Information

October is breast cancer awareness month. Not only is it a great time to schedule and go in for your mammography screening or other breast screening, it's also a time when you can participate in breast cancer awareness. The Susan G. Komen Foundation ([www.komen.org](http://www.komen.org)) has many resources and interactive tools to learn about breast health and provides ways you can get involved in breast cancer awareness and education. Other great resources for breast cancer and health include the National Women's Health Information Center at **800-994-9662** and the National Cancer Institute's Cancer Information Service Center at **800-4-CANCER**.



Early  
detection  
saves  
lives!



"Partners 2 Health" is the companywide initiative for employees and their families to work together with Gulfstream to achieve a healthy life and reduce healthcare costs. Under this partnership, Gulfstream will supply the resources (medical plans and health-related information) and families will make informed decisions (taking into consideration that health guidance) to maintain or improve their health. In addition to substituting for the preposition "to" ("Acting as partners will lead to better health"), the "2" signifies the two partners (employees and Gulfstream) and the two phases (short-term and long-term) of everyone's health. Additionally, the "2" represents the two goals of the initiative — the primary goal of better health and the secondary goal of lower healthcare costs.