



October is Breast Cancer Awareness Month

Breast Cancer is the second leading cause of cancer deaths in women. Preventive exams like mammograms may help to identify breast cancer early, which can save lives. According to the American Cancer Society, when breast cancer is detected early and is in the localized stage, the 5-year relative survival rate is 99%.

Why are breast cancer screenings important?

Breast cancer screenings with mammograms are important to help detect early signs of breast cancer.

Kaiser Permanente is a national leader in breast cancer screening

Our breast cancer screening rates are in the top 5% nationwide, which exceeds the national average. According to HEDIS, the Healthcare Effectiveness Data and Information Set, a tool that is used by more than 90 percent of U.S. health plans to measure performance on important dimensions of care and service, Kaiser Permanente's screening rates are 81.8% vs. 74% nationwide. The following links demonstrate the importance of screening and early detection to help others:

[KPDivisionOfResearch.Breast-Cancer/](#) and [KPDivisionOfResearch.Breast-Cancer/](#).

The next critical step for most patients is treatment

Our clinicians treat over 500,000 cancer patients every year. When we detect cancer, we quickly create a care plan that's personalized for each patient's needs, so their care team can include a range of medical oncologists, radiation oncologists, surgical oncologists, radiologists, pharmacists, nurses, and care coordinators. Cancer patients are then followed closely and supported throughout all stages of their care.

While October is designated as Breast Cancer Awareness month, it's important to keep screening and detection top of mind year-round. Stay current on your yearly physical too or schedule an appointment with your doctor if you have any concerns.

Yours in good health,

Edward Kao, MD

Physician-in-Chief

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