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Set the date

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Together, all the way.®

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Make an appointment for your mammogram today. This simple screening is one of the best ways to detect breast cancer, and it could help save your life.³

Did you know?

According to the National Cancer Institute, breast cancer affects one in every eight women sometime during their lives.¹ After lung cancer, breast cancer is the second-leading cause of cancer death in women in the United States.²

The good news is that breast cancer survival rates have been increasing in the last 20 years. Earlier testing through screening and increased awareness, as well as improved treatment, are likely factors.³

Preventive care screenings are covered at 100% when you visit an in-network⁴ provider.

Common warning signs or symptoms of breast cancer:⁵

- ▶ New lump in the breast, under the arm or around the collarbone
- ▶ Swelling or thickening of all or part of the breast
- ▶ Skin irritation or dimpling
- ▶ Redness or flaky skin of the nipple or breast skin
- ▶ Turning in of the nipple or pain in the nipple area
- ▶ Nipple discharge other than breast milk, including blood
- ▶ Any change in the size or shape of the breast
- ▶ Pain in any area of the breast

Some women do not have any signs or symptoms at all. Some of these warning signs can happen with other conditions that are not cancer. It's important to tell your health care provider right away if you have any signs that worry you.

WHAT is a mammogram?

It is an X-ray of the breast that can spot breast cancer in its early stages, making treatment more successful. To learn more about breast cancer screening, visit the “Wellness” tab on **myCigna.com** and search under Health Screenings and Early Detections > Screening, Adult Women > Breast cancer screening.

HOW do I get my mammogram?

For information about scheduling your mammogram, please call your primary care or OB/GYN provider. **Your doctor is part of Mount Sinai Health Partners, a network of physicians working together to deliver quality, patient-centered care.**

WHO should get a mammogram?

Starting at age 40, talk with your health care provider to see when you should begin having mammograms and frequency, based on your age and family medical history.



Schedule the most important date of the year. Make an appointment for your mammogram now.

1. National Institutes of Health (NIH) MedlinePlus, “Breast Cancer.” medlineplus.gov. Last updated 06/15/2020.
2. NIH National Cancer Institute, “Breast Cancer Prevention.” cancer.gov. Last updated 01/08/2021.
3. American Cancer Society, cancer.org. “How Common Is Breast Cancer? Trends in Breast Cancer Deaths.” Last revised 01/08/2020.
4. Covered preventive care screenings may vary, depending on your age, gender and medical history. Not all preventive care services may be covered. See your plan materials for coverage details.
5. Centers for Disease Control and Prevention (CDC), “What Are the Symptoms of Breast Cancer?” CDC.gov. Last reviewed 09/14/2020.

This information is for educational purposes only. It is not medical advice. Always consult with your health care provider for appropriate examinations, treatment, testing and care recommendations.