

BREAST CANCER

Tend to your screening needs.

Today, a diagnosis of breast cancer can mean a high survival rate when the cancer is detected early. For small, contained tumors, lumpectomy with radiation therapy has been found to be as effective as mastectomy, while sparing most of the breast. But once cancer spreads through the lymph system or blood stream recovery can be more difficult.

To improve your treatment options and odds of survival, establish a routine screening plan with your provider. The American Cancer Society (ACS) recommends the following exams:

- **All men and women** – consult your provider about monthly breast self-exams, including the benefits and limitations of performing them. If you find a lump in your breast, see your provider. Men represent 1% of all breast cancers.
- **Women in their 20s and 30s** – have a breast exam by a provider at least every 3 years.
- **Women from age 40** – have exams and mammograms annually, or as advised by your provider.

Routine screening becomes more important as you age for both men and women, especially after 60.

Routine cervical Pap Tests remain important for women throughout life. They offer a 95% chance of detecting precancerous cell changes. Recommended at 1 to 3-year intervals, consult your provider about your personal screening needs.

Contact the American Cancer Society at www.cancer.org or call 800-227-2345.

**If you would like more information, please contact
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