

HELPING YOU ANSWER SOME OF BREAST CANCER'S TOUGHEST QUESTIONS

By Christine Oleksiuk

According to the American Cancer Society, **“Breast cancer is the most common cancer diagnosed among U.S. women and is the second leading cause of death among women after lung cancer.”**¹ But for Hispanic women, breast cancer is the leading cause of cancer death (16%).² Now that you are equipped with this information it allows you to begin a quest to learn more about your health and well-being.

With the prevalence of breast cancer, have you ever asked yourself

“When should I start having mammograms?”

“Should I have a BRCA gene test?”

“What should I do if I’m at high risk for breast cancer?”

You are not alone! Navigating breast cancer prevention and/or treatment can be complicated. To make it a little easier, Cigna has created an interactive **“Health Tool”** on Cigna’s Breast Cancer page that helps you make decisions about your health!³

Here is how the tool works...

- 1 Get the Facts:** Read some of the latest research surrounding the topic.
- 2 Compare Options:** Review the key components of each option and how they differ.
- 3 Your Feelings:** Rate and reflect on your feelings.
- 4 Your Decision:** Score how you are leaning.
- 5 Quiz Yourself:** Take a quiz on what else you need to determine.
- 6 Summary:** Review an overview of your responses that can be used to discuss prevention and/or treatment options with your medical provider or loved ones.

All of this information and more is available at Cigna’s Breast Cancer page to help you navigate your health and well-being. You can make a difference in your health by taking a proactive approach.

1. <https://www.cancer.org/research/cancer-facts-statistics/breast-cancer-facts-figures.html>

2. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-hispanics-and-latinos/cancer-facts-and-figures-for-hispanics-and-latinos-2018-2020.pdf>

3. <https://www.cigna.com/individuals-families/health-wellness/hw/medical-topics/breast-cancer-tv3614>

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