

A photograph of two women, one younger and one older, both smiling and looking towards the right. They are wearing white sleeveless tops.

**BE AWARE.**

**TAKE CARE.**

**1 in 8 women will face breast cancer.<sup>1</sup>**

So don't put things off. Watch for warning signs, know your risk factors, and reduce any risks that you can. Plus, get the screening tests that can find cancer early.

### **What are the signs of breast cancer?<sup>2</sup>**

Not everyone has the same warning signs. Some people don't have any signs at all — but find out they have breast cancer after a mammogram.

#### **Common warning signs**

- › New lump in the breast or underarm (armpit)
- › Thickness or swelling of part of the breast
- › Irritation or dimples on breast skin
- › Redness or flaky skin in the nipple area or on the breast
- › Pulling in of the nipple or pain in the nipple area
- › Nipple leaking fluid other than breast milk, including blood
- › Any change in the size or the shape of the breast
- › Pain in the breast

Keep in mind that these can be signs of other things that are not cancer. But if you have any, see your doctor right away.

#### **Factors that lower your risk<sup>3</sup>**

- › Having your first menstrual period at an older age
- › Starting menopause at an earlier age
- › Giving birth to more children, giving birth at a younger age, and breastfeeding your children
- › Getting regular exercise
- › Keeping a healthy weight

#### **What are the risk factors?<sup>3</sup>**

Some of the risk factors for breast cancer are: being a woman, being 50 or older, and having certain breast cancer genes (BRCA1 and BRCA2). These are not the only risk factors, but some of the more common ones.

#### **How often should I get a mammogram?**

Starting at age 40 talk to your doctor about when to start and how often to get a mammogram. Mammograms cannot prevent breast cancer. But they can help find it early, when it is easier to treat.

**Together, all the way.<sup>®</sup>**



## Factors that raise your risk<sup>3</sup>

- › Long-term use of hormone replacement therapy
- › Personal history of breast cancer or other breast diseases
- › Family history of breast cancer (on either your mother's or father's side of the family)
- › Treatment with radiation therapy to the breast/chest
- › Exposure to the drug diethylstilbestrol, or DES (if you took DES during pregnancy or your mother took DES during her pregnancy with you)
- › Dense breasts (as seen by a mammogram)
- › Drinking alcohol
- › Night-shift work

## What does it mean if I have risk factors?<sup>3</sup>

- › Some women will get breast cancer without having any known risk factors.
- › Having a risk factor does not mean you will get breast cancer.
- › Most women have some risk factors and do not get breast cancer.
- › If you have breast cancer risk factors, talk with your doctor about ways you can lower your risk and about getting screened.

## Lower your risk with healthy choices.<sup>4</sup>

- › Keep a healthy weight.
- › Get regular exercise (at least four hours a week).
- › Get enough sleep.
- › Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- › If you take hormone replacement therapy or birth control pills, ask your doctor about the risks and find out if it is right for you.
- › Breastfeed your babies, if possible.



**If you have a family history of breast cancer or the known genetic risk factors (BRCA1 and BRCA2), you may have a higher breast cancer risk. Talk to your doctor about ways to lower your risk.**

1. Atlanta: American Cancer Society, Inc. 2013. "Breast Cancer Facts & Figures 2013–2014". <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-042725.pdf> (accessed September 16, 2015)

2. Centers for Disease Control and Prevention. "What Are the Symptoms?" [http://www.cdc.gov/cancer/breast/basic\\_info/symptoms.htm](http://www.cdc.gov/cancer/breast/basic_info/symptoms.htm) (accessed September 16, 2015)

3. Centers for Disease Control and Prevention. "What Are the Risk Factors?" [http://www.cdc.gov/cancer/breast/basic\\_info/risk\\_factors.htm](http://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm) (accessed September 16, 2015)

4. Centers for Disease Control and Prevention. "What Can I Do to Reduce My Risk?" [http://www.cdc.gov/cancer/breast/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/breast/basic_info/prevention.htm) (accessed September 16, 2015)

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