

# LOOKING OUT FOR YOURSELF IS IMPORTANT.

## Have you scheduled an annual mammogram?

A screening mammogram can spot breast cancer in its early stages, making treatment more successful. If you are age 40 or older, talk with your provider about when you should begin having mammograms and how often you should have the screening done.

In addition, you should pay attention to certain warning signs or symptoms of breast cancer,\* including:

- A new lump in the breast or underarm.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Discussing breast cancer signs, symptoms and screenings with your health care provider is important to your health.



**Make an appointment for your mammogram today.**

For more information, visit [myCigna.com](https://myCigna.com) or [cdc.gov](https://cdc.gov).

**Together, all the way.®**

[Legal Disclaimer](#) | [Privacy](#)

\*Centers for Disease Control and Prevention (CDC), Breast Cancer: What Are the Symptoms of Breast Cancer? [cdc.gov](https://cdc.gov). Reviewed September 11, 2018.

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

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.