

# Early Detection = Better Outcomes

Check your health.

## October is Breast Cancer Awareness Month

One in eight women will be diagnosed with breast cancer in their lifetime.<sup>1</sup>



### According to the 2023 Early Detection Survey,

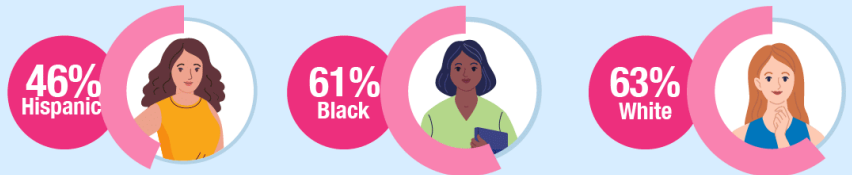
One in 10 women 40 years of age and older say they have **never** had a breast cancer screening.



a third of women 40 years of age and older say they are not currently up to date on their breast cancer screening.



Hispanic participants reported **significantly lower rates for breast cancer screening** compared to Black and white participants.



### Top reasons for not being up to date on breast cancer screenings:

**31%** inability to afford the cost



**25%** lack of symptoms



**22%** fear of a cancer diagnosis



**16%** too busy or can't take off from work



### People of average risk should follow these screening guidelines<sup>2</sup>

#### From ages 25 to 39:

See your health care provider once every three years for clinical breast exam and risk assessment



#### Beginning at age 40:

Annual check-up and 2D OR 3D screening mammogram



#### Menopause:

Talk with your health care provider about breast cancer risks associated with hormone replacement therapy



When caught early, the five-year survival rate for breast cancer is 99%.<sup>3</sup>



Early detection can mean less extensive treatment, more treatment options & better chances of survival.

LEARN HOW YOU CAN REDUCE YOUR RISK AT [PREVENTCANCER.ORG/BREAST](https://www.preventcancer.org/breast)

<sup>1</sup> <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/breast-cancer-facts-and-figures/2022-2024-breast-cancer-fact-figures-acf.pdf>

<sup>2</sup> <https://www.nccn.org/guidelines/guidelines-detail?category=2&id=1421>

<sup>3</sup> SEER\*Explorer, National Cancer Institute, 2022