

Breast Health Affects Everyone

4 Important Tips

Breast cancer can strike anyone, both women and men of any age--whether or not there's a family history of the disease. It's important for you and your loved ones to visit your doctor and follow the measures below to keep healthy--it can even save a life!

Know The Risks

Your doctor can help determine your personal risks. Be sure to let your physician know if a family member has breast cancer.

Be Alert to Changes

Tell your doctor about any changes you may see or feel - including a lump, pain, discoloration or anything else that concerns you.

Get Screened

Ask your doctor about getting a mammogram - which helps detect cancer in its earliest, most treatable stage.

Adopt Healthy Lifestyle Changes

There are no sure ways to prevent breast cancer. But certain lifestyle changes may reduce your risk. Get regular exercise, maintain a healthy weight, avoid or limit alcohol, and stop smoking.

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Questions or Concerns?

Write them down to ask your doctor. Remember, we can help get you or a loved one to the right resources. We cover you, your spouse, dependent children, parents and parents-in-law.

We can help!

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