



# Do you need a mammogram?

You may be due for a mammogram. The risk for breast cancer increases with age. But there's good news. According to the Centers for Disease Control and Prevention, mammograms can find breast cancer up to three years before a lump can be felt.



**FREE screening!**  
Your screening mammogram is 100% covered when you schedule it with a Preferred provider.



Federal Employee Program.

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**Inside**  
**MAMMOGRAMS SAVE LIVES**

# Spread the word: Mammograms save lives.

Mammography can help find breast cancer early. That's when it's easiest to treat. According to the Centers for Disease Control and Prevention, mammograms can reduce breast cancer deaths by:

- About 20 to 35 percent in women ages 50 to 69
- About 20 percent in women ages 40 to 49

Women need to be told to get regular screenings. You can do your part, too. Remind the women you know and love about the need for mammograms. It just might save their lives.

The pros and cons of the test vary. They depend on factors like age and personal risk. Experts have different recommendations, too. The U.S. Preventive Services Task Force recommends screening:

- Every two years for women ages 50 to 74

Talk with your doctor about your risk factors before getting screened.

## Reducing breast cancer deaths

According to the American Cancer Society, the number of U.S. women ages 40 and older who are getting tested has been steady since 2005. Thanks to these screenings, nearly 227,000 lives have been saved since 1989.

But some women still aren't getting mammograms. In fact, 68 percent of women who don't have insurance have fallen behind on screenings. And 29 percent of women who do have insurance haven't been screened, either.

## Beating breast cancer

If we are going to win the fight against breast cancer, women must be screened.



## Make note!

Mammogram date and time

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Location

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**Act now**  
Talk with your provider about breast cancer screening. To find a Preferred provider near you, visit [www.fepblue.org/provider](http://www.fepblue.org/provider).

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