

# Breast cancer basics

## What to know and how to take action



Breast cancer is one of the most common cancers among women, but early detection saves lives. Understanding your risk, doing self-checks, and getting regular screenings are key to protecting your health.

### Know the risk factors, which include:

- A family history of breast, ovarian, or prostate cancer
- Carrying BRCA1 or BRCA2 gene mutations

Talk to your doctor about your **breast density**, which can affect both your risk and how well a mammogram detects cancer

### Practice breast self-awareness

- Be familiar with what's normal for your breasts
- Stay alert to signs like redness, swelling, or pain
- Watch for changes such as new lumps, skin dimpling, or nipple discharge

Contact your doctor if you notice anything different or unusual

### Understand your screening options

- Mammogram, the most common breast screening tool
- Breast MRI for women at higher risk or with dense tissue
- Clinical breast exam during routine check-up

Follow your provider's guidance based on your risk

### Follow screening guidelines\*

- Ages 20s and 30s: Clinical breast exam every 1–3 years (for those who have average risk)
- Ages 40 to 74: Get a mammogram every 2 years

Women at higher-than-average risk may need earlier and/or additional types of screenings. Ask your doctor what's right for you.

\* Source: U.S. Preventive Services Task Force



## We're here to help

Health Advocate is here to support you on your health and well-being journey. Reach out to us today for guidance and resources.



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