

On top of it

Stay up to date with your breast cancer screenings

Get a clear picture of your breast health

When it comes to preventing breast cancer, early detection is key. And a routine mammogram could turn out to be one of the most important snapshots of your life. It can spot potential problems sooner, giving you more treatment options. Know the guidelines and the steps you can take to stay healthy.

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Steps to prevention

Get screened

Prevention can save your life. Breast cancer screening guidelines for women of average risk for breast cancer generally recommend the following:[1]

Age	How often
40 to 49	Talk to your doctor about when to start getting mammograms and how often to get them.
50 to 75*	Get a mammogram every 1–2 years. Talk with your doctor to find out if you need them more often.

It's a good idea to ask your doctor about office visit exams, as well. Many doctors recommend a yearly exam.

Do you have a family history of breast cancer and/or ovarian cancer?
Be sure to share that information with your provider. Also, consider getting genetic counseling to identify your genetic risk so you can take the right preventive actions.

Did you know?

Your Aetna® plan covers 3D mammograms. You have several options for your breast cancer screening, such as traditional or 3D mammograms. Just talk to your doctor to find out which option is best for you.

Reduce your risk

Simple lifestyle changes can help reduce your risk of cancer and boost your overall health.



Exercise for at least 30 minutes a day.
Whether you walk, run, bike or do yoga at home, it all works.



Maintain a healthy weight.
Less body fat means lower estrogen levels and lower cancer risk.[2]



Quit smoking.
If you're still using tobacco, now's the time to give it up for good.



Limit your alcohol intake.
Around 2 to 3 drinks a week is best.

Talk to your doctor about setting up a screening today.

*If you're over 75 years of age, please consult your doctor about how often you should receive a mammogram.

[1]Health Resources and Services Administration. Women's preventive services guidelines. October 2019. Available at: **HRSA.gov/womens-guidelines-2016/index.html**. Accessed April 16, 2020.

[2]BreastCancer.org. Breast cancer risk seems more affected by total body fat than abdominal fat. June 27, 2017. Available at: **BreastCancer.org/research-news/total-body-fat-affects-risk-more-than-belly-fat**. Accessed April 16, 2020.

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