

# DON'T HAVE TIME FOR A MAMMOGRAM?

Then you definitely don't have time for breast cancer.

**Having a mammogram is the most important step you can take to protect yourself against breast cancer, and it could save your life.**

A **mammogram** is a simple screening and is one of the best ways to detect breast cancer. When caught early, the odds of recovery are much higher. Depending on your age or family medical history, women should have a mammogram every one to two years or as recommended by your doctor. Some women with certain risk factors might begin screenings at an earlier age.

**If you are age 40 or older, talk with your doctor about when you should begin having mammograms and how often you should have the screening done.**

Different people have different warning signs for breast cancer. Some people do not have any signs or symptoms at all.

## **Some warning signs or symptoms of breast cancer are:\***

- › A new lump in the breast or underarm (armpit)
- › Thickening or swelling of part of the breast
- › Irritation or dimpling of breast skin
- › Redness or flaky skin in the nipple area of the breast
- › Pulling in of the nipple or pain in the nipple area
- › Nipple discharge other than breast milk, including blood
- › Any change in the size or the shape of the breast
- › Pain in any area of the breast

Keep in mind that some of these warning signs can happen with other conditions that are not cancer. If you have any signs that worry you, be sure to see your doctor right away.

To schedule your mammogram, call your doctor or OB/GYN. To find a local OB/GYN, visit [myCigna.com](http://myCigna.com) or call the toll-free customer service number on the back of your Cigna ID card.



Together, all the way.®

\*CDC, "What Are the Symptoms of Breast Cancer?," [cdc.gov](http://cdc.gov), last reviewed 08/28/14

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