

Reduce your risk for breast cancer



What is breast cancer?

Breast cancer refers to a dangerous tumor that develops from cells in your breasts. The tumor is a group of cancer cells that can grow and spread to other parts of your body.

What are the risk factors for getting breast cancer?

- You already had breast cancer.
- You are 50 years of age or older (breast cancer can happen at earlier ages too).
- You had your first period at an early age (before age 12) or you went through menopause late (after age 55).
- You have no children.
- Your first child was born when you were 35 years of age or older.
- Other risk factors include:
 - Being overweight, not exercising, drinking alcohol and smoking.

Breast cancer can be treated if found early.

Breast cancer screenings, also called mammograms, are the best way to find changes in the breast that could lead to cancer. Mammograms are covered by Molina.

Medical advisors say you should get a mammogram at least every 2 years if you're 40 or older. A mammogram is an X-ray that helps doctors check for any changes in your breast. It's safe and more comfortable now than it used to be.

It is normal to be afraid of the results. But when it's caught early, there is a 99%* chance of survival! **Even if you are healthy, you could be at risk.**



Call Molina at
(888) 999-2404 (TTY: 711)
to help schedule a FREE
mammogram at a convenient
location near you!



We can also help you
find transportation or
find a location with
online scheduling or
walk-in screenings.



Do you have health questions?
Call our 24-hour Nurse Advice
Line. We are here to help you.

English: **(888) 275-8750**

Español: **(866) 648-3537**

TTY: 711

Source: [nationalbreastcancer.org](https://www.nationalbreastcancer.org)

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