According to the American Cancer Society® (ACS) website:

- All women are at risk for breast cancer. Breast cancer is the most common cancer among American women, except for skin cancer.
- Approximately 1 in 8 women will develop breast cancer during her lifetime. That means more than 200,000 new cases of breast cancer are diagnosed each year.
- The risk of developing breast cancer increases as a woman ages (about 2 of 3 invasive breast cancers are found in women age 55 or older).
- White women are more likely to get breast cancer than women of any other racial or ethnic group. African-American women, however, are more likely to die from breast cancer.


For more information on TRICARE Covered Services, Breast Exams see: http://www.tricare.mil/mybenefit/home/Medical/IsItCovered.jsp or visit www.hnfs.com/go/camopinkpin

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**Stand United in the Fight Against Breast Cancer**

The camouflage pink ribbon symbolizes our united front in the fight against breast cancer for military service members and their families.
About breast cancer screening

- Many breast cancers develop with no signs or symptoms; regular screening can increase the chances of detecting breast cancer early, when it’s the most treatable.
- Women in their 20s and 30s should talk with their doctor about routine clinical breast exams and breast self-exams. Screening mammograms can be used to find cancers in older women.
- The American Cancer Society (ACS) recommends all women over 40 should have a screening mammogram every year.
- The five-year survival rate for women diagnosed with breast cancer is 89 percent. The chances of survival are better when the cancer is detected early.

Mammography in detail

- A mammogram is an X-ray of the breast. Screening mammograms usually take two views (X-rays taken from different angles) of each breast.
- The breast is pressed between two plates to flatten and spread the tissue. This can be uncomfortable for many women, but it lasts only a few seconds; it is necessary to produce a good, readable mammogram.
- Modern mammogram equipment designed for breast X-rays uses very low levels of radiation. The exposure is equivalent to seven weeks of natural environmental radiation or four chest X-rays.
- Screening mammograms are done in private with a single technician and the results are made available only to the patient and her doctor.
- The entire procedure for a screening mammogram takes about 20 minutes.

Breast cancer & TRICARE®

- Nationally, about 70 percent of women are up-to-date on breast cancer screening (women over 40 who have had at least one mammogram in the previous two years).¹
- The Healthy People 2020 goal is to increase the number of women up-to-date on breast cancer screening.²
- With TRICARE, one screening mammogram is covered for all women beginning at age 40 from a network provider annually with no cost to the beneficiary. Women with a high risk, such as those with a family history of disease, may be eligible for screening at age 30.
- TRICARE does not require a referral or a prior authorization for a mammogram. However, many mammography centers require an order from a doctor to know what type of film to take and where to send the report of results for follow up.

Barriers to screening

- Confusion about the guidelines
  Different consensus panels have made varying recommendations about the best age to start mammography screening (40 versus 50). All women should talk with their doctor about a screening schedule best for them.
- Fear of results
  A screening mammogram can miss some cancers, and it sometimes leads to follow up of findings that are not cancer, including biopsies (false positives). Despite these limitations, mammography is an effective and valuable tool for early breast cancer detection.
- Too busy
  Many women in their 40s are busy with a career and taking care of families and friends – often putting their health care last. When women make time to take care of themselves, they are often better able to care for others.
- Forgot
  Many women only need a screening mammogram every one to two years and it can be easy to forget. There are many tools online that women can utilize such as automated email and text message reminders.