



BE AWARE.

TAKE CARE.

Breast cancer is the second leading cause of cancer death in women.¹

So don't put things off. Watch for warning signs, know your risk factors and reduce any risks that you can. Plus, get the screening tests that can find cancer early.

What are the signs of breast cancer?²

Not everyone has the same warning signs. Some people don't have any signs at all – they find out they have breast cancer after a mammogram.

Common warning signs

- › New lump in the breast or underarm (armpit)
- › Thickness or swelling of part of the breast
- › Irritation or dimples on breast skin
- › Redness or flaky skin in the nipple area or on 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 the breast

Keep in mind that these can be signs of other things that are not cancer. But if you have any, see your doctor right away.

Protective factors that may help lower your risk³

- › Decreasing the length of time your breast tissue is exposed to estrogen by:
 - Giving birth at a younger age
 - Breastfeeding your children
- › Getting enough exercise (four or more hours a week)
- › Taking estrogen-only therapy after a hysterectomy
- › Following doctor's recommendations for medications or medical procedures for those at high risk

What are the risk factors?⁴

Some of the risk factors for breast cancer are: Being a woman, being age 50 or older and having certain breast cancer genes (BRCA1 and BRCA2). These are not the only risk factors, but some of the more common ones.

How often should I get a mammogram?

A mammogram is a simple screening and is one of the best ways to detect breast cancer. When caught early, it is easier to treat successfully.⁵ At age 40, women should talk with their doctor about when to start screening and how often to get a mammogram.

Together, all the way.[®]



Factors that raise your risk⁴

- › Using combination hormone therapy for more than five years
- › Personal history of breast cancer or other breast diseases
- › Family history of breast cancer (on either your mother's or father's side of the family)
- › Treatment with radiation therapy to the breast/chest
- › Exposure to the drug diethylstilbestrol, or DES (if you took DES during pregnancy or your mother took DES during her pregnancy with you)
- › Dense breasts (as seen by a mammogram)
- › Drinking alcohol
- › Starting menopause after age 55
- › Not being physically active

What does it mean if I have risk factors?⁴

- › Some women will get breast cancer without having any known risk factors.
- › Having a risk factor does not mean you will get breast cancer.
- › Most women have some risk factors and do not get breast cancer.
- › If you have breast cancer risk factors, talk with your doctor about ways you can lower your risk and about getting screened.

Lower your risk with healthy choices⁶

- › Keep a healthy weight.
- › Get regular exercise (at least 2 ½ hours of moderate a week).
- › Get enough sleep.
- › Don't drink alcohol, or limit alcoholic drinks to one per day.
- › If you take hormone replacement therapy or birth control pills, ask your doctor about the risks and find out if it is right for you.
- › Breastfeed your babies, if possible.



If you have a family history of breast cancer or the known genetic risk factors (BRCA1 and BRCA2), you may have a higher breast cancer risk. Talk with your doctor about ways to lower your risk.



1. American Cancer Society. "How Common Is Breast Cancer?" <https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html> (last medical review June 1, 2016/last reviewed January 5, 2017)

2. Centers for Disease Control and Prevention. "What Are the Symptoms of Breast Cancer?" https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm (last reviewed/last updated April 14, 2016)

3. National Cancer Institute. "Breast Cancer Prevention (PDQ®) – Patient Version." https://www.cancer.gov/types/breast/patient/breast-prevention-pdq#section/_12 (updated February 23, 2017)

4. Centers for Disease Control and Prevention. "What Are the Risk Factors for Breast Cancer?" https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm (last reviewed/last updated April 4, 2016)

5. American Cancer Society. "American Cancer Society Recommendations for the Early Detection of Breast Cancer." <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html> (last medical review June 1, 2016/last revised August 18, 2016)

6. Centers for Disease Control and Prevention. "What Can I Do to Reduce My Risk of Breast Cancer?" https://www.cdc.gov/cancer/breast/basic_info/prevention.htm (last reviewed/last updated April 14, 2016)

This is intended to be general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing and health care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.