

MY RECORD

Breast cancer awareness month stats to know

The signs said “I Knew a Fighter” and “I’m a Survivor.”

October is Breast Cancer Awareness Month. But for too many, including Health Plan of San Joaquin staff, every month is touched by breast cancer. Health plan staff took time out Oct. 22 and gathered in the lobby of the French Camp building to support breast cancer awareness.

Here is what the federal Centers for Disease Control and Prevention (CDC) want all Americans to know:

- Other than skin cancer, breast cancer is the most common cancer among American women no matter their race or ethnicity. Getting mammograms regularly can lower the risk of dying from breast cancer.

- About one in eight women will get breast cancer.

- The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, you should be sure to have a screening mammogram every two years.

- If you are 40 to 49 years old, talk to your doctor

about when to start and how often to get a screening mammogram.

Mammography is a covered benefit for members of Health Plan of San Joaquin’s managed-care Medi-Cal plan, as well as members of Covered California. In fact, thanks to the Affordable Care Act, every insurance plan is now required to offer mammograms as part of its preventative services.

For any woman who needs a mammogram, but is not covered for the cost, the CDC’s National Breast and Cervical Cancer Early Detection Program provides breast cancer screenings and diagnostic services to low-income, uninsured, and underinsured women across the United States.

Information: National Breast and Cervical Cancer Early Detection Program at nccd.cdc.gov/dpcp_Programs/, or the California Department of Health Service’s Every Woman Counts – Cancer Prevention Program, at (800) 511-2300.

– Information and photo submitted by Jill Center



Health plan staff took time out Oct. 22 gathered in the lobby of the French Camp building to support breast cancer awareness. Many held signs indicating they or someone they know has been affected.