Get the Facts About Breast/Chest Cancer

The U.S. Preventive Services Task Force recommends mammography every two years for people with breast/chest tissue ages 50-74. If you have a family history of breast/chest cancer talk to your doctor about when to start testing. If you are less than 50, discuss with your doctor for when and how often to get a mammogram. A mammogram may be uncomfortable, but the slight pressure you may feel for a few moments is better than a lifetime of pain that breast/chest cancer may cause.

MYTH	FACT
✗ Only women get breast/chest cancer.	✓ Anyone can get breast/chest cancer.
✗ I have a small chest/breast size and I don't need a mammogram.	✓ Cancer cells can spread to any breast/chest size. A person has a 1 in 8 chance of developing breast/chest cancer in their lifetime.
✗ Only some ethnic groups can get breast/chest cancer.	✓ Any person can get breast/chest cancer no matter the ethnic group.
✗ Since I have no family history of breast/chest cancer, I won't get it.	✓ Anyone can get breast/chest cancer whether they have a family history or not.
✗ My age determines my chances of getting breast/chest cancer.	✓ Age does not determine when you get breast/chest cancer, though there is a higher risk with certain age groups.
✗ I don't need a mammogram unless I feel a lump.	✓ Don't wait until you have a lump to get a mammogra done. 75% of breast/chest cancer sufferers do not have any signs such as lumps.
✗ Mammograms cause cancer.	✓ This test uses very little doses of radiation. It is used to detect breast/chest cancer early.

Take time for yourself.

If you have a disability, you can request special accommodations to get your screening. If you need interpretation at your visit, call our Customer Service Department.

www.hpsj.com/health

1-888-936-PLAN (7526) TTY 711 | **8:00 a.m. - 5:00 p.m.**

Health Plan of San Joaquin

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