

# Know now: Earlier screenings, better outcomes



## The battle to beat breast cancer

Breast cancer is the most common cancer in women – about one in eight will get it in their lifetime<sup>1</sup>. But thanks to advances in screening and treatment, a breast cancer diagnosis is no longer a death sentence.

Using modern mammography, breast cancer is being caught as early as Stage 0, before it can even be felt. This gives us critical time for life-saving treatments.

## Why screenings matter

Catching breast cancer in its early stages is key. The American Cancer Society recommends that all women age 40 begin getting yearly screenings<sup>2</sup>. However, if you have family history or other risk factors, you should talk to your doctor about starting even earlier.

## What technologies are being used

Breast cancer screening and diagnosis is more precise and comprehensive than ever, using a combination of tools:



- 3D mammograms that can capture detailed images, which can be especially useful in dense breast tissue
- Ultrasonography and MRIs (magnetic resonance imaging) that can pinpoint suspected abnormalities if additional imaging is needed
- Genetic screenings that can determine genetic risk for breast cancer, to aid treatment and alert family members



**Pick up your no-cost self-exam shower card to learn  
how you can take screening into your own hands**

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<sup>1</sup>American Cancer Society <sup>2</sup>breastcancer.org

# Mammogram myths

There are a lot of misunderstandings about breast cancer and its treatments that can cause anxiety and fear in potential patients. Knowing is the best medicine:



- Mammograms do not cause or spread cancer; the amount of radiation is less than what's emitted by your cell phone



- Breast cancer is not a death sentence. Early screening to detect pre-cancers can save lives



- Breast cancer isn't always genetic; about 85% of breast cancer happens in women with no family history<sup>3</sup>



- It's not only women; 1% of men can also develop breast cancer<sup>4</sup>

## You can fight breast cancer

And we are right here with you. We are committed to raising awareness and guiding those experiencing breast cancer back to wellness with comfort and care. Together, we can beat breast cancer.



## Make time for your wellness

**Your health is our mission. To schedule your annual mammogram, call 1-702-877-5390, TTY 711. Visit your provider to learn more.**



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<sup>3</sup>breastcancer.org <sup>4</sup>bcf.org

