

Breast Cancer



Breast cancer is the No. 1 cancer diagnosed and the second-leading cause of cancer deaths in women. A woman has a one-in-eight chance of developing breast cancer sometime during her life. When breast cancer is found and treated early, the five-year survival rate is 98%.

Signs & symptoms

- Changes in skin color and/or texture such as redness, rash or orange peel appearance
- Changes in size or shape of breast including swelling, dimpling or puckering
- Change in the appearance of nipple including nipple that is turning inward that normally has pointed outward or is scaly or cracked
- Spontaneous nipple discharge
- Lump or thickening in or near breast or in the underarm area

Risk factors

- Being a woman
- Being older than age 50 because risk of breast cancer increases with age
- Having a personal and or family history of breast cancer
- Inherited changes in the genes BRCA-1 and 2
- Taking hormone replacement therapy for more than five years

Early detection

Clinical breast exam

A clinical breast exam is when a health care provider looks for and feels for any changes in your breasts.

Mammogram

A mammogram is an X-ray of the breast. It can detect breast cancer two to three years before a lump can be felt.

Take charge

Every woman needs to talk with her health care provider about her risk factors for breast cancer to determine when to begin and how often to have clinical breast exams and mammograms. It is also important for women to be aware of what is normal for them and to see their health care provider if they notice any breast changes.

Know your benefits

In addition to the \$200 annual benefit for preventive screening services, mammograms are covered at 100 percent of the allowed charge and the deductible is waived. Benefits are available as follows:

- One service for Members between the ages of 35 and 40
- One service per year for Members age 40 and older

Additional benefits will be available for mammography services when Medically Appropriate and Necessary and ordered by a Professional Health Care Provider. See Outpatient Hospital and Medical Services.

Benefits outlined above apply to Members on the Grandfathered Benefit Plan. Members on the Non-Grandfathered or HDHP plans may contact Member Services at 800-223-1704 (Monday through Friday 8 a.m. – 5 p.m. CST) for clarification of coverage.

Information obtained from the North Dakota Cancer Coalition, North Dakota Cancer Registry, the American Cancer Society and the National Cancer Institute.



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