



The Good News About Breast Cancer

October is National Breast Cancer Awareness Month, and there's good news to report! The number of deaths from breast cancer has declined significantly in the United States — and early detection is a key. Annual mammograms and annual breast examinations are the best ways to detect breast cancer early — **before** symptoms develop – when it is easiest to treat.

HPR recommends that all women have an annual breast exam, beginning at age 40. Your physician is the best source for individual recommendations regarding breast care. HPR, the National Cancer Institute and the U.S. Preventive Service Task Force all agree that, generally, healthy women aged 50-69 should have a mammogram every 1-2 years, and women aged 40-49 and over 70 should have mammograms at their doctor's discretion.

HPR covers a routine annual mammogram with no co-payment for women aged 50-69, and for all others when ordered by an HPR participating primary care physician.