

# HMA

# Breast Cancer

## What To Know



**Understand the signs and symptoms of breast cancer, how to prevent it, and available treatments.**

### What is breast cancer?

Breast cancer happens when cancer cells grow in the breast or chest tissues. It mostly affects women, but men can get it too. Breast cancer is the second most common cancer among women.

### What symptoms should I look for?

**Some warning signs of breast cancer are:**

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Breast pain

Other conditions that are not cancer can cause these symptoms too. If you notice any of these symptoms, contact your doctor right away.

### What can I do to find breast cancer early?

A mammogram helps detect breast cancer early. Women 40 to 74 should have one every 2 years. If you're 40 to 49 or have close family with breast cancer, ask your doctor about screening sooner.

### Is a mammogram covered under my health plan?

Most health insurance plans cover the cost of screening mammograms. Check your member guide and plan documents to understand your plan specific coverage or call our customer care.

### What are the risk factors for breast cancer?

Reproductive history, age, genes, family history, and alcohol use can be risk factors, but having them doesn't mean you will get breast cancer. Contact your doctor to learn more about lowering your risk and breast cancer screening.

### Lifestyle changes that can reduce your chances of getting breast cancer:

Maintain and healthy weight

Exercise regularly

Don't drink alcohol, or limit alcoholic drinks to no more than one per day

Visit [accesshma.com](https://accesshma.com) to log in to your member account or if you have any questions, contact us by calling the Customer Care number on the back of your Member ID card.

\*Content sourced from the CDC Division of Cancer Prevention and Control <https://www.cdc.gov/breast-cancer/>