Do you know how important it is for women ages 50 to 74 to have a mammogram every 2 years?

If you are 40 to 49 years old, ask your doctor when to have a mammogram.

A mammogram is an exam that takes an X-ray picture of the breast. Mammograms can help find breast cancer early.

CalOptima is your partner in health care. Healthy You is our program to encourage you and your family to be healthy and to support you in getting the care that you need. If you have questions about Healthy You, please call CalOptima at 1-714-246-8500 or toll-free at 1-888-587-8088. OneCare members can call 1-877-412-2734. TDD/TTY users can call 1-800-735-2929. You can also visit our website at www.caloptima.org.

The people in the photographs that appear in this document are models and used for illustrative purposes only.
Did you know that…?

- CalOptima covers the cost of mammograms.
- You still need a mammogram even if you feel fine, have no pain or early signs of cancer.
- If no one in your family has had breast cancer, you still need a mammogram.
- Less than 15% of all women with breast cancer have a family history.
- Mammogram equipment used today is very safe. The amount of radiation you receive is small. Studies have shown that these levels are not harmful.
- Your risk of getting breast cancer is greater as you age.
- In the U.S., 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- Except for skin cancer, breast cancer is the most common cancer in American women.

What happens during a mammogram?
During the exam, you and the person taking the picture are the only ones in the room. Your breast will be placed between 2 X-ray panels to flatten and spread the breast tissue. This lasts a few seconds and it is the best way to get a clear picture. The whole exam takes about 20 minutes.

We care about your health and want you to get routine mammograms. Talk with your doctor to find out what age is right for you to get a mammogram. Getting a mammogram is very important to your health!

Tips for having a mammogram:

- Try not to have your mammogram the week before your period or during your period. Your breasts may be tender or swollen during this time.
- Do not wear antiperspirant, powder or deodorant. These can show up as white spots on the X-ray picture.
- You may want to wear a skirt or pants, so that you’ll only need to remove your blouse for the exam.
- Take a few moments before the exam to talk about any concerns or ask questions.

If you have chosen in the past not to get a mammogram because you are afraid of the results, you are not alone. It can be scary to think about it and stressful waiting for test results. Keep in mind that only 2–4 of every 1,000 mammograms leads to a diagnosis of cancer. Many women go on to live long and healthy lives when breast cancer is found early.

How can I reduce my risk of breast cancer?

- **Get your routine mammogram screening.**
- **Keep a healthy weight.**
- **Exercise at least 4 hours each week.**
- **Limit alcohol.**
- **Breastfeed your babies, if possible.**

Have you told women you care about, such as your mother, sister, daughter or friends to get a mammogram? Women lead very busy lives and often spend a lot of time caring for other people. Remember that it is very important to take the time to do something good for yourself as well. If you have not had your mammogram, please call your doctor about this today. It could save your life.