

## Blog/Newsletter Article

### Don't Believe These Mammogram Myths

We can count on two things every October — pumpkins and pink ribbons. While pumpkins symbolize the beginning of fall and Halloween, pink ribbons are a symbol of breast cancer awareness and the importance of early detection.

### Don't Put Off Your Mammogram

Behind skin cancer, breast cancer is the second most common form of cancer in women. In fact, it's estimated that one in eight women will get breast cancer in her lifetime.<sup>1</sup> And it doesn't impact all women equally.

- While white women have the highest incidence of breast cancer in the U.S., black women are more likely to die from it.<sup>2</sup>
- And breast cancer is the leading cause of cancer death and the most common cancer among Hispanic women.<sup>3</sup>

Cancer treatment options and success rates continue to improve, and the earlier it's found, the better. Some women put off their mammogram because they don't have health insurance or a way to get to the doctor, they think they can't afford the cost, or there's not an imaging facility nearby. If you need help getting to the appointment or you can't afford it, there are programs that can help. Now, let's bust a few other common myths so every woman understands why getting a regular mammogram should be on her to-do list.

### Busting Myths About Breast Cancer and Mammograms

**Myth 1:** I don't need a mammogram because I do self-exams.

**Fact:** Self-exams are important, but screening mammograms look for signs of disease *before* you have symptoms. They can find breast cancer early — up to three years before a lump can be felt.<sup>4</sup>

**Myth 2:** My family history decides whether I'll get breast cancer.

**Fact:** Having a relative with breast cancers does increase your risk, but it's not a sure thing. More than 85% of women diagnosed with breast cancer have no family history of it.<sup>5</sup> Knowing your family history should motivate you to get screened regularly so that breast cancer is caught early — when it's small, hasn't spread, and is easier to treat.

**Myth 3:** I can't afford a mammogram.

**Fact:** Most health plans cover yearly screening mammograms for women aged 40 and older at a \$0 copay. **If you don't have health coverage, you may be able to get a low- or no-cost mammogram.** Call the Florida Department of Health's Florida Cancer Program (not affiliated with Florida Blue) at 850-245-4144 or call a Florida Blue Center at 877-352-5830 and ask a community specialist for help finding care and transportation.

### Ready to schedule your mammogram?

Mammograms take just 15 minutes, and they can save your life. Learn more about getting your mammogram at [floridablue.com/mammogram](http://floridablue.com/mammogram).

<sup>1</sup><https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>

<sup>2</sup><https://www.kff.org/womens-health-policy/fact-sheet/coverage-of-breast-cancer-screening-and-prevention-services>

<sup>3</sup><https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=61#:~:text=Age-adjusted%20percentages%20of%2>

<sup>4</sup>[https://www.cdc.gov/cancer/breast/basic\\_info/mammograms.htm](https://www.cdc.gov/cancer/breast/basic_info/mammograms.htm)

<sup>5</sup><https://www.cancer.org/cancer/breast-cancer/breast-cancer-quiz.html>