

Busting Breast Cancer Myths

Don't let fear keep you from a life-saving mammogram



MYTHS

I don't feel any lumps, so I don't need a mammogram.



A lump means I have cancer.



I'm not at risk. My family didn't have breast cancer.



My family history of breast cancer means I'll get it.



Mammograms hurt and are embarrassing.



I can't prevent breast cancer.



I can't afford a mammogram.



FACTS

Screening mammograms can find breast cancer early – up to three years before a lump can be felt.¹ Finding cancer early can make it easier to treat.²

Most breast lumps are not cancer.³ Lumps can be caused by many things,⁴ including hormones, birth control, pregnancy, or injuries.

More than 85% of women diagnosed with breast cancer have no family history of it.⁵

Having a relative with breast cancer increases your risk, but it doesn't mean you will get it. Tell your doctor about your family history, get screened every year, and reduce your risk with healthy lifestyle choices.

Some people find mammograms slightly uncomfortable, but they shouldn't be painful. For advice on what to expect, call a Florida Blue Center nurse at 877-352-5830.

Healthy lifestyle choices can help reduce your risk of breast cancer.⁶ Maintain a healthy weight, don't smoke, limit alcohol, exercise, learn to manage stress, and limit sugar, processed foods and red meat.

Most health plans cover yearly screening mammograms for women age 40 and older for a \$0 copay. **If you don't have health coverage, you may qualify for a low- or no-cost mammogram⁷.** Call the Florida Cancer Program⁸ at 850-245-4144 or a Florida Blue Center community specialist at 877-352-5830.



Mammograms take about 15 minutes!

Learn more about mammograms and breast cancer at floridablue.com/mammogram.

Florida Blue

Your local Blue Cross Blue Shield

Sources

- ¹ https://www.cdc.gov/cancer/breast/basic_info/mammograms.htm
- ² <https://www.cancer.gov/types/breast/patient/breast-screening-pdq>
- ³ https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm
- ⁴ <https://www.cancer.gov/types/breast/breast-changes>
- ⁵ <https://www.cancer.org/cancer/breast-cancer/breast-cancer-quiz.html> Question 1
- ⁶ <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/can-i-lower-my-risk.html>
- ⁷ <https://www.floridahealth.gov/diseases-and-conditions/cancer/breast-cancer/bccedp.html>
- ⁸ The Florida Cancer Program is run by the Florida Department of Health. It is not affiliated with Florida Blue. Learn more at [floridahealth.gov/cancer](https://www.floridahealth.gov/cancer).

