Be there for life's moments

Stay up to date with your breast cancer screenings

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Get a clear picture of your breast health

Early detection is key. Your routine mammogram could be one of the most important selfies you'll ever take. It can spot potential problems sooner, giving you more treatment options. Know the guidelines and the steps you can take to live healthy.

Steps to prevention

Get screened

Prevention can save your life. Breast cancer screening guidelines for women at average risk for breast cancer generally recommend the following:

Age	How often
Women ages 40 to 49	Talk with your doctor about when to start getting mammograms and how often to get them.
Women ages 50 to 74	Get mammograms every 2 years. Talk with your doctor to decide if you need them more often.

It's a good idea to ask your doctor about office visit exams, as well. Many doctors recommend a yearly exam.

Reduce your risk

Simple lifestyle changes can help reduce the risk of cancer to enjoy better health.

- Maintain a healthy weight for your height and age. Less fat means lower estrogen levels and lower cancer risk.
- Exercise for at least 30 minutes a day. Walk, run, bike, go to the gym — it all works.
- Limit alcohol to 2 to 3 drinks per week.
- Still smoking? Think about getting the help you need to quit.

Did you know?

Your Aetna plan covers 3D mammograms.

Good news — you have several options for your breast cancer screening, such as traditional or 3D mammograms. Just simply talk to your doctor to find out which option is best for you.

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