

GET A MAMMOGRAM ONCE A YEAR IS ALL IT TAKES.



You lead a busy life – and finding time to be screened for breast cancer can be challenging. But this simple screening is one of the best ways to detect breast cancer. And, when caught early, the odds of recovering from breast cancer are much higher.

Did you know?

According to the American Cancer Society:*

- Almost one in every eight women will be diagnosed with invasive breast cancer sometime in their lives.
- Aside from skin cancers, breast cancer is the most common cancer among American women.
- Breast cancer is the second leading cause of cancer death in women. The chance of dying from breast cancer is about one in 35.

The good news is that death rates from breast cancer have been decreasing in the past 20 years, especially for women younger than 50 years old. Earlier testing through mammograms, as well as improved treatment, are likely factors.

If you are 40 or older, it's recommended that you have a mammogram every one to two years. Talk to your doctor about your family history and risk factors.

Together, you can decide how often and at what age you should be getting a mammogram.

Need another reason?

Make an appointment and get a mammogram before December 31, 2012, and you'll automatically be entered into a drawing for one of 25 gift cards to Château Élan. Each gift card includes a deluxe overnight room at the Inn at Château Élan for two nights with breakfast for two, lunch and dinner for two at the Versailles Restaurant or Café Élan, one bottle of Château Élan wine delivered to your room and one rose petal turndown.

To schedule your mammogram, call your primary care doctor or OB-GYN for information on how and where you can get a mammogram. To find an OB-GYN near you, visit Cigna.com/SHBP or call 1.800.633.8519.

Why not
call today?
You'll be
glad you did.

GO YOUSM



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