



The best care starts now.

With early detection, you're more likely to beat breast cancer.

Breast cancer awareness is an essential part of women's health, and new advancements can help fight the disease more effectively. By following the right preventive steps, you can help make early detection easier and improve the chances of successful treatment.

Those steps include:



Getting regular
mammograms
as recommended
by your doctor



Performing a
breast self-exam once
a month



Talking to your doctor
about changes

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1 in 8 women are diagnosed with breast cancer in their lifetime



Keep up with mammogram recommendations.

Current guidelines recommend a mammogram every two years for individuals ages 40 to 74. If you have a family history or other risk factors for breast cancer, or notice any symptoms or changes in your breasts, you should talk to your doctor about the best screening schedule.

It won't cost you anything out of pocket, either.

Preventive screenings are fully covered for women 40 and older.

Mammograms can help detect breast cancer early, when treatment has a higher rate of success.

Examine your breasts every month.

A quick, monthly check allows you to take your health into your own hands. It can help you understand the normal consistency and appearance of your breasts, so you can more easily recognize changes that might indicate breast cancer. Self-exams can be performed in the shower, in front of a mirror, or lying down. If you see or feel something unusual, let your doctor know immediately.

Set a monthly reminder on your phone for self-exams so you don't forget.

Discuss any concerns with your provider.

There can be many causes for changes to your body, so don't panic. But anytime you notice a change, discuss it with your doctor. Signs to look for include:

- Nipple tenderness
- A lump or thickening of the tissues in or near the breast or armpit
- A change in skin texture, such as more noticeable pores around the breast
- Milky discharge that is not associated with breastfeeding
- Unexplained changes in size or shape
- Dimpling of the breast
- An inward or inverted nipple
- Scaly, red, or swollen skin around the breast or nipple

Remember: The only way we'll beat breast cancer is by facing it. Talk to your doctor, check yourself monthly, and schedule regular mammograms.

Turn to Univera Healthcare for more resources on breast cancer detection and awareness, as we help women across Western New York get the care and support they need to make health a priority.



**Right here.
For you.**