

## Do you have questions?

Call our 24-hour Nurse  
Advice Line.  
We are here to help you..



**(800) 606-9880**  
**TTY: 711**

Distributed by Passport by  
Molina Healthcare. All material in  
this brochure is for information  
only. It does not replace your  
provider's advice.

To get this information in other  
languages and accessible formats,  
please call Member Services. This  
number is on the back of your  
Member ID card.

**PassportHealthPlan.com**



# Breast Cancer

## Reduce Your Risk



## How can you help prevent breast cancer?

- **Get yearly checkups with your provider.** Keep all of your appointments.
- **Notice the normal look and feel of your breasts.** Report any changes to your provider.
- **Exercise to keep a healthy weight** Women who are overweight are more likely to develop breast cancer.
- **Eat a healthy diet to keep a healthy weight.** Eat foods low in fat and salt. Eat fruits, vegetables and whole grains.
- **Limit alcohol.**
- **Do not smoke.** If you smoke, quit.

## What is breast cancer?

Breast cancer refers to a dangerous tumor that develops from cells in your breasts. The tumor is a group of cancer cells that can grow and spread to other parts of your body.

## What are the risk factors for getting breast cancer?

- You are 50 to 74 years of age and older.
- A family member has or had breast cancer.
- You had your first period before age 12.
- You began menopause after age 55.
- You have no children.
- Your first child was born when you were 35 years of age or older.

There are three ways to help detect breast cancer early. They are:

- **Mammograms** – Complete every 2 years for women 50 to 74 years of age.
- **Clinical breast exams** – Complete once a year in your provider's office.
- **Breast self-awareness** – Report any changes in your breasts to your provider.

Breast cancer can be treated if found early.