3 important reasons to schedule an annual breast exam today

Women of all ages can take a big step toward better health by scheduling an annual breast exam. After all, breast cancer is a serious risk for women: 1 in 8 will have breast cancer during their lifetimes.¹

Early detection is the best way to improve your chances of living a healthy and cancer-free life. Besides the peace of mind that comes with a clean bill of health, here are three great reasons to make your appointment today.

1. Increase your ability to fight and win.

When diagnosed early, breast cancer is easier to treat — giving you the winning advantage. Clinical breast exams and mammograms are two tests that can help detect breast cancer.

2. Protect your family tree.

A family history of breast cancer doesn’t mean you’ll automatically be diagnosed with it too, but it can play an important role in determining your risk. When you’re better informed about your health, you can better inform the other women – and men – in your family about their own risk factors. Make a breast-exam appointment to better protect the ones you love.

3. Put extra cash in your wallet.

If you have medical or supplemental health care coverage, you may have a wellness benefit. Insurance providers want you to be healthy, so many reward you for taking preventive steps to protect your health.


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