



## Mammography saves lives

Among women in the US in 2019, an estimated **268,600** cases of invasive breast cancer will be diagnosed, and **41,760** deaths will occur. Overall, female breast cancer death rates have been declining since 1989 in the US, in large part, due to early detection by mammography screening and improvements in treatment.

### Mammogram

A mammogram is a low-dose x-ray that allows doctors called radiologists to look for changes in breast tissue.

A mammogram can often find or detect breast cancer early, when it's small and even before a lump can be felt. This is when it's easiest to treat.

A screening mammogram is used to look for signs of breast cancer in women who don't have any breast symptoms or problems. X-ray pictures of each breast are taken from 2 different angles.

Mammograms can also be used to look at a woman's breast if she has breast symptoms or if a change is seen on a screening mammogram. When used in this way, they are called diagnostic mammograms. They may include extra views (images) of the breast that aren't part of screening mammograms. Sometimes diagnostic mammograms are used to screen women who were treated for breast cancer in the past.

Annual screening  
mammography  
starting at age  
40 saves most lives.

### Get the Facts

**40** Is the age at which women should start getting annual mammograms.

**37%** reduction in breast cancer deaths since mammography screening became widespread in 1990.

**1 in 6** breast cancers occur in women ages 40-49.

**3 of 4** women diagnosed with breast cancer have no family history of the disease.

### Health and Welfare Fund

By utilizing an in-network provider (which can be found on the Welfare Fund website) your annual screening mammogram is covered under preventative services. **Plan pays 100%; no deductible.**

The American Cancer Society recommends 1 screening per calendar year beginning at age 40 .



# Women's Health

Every woman should make time for healthy habits — regular exercise, stress management, and choosing the right foods. Scheduling routine health screenings can detect potential problems early.

## What steps can women take for better health?

### Get Active!

Exercise can help you control your weight and lower your risk of heart disease and stroke. Choose activities you enjoy, from brisk walking to ballroom dancing.

### Maintain a Healthy Weight.

Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer.

### Eat Healthy!

Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat, added sugar and sodium.



It's that time again...

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Open Enrollment  
with Local 655 Welfare Fund

## DEADLINE

- Please submit your 2020 Open Enrollment Form by **October 31, 2019**.
- If you are not making any changes to your plan, you **DO NOT** need to return the Form.
- Please contact the Fund Office if you have any questions regarding Open Enrollment. 314.835.2700 or 1.866.565.2700