

# October is National Breast Cancer Awareness Month



Early detection and awareness are the best defense against breast cancer, so it's important to follow the recommended screening guidelines for self-exams, clinic visits, and mammograms.

- Women should perform monthly self-examinations and see a health care provider for a clinical breast exam at least every two years starting in their early 20s.
- Women age 40 to 49 should talk with their doctor about when to start getting mammograms and how often to get them.
- Women age 50 to 74 should get a mammogram every two years.

For more information, visit our health library at [bsneny.com/healthandwellness](https://bsneny.com/healthandwellness) or call one of our health coaches at 1-877-878-8785, option 2



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