

Breast Health

Screenings are critical to detect all types of cancer, including breast cancer. Are you due for a mammogram? Schedule one today.

What is breast cancer screening?

According to the Centers for Disease Control and Prevention (CDC), breast cancer screening means checking a woman's breasts for cancer before there are signs of the disease.¹ A screening can help find breast cancer early, when it is easier to treat.

According to the United States Preventive Services Task Force, women between the ages of:

- 40 and 49 should talk to their doctor or other healthcare provider about when to start getting, and how often to get, breast cancer screenings, such as a mammogram
- 50 and 74 should have a mammogram every two years

Types of breast cancer screenings

Mammogram

A mammogram:

- Is an X-ray of the breast
- Is the best way to find breast cancer early, when treatment is easier and before cancer is big enough to feel or cause symptoms
- Can help lower the risk of dying from breast cancer
- Is a covered benefit for Medicaid members in Ohio

Learn about mammography recommendations for women at **average risk of breast cancer** and for women at **higher than average risk of breast cancer**.

Breast Magnetic Resonance Imaging (MRI)

A breast MRI:

- Uses magnets and radio waves to take pictures of the breast
- Is used along with mammograms to screen women who are at high risk for getting breast cancer
- Is not used for women at average risk of getting breast cancer

Clinical Breast Exam

During a clinical breast exam, a doctor or nurse uses his or her hands to feel for lumps or other changes in the breast.

Getting a mammogram

According to the Susan G. Komen® organization, you should keep in mind the following before, during, and after getting a mammogram²:

Before your mammogram

- Avoid using antiperspirants, deodorants, lotions, perfumes, or powders on your breasts and underarm areas, as ingredients in these products can show up on a mammogram and make reading it harder
- Wear a shirt you easily can remove, as you will have to undress from the waist up

During your mammogram

- Each breast is pressed between two plates
- Two X-ray images are made of each breast – one with the X-ray beam aimed from top to bottom, and one with the X-ray beam aimed from side to side
- The screening will take about 15 minutes

After your mammogram

- Some healthcare providers give results immediately
- Some healthcare providers can take up to two weeks to give results
- Contact your healthcare provider if you do not get your results in two weeks
- Don't assume that your results are normal if you don't hear from your healthcare provider

1. "What is Breast Cancer Screening." The Centers for Disease Control and Prevention. https://www.cdc.gov/cancer/breast/basic_info/screening.htm, opens new window. Last accessed: August 28, 2020.
2. "Getting a Mammogram." The Susan G. Komen organization. <https://ww5.komen.org/BreastCancer/Getting-a-Mammogram.html>, opens new window. Last accessed: August 28, 2020.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **877-856-5702 (TTY: 711)**. We are available Monday through Friday, from 7 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your preferred language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

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You can also file a civil rights complaint with the:
 - **Ohio Department of Medicaid (ODM), Office of Civil Rights** by emailing ODM_EEO_EmployeeRelations@medicaid.ohio.gov, faxing **614-644-1434**, or mailing to P.O. Box 182709, Columbus, Ohio 43218-2709; or
 - **U.S. Department of Health and Human Services, Office for Civil Rights** electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**.
Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **877-856-5702 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons in Ohio is a Medicaid Product of Humana Health Plan of Ohio, Inc.

Language assistance services, free of charge, are available to you.
877-856-5702 (TTY: 711)

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

नेपाली (Nepali): निःशुल्क भाषासम्बन्धी सहयोग सेवाहरू प्राप्त गर्नका लागि माथिको नम्बरमा फोन गर्नुहोस्।

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Soomaali (Somali): Wac lambarka kore si aad u hesho adeegyada caawimaada luuqada oo bilaash ah.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

Kiswahili (Swahili): Piga simu kwa nambari iliyo hapo juu ili upate huduma za usaidizi wa lugha bila malipo.

Українська (Ukrainian): Зателефонуйте за вказаним вище номером для отримання безкоштовної мовної підтримки.

繁體中文 (Traditional Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Ikinyarwanda (Kinyarwanda): Hamagara numero iri haruguru uhabwe serivisi z'ubufasha bw'ururimi ku buntu.

简体中文 (Simplified Chinese): 您可以拨打上面的电话号码以获得免费的语言协助服务。

دري (Dari): برای دریافت خدمات رایگان کمک زبانی با شماره بالا تماس بگیرید.

پشتو (Pashto): د وړيا ژبې ملاتړ ترلاسه کولو لپاره پورته شميرې ته زنگ ووهئ.

አማርኛ (Amharic): ነፃ የቋንቋ ድጋፍ አገልግሎቶችን ለማግኘት ከላይ ባለው ስልክ ቁጥር ይደውሉ።

ગુજરાતી (Gujarati): મફત ભાષા સહાય સેવાઓ મેળવવા માટે ઉપર આપેલા નંબર પર કોલ કરો.