

# The importance of a mammogram



A mammogram is an X-ray of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer.



**Breast cancer is the No. 1 cancer diagnosis for women in Arkansas.**



**One in every eight women in Arkansas will be diagnosed with breast cancer.**



**Approximately 2,100 women in the state of Arkansas will develop breast cancer this year and 440 will die of the disease.**

## Not sure what your health plan covers?

Contact your benefits administrator to find out more or call the customer service number on the back of your member ID card.