

healthy choices



live well. be well.

Breast Cancer

Awareness and Facts

1 in 8 women in the United States will be diagnosed with breast cancer in their lifetime.

In 2022, an estimated 287,500 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 51,400 new cases of non-invasive (in situ) breast cancer.

What symptoms should I look for?

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in the breast.

Preventative Benefits with the Welfare Fund

Routine mammograms (*1 per calendar year beginning at age 40) It's very important to stick to your scheduled mammogram.

*covered as outlined by American Cancer Society

Plan pays 100 % no deductible when you choose an in-network provider.





Women's Health Screening Routines



Woman Health Screenings
Important at EVERY age!

Under 20 Years



Vaccination against the human papillomavirus (HPV) is the best way to prevent cervical cancer and some forms of cancer later in life. The Food and Drug Administration (FDA) recommends that women as young as eleven years old, are candidates to receive the HPV vaccine.

20-29 Years



Women should get a Pap test every three (3) years to screen for precancer and cell changes. Perform monthly self-examinations on your breasts for any lumps, hardness, or tender areas, but in your mid- twenties, discuss the frequency of clinical breast examinations with your Primary Care Physician, especially if you have a family history of breast cancer. Continue to update your Primary Care Physician with any cancer-related surgeries or cause of deaths in your family so they can make informed decisions about your screening frequency and health.

30-39 Years



Establishing a regular routine in your twenties can help keep routine health screenings at a minimum in your thirties. In addition to regular Pap tests, an HPV test administered every five (5) years can help detect forms of cervical cancer.

40-49 Years



If your Primary Care Physician has not already recommended clinical breast cancer screenings, start annual mammograms at 40 years old. If you are at average-risk for colorectal cancer, start screenings via colonoscopy or at-home stool-based tests in your mid-forties.

Over 50 Years



Women who smoke or used to smoke should ask your Primary Care Physician about getting a low-dose spiral computed tomography (CT) scan for lung cancer. Hepatitis C is the leading cause of liver cancer, so Hepatitis C testing is recommended for those women in their late fifties or born between 1945-1965.



**HAVE YOU RECEIVED YOUR 2023 OPEN ENROLLMENT FORM?
IF YOU HAVEN'T, PLEASE CONTACT THE FUND AT
314.835.2700 or 1.866.565.2700**

**ALL PARTICIPANTS ARE REQUIRED TO SUBMIT
AN OPEN ENROLLMENT FORM FOR 2023**

