

Tools for healthy aging . . .

Mammograms: Detect breast cancer early



Kansas Foundation for Medical Care, Inc.

Why every woman should get a mammogram

- Breast cancer is the second leading cause of cancer deaths for women in the United States.
- Advancing age is the strongest risk factor for breast cancer, even stronger than family history.
- Mammograms have been shown to save lives by detecting breast cancer early, when it is most treatable.

Who is at risk

- Breast cancer occurs most frequently in women during their 60s, 70s and 80s. More than half of all breast cancer cases occur in women 65 and older.

<u>If Current Age is:</u>	<u>Chances of Getting Breast Cancer</u>
30	1 out of 229
40	1 out of 69
50	1 out of 42
60	1 out of 29
70	1 out of 27
Lifetime Risk	1 out of 8

Getting A Mammogram Is Easy

- While it is important to conduct monthly self-examinations and have annual clinical breast examinations, a mammogram is still the **best tool** available to detect breast cancer early. When breast cancer is diagnosed at an early stage, over 96 percent of these women survive for more than five years. There are more than 2 million breast cancer survivors in the United States today.
- A mammogram is a simple procedure, lasting only about 15 minutes.
- The easiest way to schedule a mammogram is to call your doctor.
- Medicare helps pay for mammograms:

Service	Who is covered ...	What you pay ...
Once every year.	All women with Medicare Part B age 40 and older.	20% of the Medicare approved amount with no Part B deductible.

Who is the Kansas Foundation for Medical Care, Inc. (KFMC)?

- KFMC is:
 - A private, not-for-profit business
 - The federally designated Medicare Quality Improvement Organization (QIO) in Kansas since 1972
 - Responsible for assuring and improving the quality of healthcare given to Kansans enrolled in Medicare and Medicare-contracted health maintenance organizations (HMOs)
 - Responsible for promoting the rights of Medicare beneficiaries
- For more information, call KFMC, at **1-800-432-0407**. Tools include:
 - Information about the rights of Medicare beneficiaries
 - Information about KFMC's role in protecting those rights
 - Information regarding preventive healthcare
 - Free resource guidebooks on Medicare topics
- Call the **KFMC Help Line at 1-800-432-0407** if:
 - You need information about your Medicare rights, responsibilities, or protections
 - You want to report a Medicare beneficiary quality of care issue