

For Your Health

Breast and Cervical Cancer Screening

At Aetna, we believe there is nothing more important than your health. That's why we're pleased to give you information to help you manage your health.

Read on to learn more.

Get Your Mammogram Regularly

One of the most important things you can do is to schedule and keep your appointments for preventive care, such as your mammogram and Pap smear. Screening tests such as mammograms can find diseases early when they are easier to treat. All women are encouraged to undergo regular screening for breast cancer. Talk to your doctor about this recommendation.*

Self-care steps:

- Have a mammogram every 1 to 2 years after the age of 40.
- Have a clinical breast exam by your physician or health care professional. This is usually done during your periodic health exam.

*Breast cancer screenings are based on recommendations from the National Cancer Institute available at www.cancer.gov/newscenter/mammstatement31jan02.

**Cervical cancer screenings are based on recommendations from the American College of Obstetricians and Gynecologists, available at www.acog.org/from_home/publications/press_releases/nr07-31-03-1.cfm, and the American Cancer Society, available at www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp.

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- Speak to your doctor about breast self-exam.
- Visit the Aetna IntelliHealth® website at www.intelihealth.com/breastexam for more information about how to perform breast self-examination.
- Visit our Women's Health website at <http://womenshealth.aetna.com> to learn more about Breast Health.

Cervical Cancer Can Often Be Cured, If Found and Treated Early

The most important risk factor for cervical cancer is infection with certain types of HPV (human papillomavirus). A Pap smear or Pap test can find changes caused by HPV infection and pre-cancer early, when it is most treatable.

Self-care steps:

- Have a Pap smear every year if you are under age 30 years. If you are age 30 or older, have a Pap smear every 1 to 3 years (up to every three years after three consecutive years of normal results), or HPV DNA test plus a Pap smear every three years if results of both tests are negative. Talk to your doctor about this recommendation.**
- Get an annual gynecological exam regardless of how often you undergo a Pap smear.

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