FSP | The Family Security Plan®

EARLY DETECTION IS PROTECTION

Finding breast cancer in its earliest stages, when it is easier to treat, is the key to successful outcomes. When detected early, the 5-year relative survival rate for breast cancer is 99%!

HER Fight IS MY Fight

WHY IT MATTERS

1 IN 8 WOMEN
WILL BE DIAGNOSED WITH BREAST CANCER IN THEIR LIFETIME.

MOST EARLY DETECTIONS COME FROM ROUTINE SCREENINGS—NOT SYMPTOMS.

2 MIN

EVERY 2 MINUTES, A WOMAN IN THE U.S. IS DIAGNOSED WITH BREAST CANCER.

EXPERT-RECOMMENDED GUIDELINES NOW SUPPORT BEGINNING MAMMOGRAMS AT AGE 40, PROJECTING A POTENTIAL 20% REDUCTION IN MORTALITY.

5 SIMPLE STEPS FOR EARLY DETECTION

1 Schedule Your Mammogram
- Women aged 40+ should talk to their doctor about starting annual screenings.
- Screening is the best tool for early detection and prevention.

2 Know What's Normal for You
- Look for changes like:
  - o Lumps or thickening
  - o Skin dimpling or redness
  - o Nipple changes or discharge
- Report any changes—even if recent tests were normal.

3 Learn Your Risk Factors
- Family history, genetic factors (like BRCA1/2), and lifestyle all matter.
- High-risk individuals may need earlier or more frequent screenings.

4 Practice Breast Awareness
- Get familiar with how your breasts look and feel at different times in your cycle.
- Stay alert—not just during October!

5 Encourage a Friend
- Share this info, remind a loved one to book a screening, or support someone going through treatment.
- Awareness grows through conversation.

An unexpected Critical Illness can really impact your finances. Learn more about how **The Family Security Plan® Critical Illness Insurance** can help you. **Call today!** (855) 789-4976

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