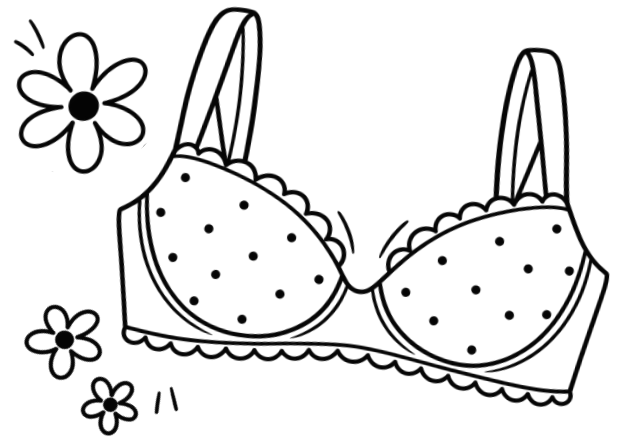


# Early Detection Is Protection



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%!

## 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:
    - Lumps or thickening
    - Skin dimpling or redness
    - 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.



## 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.**



**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.**

An unexpected Critical Illness can really impact your finances. Learn more about how **The Family Security Plan® Critical Illness Insurance** can help you.

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