



FOR IMMEDIATE RELEASE

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Oklahoma HMO shares breast cancer awareness information

Women who get screened regularly have 47% lower risk of dying from breast cancer

OKLAHOMA – According to the World Health Organization, breast cancer impacts 2.1 million women each year and is the most frequent cancer for women. October is National Breast Cancer Awareness Month, a time to raise awareness of the disease and the importance of detecting breast cancer early. GlobalHealth, an Oklahoma-based health insurance provider, is supplying information to educate Oklahomans on breast cancer and the importance of breast cancer screenings.

“With an estimated one in eight women in the U.S. expected to develop breast cancer at some point in their lives, this disease is a serious health concern,” said Becky Anderson, director, utilization management at GlobalHealth. “For women over 50, a screening mammogram is the best way to detect breast cancer early. It is important to speak to your primary care physician (PCP) about scheduling one.”

GlobalHealth is providing information to help Oklahomans prevent and treat breast cancer:

What is breast cancer? According to the Centers for Disease Control and Prevention, breast cancer occurs when cells in the breast grow out of control. A tumor is usually formed, which can be seen on an X-ray or felt as a lump. Breast cancer can spread to other parts of the body, which means the cancer has metastasized.

Who is at risk? The main factors that increase the risk of having breast cancer are being a woman and getting older, as most breast cancers are diagnosed after age 50. Women with a family history of breast cancer, dense breasts or a personal history of breast cancer are also more likely to develop the disease. Being overweight, taking hormones and not being physically active are additional risk factors.

Early detection. In order to improve breast cancer outcomes and survival rates, early detection is critical. You can proactively notice symptoms of breast cancer, such as lumps, pains or changes in size by performing a breast self-exam. You can also get a clinical breast exam (CBE) from a trained health professional, which includes an examination of both breasts. A

mammogram is the most common screening used for breast cancer and involves taking X-rays of the breast to find tumors that may be too small to feel. The United States Preventive Services Task Force recommends that women over 50 get a mammogram every two years, and those between 40 and 49 should talk to their PCP about when to start and how often to get screened. Women with higher risks should speak to their physician about screening prior to age 40.

Because there are many tests available to check breast tissue for tumors, it is important to speak with your PCP to ensure you receive the breast cancer screening that is right for you. Many of these standard tests, including mammograms, are covered by preventive care. GlobalHealth members do not need a referral for mammograms.

About GlobalHealth

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering individuals in all 77 Oklahoma counties. Working proactively with its members, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state, education and municipal employees, federal employees, and individuals who are eligible for Medicare. To learn more, visit www.GlobalHealth.com.

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