

# MedBen

# WellCare

benefitness for you.

Vol. 3, No. 10

October 2015

## For Breast Cancer Awareness, Think Pink

This month, you may notice a lot of people are wearing pink and showing support for those affected by breast cancer. As the second leading cause of cancer death in women, it's easy to understand why it gets so much publicity.

The good news? Survival rates have increased from 75% in 1975 to over 90% today. This means the publicity, along with wellness programs like MedBen WellLiving, are proving to be successful. More women are getting checked and catching breast cancer in its earlier stages, thereby getting a better prognosis.

Though it is good to self-examine monthly, MedBen WellLiving recommends any woman 40 years or older receive a mammogram every two years. Of course, depending on your family history, a physician may recommend earlier or more frequent screenings.

Preventing breast cancer is much like preventing many other diseases: exercise regularly, maintain a healthy diet, and discuss any concerns with your family physician while getting all recommended screenings.

To determine your compliance with mammograms and other important screenings, please visit MedBen Access by going to [medben.com](http://medben.com) and selecting "MedBen Access."



## Early Stage Detection Improves Survival Rates

### Stages 0-1

- Cancer cells confined; **100% survival rate**

### Stage 2

- Cancer has begun to grow/spread, but treatment generally effective; **93% survival rate**

### Stage 3

- Considered to be advanced cancer, as cancer cells invade surrounding tissues near the breast
- Still a growing number of effective treatment options; **72% survival rate**

### Stage 4

- Cancer has spread to other areas of the body
- Considered incurable, but with medical and technological advances, women are living longer; **22% survival rate**

*Percentages are based on 5-year relative survival rates from the National Cancer Institute.*

SOURCES: National Breast Cancer Foundation, American Cancer Society, Cancer Treatment Centers of America

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