



## Breast Cancer Awareness

Breast Cancer Screening is a covered benefit for most health care plans. Ask your doctor when you should be screened for breast cancer.

Some groups of women are at higher risk for breast cancer than others. These include women over 40 years old and women who had their first child after age 30.

Routine breast cancer screenings (CBEs) are performed by your doctor. Mammograms (breast x-rays) allow the detection of cancer at its early stage. The earlier cancer is caught, the more likely it is to be treatable.

**The Breast and Cervical Screening Program** provides breast and cervical cancer screenings to eligible women. Those with results that cause concern get follow-up tests. Women diagnosed with breast or cervical cancer or pre-cancerous conditions are enrolled for treatment coverage through TennCare. **For any service (screening, diagnosis, or treatment), women must meet the general eligibility guidelines for the program.**

In this program, mammography screening for women will be considered medically appropriate with any one of the following:

### Women at High Risk

- Are ages 50 to 64
- Are ages 40 to 49 and have one of the following:
  - A mother, daughter, or sister with breast cancer
  - A personal history of breast cancer
  - A clinical breast exam result that is positive or abnormal
- Are ages 18 to 39 and have one or more of the following symptoms:
  - Breast lump(s)
  - Nipple discharge
  - Skin Changes
  - Nipple Changes

### How to Find Services

Contact your county health department to schedule an appointment for breast and cervical screening. Find your **County Health Department** online at [health.state.tn.us/localdepartments.htm](http://health.state.tn.us/localdepartments.htm).

Some community health centers also provide services for the program in Nashville, Memphis, Chattanooga and some rural areas of the state. Contact the Central Office at 1-877-969-6636 for more information. Find a **Community Health Center** online at [health.state.tn.us/MCH/cancer.shtml#3](http://health.state.tn.us/MCH/cancer.shtml#3).

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Sources: [health.state.tn.us/Downloads/TBCCEDP\\_ProgBroc.pdf](http://health.state.tn.us/Downloads/TBCCEDP_ProgBroc.pdf); Centers for Disease Control and Prevention - [http://www.cdc.gov/cancer/breast/basic\\_info/screening.htm](http://www.cdc.gov/cancer/breast/basic_info/screening.htm)

### Additional Resources

1. Centers for Disease Control and Prevention [National Breast and Cervical Cancer Early Detection Program](http://www.cdc.gov/cancer/nbccedp/about.htm) (NBCCEDP) - [www.cdc.gov/cancer/nbccedp/about.htm](http://www.cdc.gov/cancer/nbccedp/about.htm).
2. Susan G. Komen for the Cure - [www.komen.org/](http://www.komen.org/).
3. Tennessee Cancer Coalition (TC2)- [tncancercoalition.org/news](http://tncancercoalition.org/news)

**¿Habla español y necesita ayuda con esta carta? Llámenos gratis al BlueCare 1-800-468-9698. Llámenos gratis al TennCareSelect 1-800-263-5479.**

***We do not allow unfair treatment in TennCare.*** No one is treated in a different way because of race, color, birthplace, religion, language, sex, age, or disability. Do you think you've been treated unfairly? Do you have more questions or need more help? If you think you've been treated unfairly, call the Family Assistance Service Center for free at **1-866-311-4287**. In Nashville, call **743-2000**.

If you have a hearing or speech problem you can call us on a TTY/TDD machine. Our **TTY/TDD** number is **1-800-226-1958**.

Do you have a mental illness and need help with this information? The TennCare Advocacy Program can help you. Call them for free at **1-800-758-1638**.

**Need help in another language?** You can call **TennCareSelect** for assistance in any language at **1-800-263-5479**. Call BlueCare for assistance in any language at **1-800-468-9698**. Interpretation and translation services are free to TennCare members.

**This Preventive Health Guide is not meant to take the place of your health care provider's advice.**



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