

October 2012 is Breast Cancer Awareness Month



At the State Employees' Insurance Board (SEIB)
State Wellness Center: Healthcare Clinic and Pharmacy

Know Your Risk

- Gender
 - Breast cancer is 100 times more common in women than men
- Age
 - 2 of 3 breast cancers are found in women over the age of 55
- Family History
 - 5-10% of cases are thought to be hereditary
 - Having a first-degree relative with breast cancer almost doubles a woman's risk
- Personal History of Breast Cancer
 - Once you've had breast cancer, you have a 3-4 times increased risk of developing it again
- Dense Breast Tissue
- A History of Other Breast Conditions

Wellness Center Hours:

Monday-Wednesday, Friday
8:00 am to 5:00 pm
Thursday
9:00 am to 5:00 pm

(334) 263-8470

Pharmacy Hours:

Monday-Wednesday, Friday
7:30 am to 5:30 pm
Thursday
9:00 am to 5:30 pm

(334) 263-8460



All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. Don't delay! Schedule your appointment online and come visit the State Wellness Center today for your free health screening!

We can help you become more involved in your treatment and a more knowledgeable patient. Let us educate you on your medications and help you monitor your health conditions more closely. Call today to set up your FREE visit with a pharmacist here at the State Wellness Center.

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY*** delivery for your prescriptions! *Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

rx@alseib.org

www.alseib.org

Breast Cancer Facts

It is estimated that there will be over 290,000 women in the US diagnosed with breast cancer in 2012, and close to 40,000 deaths will occur from the disease. Estimates also suggest 2,190 new cases of breast cancer in men, and 410 men will die of breast cancer. Since the 1980s and 1990s, diagnoses of early-stage breast cancer has increased greatly with the use of mammograms.

Early detection is important because the sooner breast cancer is diagnosed the more likely it is to be in the early stages, which has been shown to have a better prognosis. Stage 0 breast cancer has a five-year survival rate of 93%, whereas stage IV breast cancer only has a 15% survival rate. Getting regular screenings is the best way to detect breast cancer early, and to decrease the risk of dying from breast cancer.

Screenings are used to detect cancer that otherwise has no symptoms. The most common screening methods for early detection are breast self exams (BSE), clinical breast exams, and mammography.

- Breast self exam is an exam that women can perform regularly themselves. It focuses on breast awareness to help a woman to notice changes in size, shape, or density of the breast. For an explanation of how to perform a breast self exam please visit <http://www.cancer.org/Cancer/BreastCancer/MoreInformation/BreastCancerEarlyDetection/breast-cancer-early-detection-acs-recs-bse>
- Clinical breast exams are breast exams performed by a medical doctor. It is recommended that these occur annually. They are typically done at an annual visit with your OB/GYN.
- Mammograms are X-ray images of the breast that are used to detect early signs of breast cancer such as dense tissue or clusters of calcification. It is the best screening tool available today.

The American Cancer Society Screening Recommendations

- Women age 40 and older
 - Should have a mammogram every year for as long as they are in good health.
 - Clinical breast exam by a health care provider every year
- Women in their 20s and 30s
 - Clinical Breast Exam during a periodic health exam preferably every 3 years
 - Breast self-examination regularly, assuming they are aware of the limitations of BSE
- Women at High Risk (those with BRCA1 or BRCA2 gene mutation, first degree relative with a gene mutation, lifetime risk of 20-25% or greater, had radiation of the chest between the ages of 10-30 years, or has Li-Fraumeni syndrome, Cowden syndrome, Bannayan-Riley-Ruvalcaba syndrome)
 - MRI and mammogram annually

The staff at SEIB State Wellness Center encourages you to be proactive in your breast health. Make an appointment with your healthcare provider to schedule the screening that is appropriate for you.

Resources:

American Cancer Society. Breast Cancer. Atlanta, Ga: American Cancer Society; 2012. Accessed September 2012. Available from: <http://www.cancer.org/Cancer/BreastCancer/index>

Breast Cancer Facts and Statistics. Susan G. Komen For the Cure. Dallas, TX: Susan G. Komen for the Cure; 2012. Accessed September 2012. Available from: <http://ww5.komen.org/BreastCancer/AboutBreastCancer.html>