



## Breast cancer facts

You've seen the pink ribbons, but do you really know the facts about breast cancer? Hopefully, you and your loved ones will never have to face this disease, but it's good to have a better understanding of breast cancer and the millions of lives it affects every day.

### Know the risk factors

- Women 40 and older account for 96% of new invasive breast cancer cases each year.<sup>1</sup>
- Having one first-degree relative (mother, sister or daughter) with breast cancer approximately doubles a woman's risk.<sup>2</sup>
- Smoking, drinking alcohol and inactivity may increase the risk of breast cancer.<sup>1</sup>

### Early detection is key

- The American Cancer Society recommends yearly mammograms starting at age 45.<sup>1</sup>
- Early detection by mammography leads to a greater range of treatment options, including less extensive surgery and the use of chemotherapy with fewer serious side effects.<sup>1</sup>



**Breast cancer will account for nearly 1 in 3 cancer diagnoses in American women.<sup>3</sup>**

**42%**

From 1989 to 2019, breast cancer death rates **decreased** by 42%.<sup>4</sup>



To learn more, talk  
with your Colonial Life  
benefits counselor



## It helps to be prepared

### Voluntary benefits can help provide financial protection in the event of a cancer diagnosis:

- Cancer insurance helps offset the covered out-of-pocket medical and indirect, non-medical expenses related to cancer that most plans don't cover.
- Critical illness insurance with optional cancer coverage supplements your major medical coverage by providing a lump-sum benefit that you can use to pay the direct and indirect costs related to a covered critical illness.
- Health screening benefits, which are available with many policies, may help you pay for annual preventive tests, including mammograms.

1. American Cancer Society, Breast Cancer Facts & Figures, 2019-2020. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/breast-cancer-facts-and-figures/breast-cancer-facts-and-figures-2019-2020.pdf>. Accessed August 2022.
2. American Cancer Society, Breast Cancer Risk Factors You Cannot Change. <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/breast-cancer-risk-factors-you-cannot-change.html>. Accessed August 2022.
3. American Cancer Society, Cancer Facts and Figures, Table 1. Estimated Number of New Cancer Cases and Deaths by Sex, US, 2022.
4. American Cancer Society, Cancer Facts & Figures 2022.

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