



OCTOBER 13 · METASTATIC BREAST CANCER AWARENESS DAY

Know your body. Know your benefits.

Early detection gives you more options — and your benefits help you take the first step. Here's when to get screened, what to watch for, and how your plan supports you.

Today we also stand with an estimated 155,000+ U.S. women living with metastatic (stage IV) breast cancer.

1 in 8

U.S. women will develop breast cancer in their lifetime

321,910

new invasive cases expected in U.S. women in 2026

>99%

5-year relative survival when found before it spreads

1 in 10

women diagnosed are younger than age 45

When to get screened

- USPSTF: a mammogram every 2 years from age 40 to 74 for women at average risk.
- American Cancer Society: option to start yearly at 40–44; yearly at 45–54; every 1–2 years at 55+.
- Higher risk (family history, a BRCA gene change, or chest radiation before 30)? ACS advises a yearly MRI plus mammogram, typically from age 30. Ask your doctor.
- Men get breast cancer, too. Anyone who notices a change should see a doctor.

Signs to watch for

- A new lump or mass — most aren't cancer, but get it checked
- Swelling of all or part of a breast
- Skin dimpling, sometimes like an orange peel
- Red, dry, flaking, or thickened nipple or breast skin
- Breast or nipple pain, a nipple turning inward, or discharge other than breast milk
- Swollen lymph nodes under the arm or near the collarbone

Noticed a change? Call your doctor — don't wait for your next screening.



Know your normal: a 5-step self-check

Self-checks don't replace mammograms — they help new changes stand out.

- 1 Look in a mirror, hands on hips: size, shape, color.
 - 2 Raise your arms and look for the same changes.
 - 3 Check for any fluid or discharge from the nipples.
 - 4 Lying down, feel each breast with your finger pads.
 - 5 Repeat the check while standing or sitting.
- i** See the 5 steps illustrated at [breastcancer.org](https://www.breastcancer.org).

How your benefits help you take action

Screening mammograms at \$0

Under the ACA, most plans cover screening mammograms every 1–2 years for women 40+ with no copay or coinsurance in-network.

Mental health support

Worried about your risk or a result? Your EAP and behavioral health benefits offer confidential help to talk it through and navigate your care options.

PREVENTIVE CARE · YOUR PLAN

Apex is in your corner

Follow-up imaging may have cost sharing. Unsure what's covered or got a surprise bill? Your Apex team will help.

Sources: American Cancer Society (cancer.org) — 2026 estimates, screening guidelines, signs & symptoms, survival rates (SEER, diagnosed 2015–2021); USPSTF Breast Cancer Screening (2024); HealthCare.gov Preventive Care for Women; Breastcancer.org; National Breast Cancer Foundation. Photos: Unsplash (Angiola Harry; Sasun Bughdaryan). Educational only — not medical advice. Coverage varies by plan; see your plan documents or HR.