

What's myth vs. fact?



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It's Time to Talk About Cancer

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There's a lot of information out there about breast and cervical cancer.

It can be hard to cut through the noise and determine what's accurate and when you should start getting screened.

Breast Cancer Myths



One in eight women will be diagnosed with breast cancer at some point in their lives. While some women may be more at risk than others, everyone has the potential to get breast cancer. Some common myths about breast cancer are:

- You won't get breast cancer if it doesn't run in your family.**
A family history of breast cancer is an important thing to share with your doctor but, most women who have breast cancer have no family history.
- It's always a lump that you can feel.**
Breast cancer doesn't always present as a lump, especially if it's early stage. It's always a great idea to include breast self-exams as part of your routine, but they aren't a substitute for a mammogram.
- You don't need to worry about breast cancer if you maintain a healthy lifestyle.**
While maintaining a healthy weight, eating well, exercising, and limiting tobacco and alcohol use can lower your risk, there's no guarantee you won't develop breast cancer.
- Only middle-aged or older women get breast cancer.**
Regardless of your age, you should pay attention to any changes to your breasts. One of every 25 invasive breast cancers develops in a woman under 40.

Cervical Cancer Myths



Cervical cancer, located in the cervix (the entrance to the uterus from the vagina), is almost always caused by human papillomavirus (HPV). Since HPV is the MOST COMMON sexually transmitted virus in the U.S., it's important for you to know the facts. Some common myths about cervical cancer and HPV are:

- Only women who are very sexually active can get HPV.**
Like any sexually transmitted infection, it only takes one time to be exposed to HPV. Anyone who is sexually active can contract it.
- HPV always leads to cervical cancer.**
In most cases, HPV infections can resolve without a problem. Long lasting or repeated infections are more likely to result in abnormal or cancerous cells.
- You'll have symptoms of HPV.**
Some women may experience genital warts, but the types of HPV that can cause cancer usually aren't found until abnormal cells form.
- If you got the HPV vaccine, you don't need to be regularly screened for cervical cancer.**
Even if you received an HPV vaccine, you're not fully protected or immune. You should be screened for cervical cancer annually at your well-woman exam.

Don't Wait to Get Screened

Many kinds of cancer can be treated successfully if caught early. That's why regular cancer screenings are so important. Talk to your doctor about scheduling your screenings.

Your TRS-ActiveCare plan covers 100% of your preventive care, which includes annual wellness exams with Pap test for women 18 and older with your OBGYN or Primary Care Provider (PCP) and routine mammograms for women 35 and over.



Don't have a PCP? Use [Provider Finder](#)® to find one. If you need help finding a provider or scheduling an appointment, talk to a Personal Health Guide. Chat in the BCBSTX App or call **1-866-355-5999**, 24/7.

[Schedule Your Screenings](#)

www.bcbstx.com/trsactivecare



Sources:

- [Breast Cancer Myths Versus Facts](#) Ⓔ, Breast Cancer.org
- [HPV and Cervical Cancer Myths vs. Facts](#) Ⓔ, Mount Sinai Tisch Cancer Center
- [Cervical Cancer](#) Ⓔ, World Health Organization

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