

# ***HEALTH BENEFITS E-NEWS***

*Department of Human Resource  
Management  
Office of Health Benefits*

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## **Breast Cancer Awareness Month in October**

Breast cancer is the most commonly diagnosed cancer in women, and one of the most costly cancers for the state health benefits program. October is Breast Cancer Awareness Month – a good time to remind health plan members that early detection is key in the fight against breast cancer. If caught early enough, the chance of surviving most common types of cancer is 80 to 100 percent.

It's important to schedule a mammogram to spot possible problems and to expand treatment options if detected. Please advise members not to delay a breast cancer screening or carefully reviewing other recommendations for early detection and prevention.

More information may be found in these [individual state and regional health plan flyers](#), and on the health plan websites.

***Please do not reply to this e-mail. You may send inquiries to the Office of Health Benefits mailbox at [ohb@dhrm.virginia.gov](mailto:ohb@dhrm.virginia.gov)***