October: Cancer Prevention

October recognizes breast cancer awareness, and it's estimated to affect over 300,000 men and women in 2024 making it the leading cancer diagnosis. Incident rates for other cancers such as prostate, lung, and colon trail closely behind breast cancer. Up to 50% of cancers are preventable, it's important for us to implement some prevention strategies, such as lifestyle changes early.

There are many lifestyle changes listed below. Take it one step at a time and be mindful of how it can fit into your lifestyle. For example, structured exercise in a gym might not be the right fit but working outside doing chores is a form of exercise.
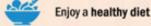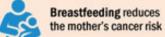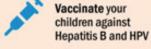
Ask your primary care doctor when you should be screened. For those on the State of Maine, Anthem insurance plan, the following benefits apply:

- Mammograms: Screening and diagnostic mammograms are covered at 100% with no deductible at both the in-network and out-of-network benefit levels.

- Colorectal Cancer Screenings: The coverage for routine and medically necessary screenings is covered 100% with no deductible.

- Routine Digital Rectal Exam/Prostate-Specific Antigen Test: One exam per calendar year is covered at 100% no deductible. There is no coverage for these exams if you go outside of the Anthem network.

- Lung Cancer Screening: Lung cancer screenings are provided for eligible members at no cost. To learn more about the eligibility requirements, visit the U.S. Preventive Services Task Force website.

Ways to reduce your cancer risk

World Health Organization

TOGETHER LET'S BEAT CANCER

- Do not smoke or use any form of tobacco
- Make your home smoke-free
- Enjoy a healthy diet
- Breastfeeding reduces the mother's cancer risk
- Vaccinate your children against Hepatitis B and HPV
- Avoid too much sun, use sun protection
- Reduce indoor and outdoor air pollution
- Be physically active
- Limit alcohol intake
- Take part in organized cancer screening programmes

Looking for more information?

Cancer Preventative Care Coverage

Preventing Cancer

Physical Activity Guidelines

Be sure to visit the ChallengeME website: