

A breast cancer diagnosis can have a major impact on your life — PinnacleCare can help



Breast cancer is the second most common cancer for women in the United States, with the average chance of a woman developing cancer sometime in their lifetime being about 1 in 8¹. Fortunately, through early detection and advancements in treatment, the five-year breast cancers survival rate is about 90 percent².

What should you do if you are diagnosed with breast cancer?



After receiving your diagnosis, it is important to seek a second opinion from a pathologist with proven experience working with breast cancer patients



You should then review your treatment options with your oncologist. There are many breast cancer treatment options including surgery, chemotherapy, radiation therapy, hormone therapy, immunotherapy and targeted drug therapy³. Finding the right option for your specific diagnosis and preferences is important and key to your recovery.

We are here for you

With our medical intelligence, resources, and access, PinnacleCare's team of care advisors will provide support throughout your cancer journey. We can:

- Coordinate an expert second opinion
- Facilitate access to top oncologists and surgeons
- Gather, review, and share medical records with all treating physicians
- Provide evidence-based information on treatment, reconstruction options, and clinical trials
- Connect you with holistic support to address treatment side effects, nutrition, exercise, and stress management

While living a healthy lifestyle can help lower your risk of breast cancer, early detection through screenings provides the best chance for treatment and remission. These routine screenings can include:



- Routine mammograms – the American Cancer Society recommends having a baseline mammogram at age 35, and a screening mammogram every year after age 40
- Examine your breasts every month after age 20
- Have your breasts regularly examined by a healthcare provider

Did you know?

While breast cancer is most prevalent in women, more than 2,700 men are diagnosed with breast cancer each year in the United States⁴. It is important that men also stay consistent with screenings and preventive care.

If you have been diagnosed with breast cancer, have questions about your current treatment plan or are looking for ways to proactively manage your risk, reach out to PinnacleCare.

Phone: **888-442-7380** | Online: **www.PinnacleCare.com/cape-cod**

Representatives are available Monday through Friday, 8:00 a.m.–6:00 p.m. (ET)

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1. <https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>

2. <https://www.mdanderson.org/cancer-types/breast-cancer.html>

3 <https://my.clevelandclinic.org/health/diseases/3986-breast-cancer>

4 <https://www.bcrf.org/blog/male-breast-cancer-statistics-research/>

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