

Should you be concerned?



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Should You Be Concerned?

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Younger people are getting cancer at higher rates.

It's easy to think you're young and invincible. There's no way cancer can happen to you, right? Unfortunately, it can. Certain types of cancer like breast, ovarian, colon and skin cancers are becoming more common in young women.

Things to look out for:

The early signs of cancer can be the same as other common illnesses. While it's very likely that these symptoms indicate something other than cancer, it's important to know the early signs, like:

- abnormal swelling or lump near the neck, breast or belly
- unexplained fatigue or illness that won't go away
- bruising easily
- bleeding
- persistent pain
- headaches that can cause vomiting
- sudden changes in vision or appetite
- moles that are new, or have changed in size, shape or color

Talk to your primary care provider if you're having any of these symptoms, especially if they worsen over time.



Don't Wait to Get Screened

In many cases, cancers are diagnosed later in younger adults. Many kinds of cancer can be treated successfully if caught early. **Don't delay your annual wellness and well-woman exams because "it's probably nothing," "I don't have time" or "going to the doctor is too expensive."**

Your TRS-ActiveCare plan covers 100% of your preventive care, which includes **annual wellness exams with Pap test** for women 18 and older by your OBGYN or 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.



Pop Quiz

Do you know how to self-screen for cancer?

[Learn How](#)

[Schedule an Exam](#)

www.bcbstx.com/trsactivecare



Source:

[Cancer in Young Adults](#) American Cancer Society

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