HAPPY BIRTHDAY to your Mountain State Patients

The Quality Management Program has identified a significant gap in care related, particularly, to recommended breast and colorectal cancer screening guidelines.

**Breast Cancer Screening**
Breast cancer is one of the most common types of cancer among American women. According to the NCQA State of Health Care Quality 2007. It was estimated that 178,500 new cases would be identified in 2007. It is the second leading cause of death for women. A woman living in the United States has a 1 in 8 lifetime risk of developing breast cancer. Fortunately, breast cancer mortality in women has been declining, due in part to early detection by screening with mammography. Mammography is a method of detecting breast cancer in its early stages, the time when it is most treatable. A mammogram can detect breast cancer 1 to 4 years before a woman can feel the lump.

**Colorectal Cancer Screening**
Colorectal cancer is the third most common cancer among men and women in the United States. According to the NCQA State of Health Care Quality 2007, an estimated 112,000 new cases will be diagnosed in 2007, causing 52,000 deaths. Colorectal cancer develops slowly and is often asymptomatic in its early stages. Only as the cancer progresses may symptoms begin to appear. Colon cancer is one of the few cancers that can actually be prevented altogether through screening, since screening may detect precancerous polyps that can be removed before they metastasize. Treatment for early-stage colorectal cancer is extremely effective, with a five-year survival rate over 90 percent. An annual fecal occult blood test (FOBT), plus sigmoidoscopy every 5 years can reduce cancer-related mortality by 80 percent compared with no screening.

In an effort to encourage Mountain State members to talk with their doctors about breast cancer and colorectal cancer screening, along with other important preventive services, the Quality Management Program is now sending birthday cards to female members turning age 40 and to all members turning age 50. Since the cards encourage the member to talk with their doctor about preventive health services, your patient may come to you with one of the following cards in hand:

Click Here to view birthday card to female members turning age 40

Click Here to view birthday card to female members turning age 50

Click Here to view birthday card to male members turning age 50