



SISC
Self-Insured Schools of California
Schools Helping Schools

contigohealth 

News and cancer treatment options for SISC plan members

Volume 1

Issue 2

Breast Cancer

What to know ● Where to turn



A common, but often treatable form of cancer.

Approximately 1 in 8 women in America will develop breast cancer during their lifetime.¹

This makes breast cancer the most common form of cancer for women, behind skin cancer. While the incidence of breast cancer among women under the age of 50 has stayed relatively steady, experts have seen a continued decrease in older women.¹

Various types of breast cancer

There are different variations of breast cancer that have distinct symptoms, affect different parts of the breast, and require specific treatments. These include:

- Ductal carcinoma in situ (DCIS) – a noninvasive cancer, which means it remains in the tissue where it forms, in this case the milk ducts.
- Invasive ductal carcinoma (IDC) – also develops in the milk ducts of the breast, but then can spread to surrounding tissue.
- Invasive lobular carcinoma (ILC) – forms in the lobules (milk-producing glands) and is the second most common form of breast cancer.
- Inflammatory breast cancer (IBC) – a rare and aggressive form of cancer that occurs more often in African American women.

The journey forward following diagnosis.

Do you or a loved one show signs of breast cancer, such as a lump on the breast accompanied by pain or tenderness? We encourage you to talk to your physician or gynecologist. If diagnosed with breast cancer, you have the benefit of an expert evaluation with National Cancer Institute (NCI)-designated facilities as part of Contigo Health's Oncology Centers of Excellence (COE) program. This can reduce anxiety and help you focus on the right treatment option. It's natural to have questions and concerns.

/// As a SISC member, you should know about enhanced benefits, including the Contigo Health COE Program, which provides access to evaluation and treatment plans from the highest level of cancer specialists, at no direct cost to covered members.*

Here for members throughout the process.

We are here to help guide members along the way, including enrolling them in the Oncology COE Program, administered by Contigo Health, LLC.

/// 3.8 Million Survivors and Counting

The five-year survival rate for women diagnosed with breast cancer is 99%. Several factors contribute to this positive trend.²

- Increased awareness and early detection
- 64% of diagnoses occur at the localized stage, meaning there is no sign the cancer has spread
- Greater number of personalized treatment options

Learn more today.

Visit sisc.contigohealth.com or call toll-free (877) 220-3556. (Mon. – Fri., 6 a.m. – 6 p.m. PST) to speak with a Contigo Health Cancer Care Member Advocate.



*The content contained herein is for educational and informational purposes only and shall not be construed as tax or medical advice. Nothing contained herein shall be construed as a guarantee of benefits. You must maintain eligibility to have access to the program. Limited conditions may be excluded from the programs. Terms and conditions apply. Per IRS guidelines, this benefit is subject to deductible for HSA members.

¹National Breast Cancer Foundation, INC., "Breast Cancer Facts," April 2020

²National Breast Cancer Foundation, INC., "Early Detection," April 2020

© 2021. CONTIGO HEALTH, LLC. ALL RIGHTS RESERVED. PUBLISHED: JULY 2021.