



Fort Bend County Podcasts

Podcast Episode 49- Breast Cancer Awareness / Annual Enrollment

October 23, 2025

****Disclaimer****-Please note, anything that is said in the podcast does not supersede actual plan or program languages, and anyone wishing for specific information regarding coverage should go directly to the plan documents found under risk management on eConnect.

Gina: Welcome to this week's Benefit Detective Podcast. I'm Gina.

Wendy: I'm Wendy. Well, Gina, it's October, and we all know October is Breast Cancer Awareness month.

Gina: Yes. It is.

Gina: Hey.... It's Dr. Lu! Perfect timing, Dr. Lu!

Dr. Lu: Hello. Thanks for having me.

Wendy: Well, it is October, which is Breast Cancer Awareness Month. So, Dr. Lu, why is it important to have a mammogram done?

Dr. Lu: Well, we get them done to screen for breast cancer. Screening tests in general are looking to detect diseases as early as possible since most conditions are easier to treat earlier in the course. By definition, a screening test is done when patients are asymptomatic, meaning they have no symptoms or complaints.

Wendy: And at what age should a woman get mammograms?

Dr. Lu: Well, this is difficult to say with certainty because medical recommendations often change, and the different organizations even have different recommendations. Currently, the recommendations have shifted back to most women starting at age 40 years old, but the starting age and the frequency of testing depends on each woman's risk factors, which should be discussed with the clinician. So, the answer is it depends.

Wendy: How often should a person get a mammogram done?

Dr. Lu: Well, twenty years ago when I trained to be a doctor, the recommendation was annually, but then they changed it to every two years for women at lower risk. But now the recommendations have shifted back again to one to two years depending on risk factors. So, ultimately, it's another case of shared decision making between the provider and the patient based on the patient's risk factors, family history, and even just personal preferences.

Gina: What steps can a person take to stay proactive on breast cancer?



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Dr. Lu: Well, she should continue the annual well woman exams so that, she can discuss with a provider her individual case to see what testing is recommended. Please note that an annual well woman exam is different than the annual wellness exam, which most people refer to as their annual checkup. Both exams entail shared decision making regarding recommended screening tests, which is why we need adequate time to have those discussions by scheduling those visits separately.

Gina: Now, Dr. Lu, I hear that men can also develop breast cancer. Is that true?

Dr. Lu: Yes. They can, but not surprisingly, it's not as common as with women. But it is more common in men with strong family history of breast cancer, especially if it's in several women. In some cases, I've even heard of, families have multiple men with, breast cancer. So clearly, their risk is much higher and needs to be addressed earlier. And so, you know, again, that's just something they need to discuss with their medical providers and, on an individual basis And mention that to us, and we can figure out what would be a good time, and what is the best screening test for that male.

Gina: So, should men take the same proactive measures as women when it comes to breast cancer?

Dr. Lu: As we've discussed before, breast cancer in men is much less common. So, there is definitely not any universal screening recommended for men for breast cancer. And so it's, again, a condition where the males who think they're at higher risk should discuss that with their provider, and they can together decide through shared decision making what would be the best timing and test, for that particular patient.

Wendy: Thank you, Dr. Lu, for joining us today.

Dr. Lu: Thank you so much for having me as always.

****News-Multiple Beeping****

Wendy: We have upcoming news. Since we are in October, we've been getting a lot of calls about annual enrollment. Well, that is coming. It will be here October 27 and will end November 14. This has to be done on a county network. Watch your emails for more information.

Gina: Yes, and remember, documents need to be turned in during annual enrollment. We will not accept any late documents. So, documents can include, but not limited to birth certificates, marriage certificates, Social Security numbers, and more. So, feel free to look on the plan document or on your annual enrollment web page for additional information on what is considered a document. And those that are out on leave, please make sure all county department coordinators and heads to get with those that are out on leave to check their snail mail as well as their regular and personal emails because we will be notifying them as well. But if you can always help us out to, get them that information as well to contact Risk Management, we would greatly appreciate it.



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Gina: And a quick shout out to Isaak with our IT department. Thank you so much for getting us up and running because we had some trouble recording this podcast and if it wasn't for him, we wouldn't have it. So, yay and thank you, Isaak!

Gina: Well, that's a wrap for this week's Benefit Detective Podcast. I'm Gina.

Wendy: And I'm Wendy and listen for our next podcast.

Gina: And remember, the Benefit Detectives are here to help!