

# MAMMOGRAM RECOMMENDATIONS

UNITED STATES PREVENTATIVE SERVICES TASK FORCE

## WHY GET A MAMMOGRAM?

- 1 in 8 women will be diagnosed with breast cancer during their lifetime
- Roughly 275,000 new breast cancer diagnoses were made in the year 2020
- It is estimated that nearly 42,000 individuals will die of breast cancer in 2021
- Early detection is key to surviving a breast cancer diagnosis

## WHEN SHOULD YOU GET YOUR FIRST MAMMOGRAM?

- Women 40-49 years old have the option to have a mammogram done - these are typically women with breast cancer risk factors
- Women over the age of 50 should have a mammogram done

## HOW OFTEN SHOULD YOU HAVE A MAMMOGRAM DONE?

- It is recommended that women have mammograms completed every two years

## WHEN SHOULD YOU STOP GETTING MAMMOGRAMS?

- Mammograms should continue every other year up to the age of 74 - can be continued longer if in good health

If you do not have health insurance or you have low income, visit the following website to see if you qualify for free screening through the National Breast and Cervical Cancer Early Detection Program.

<https://www.cdc.gov/cancer/nbccedp/screenings.htm>

Disclaimer: Med Ed Materials, 2021. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

## What is a mammogram?

A mammogram is a x-ray picture of the breast. These images allow doctors to catch signs of breast cancer early, usually before lumps can be felt.

## WHAT ARE RISK FACTORS THAT INCREASE YOUR CHANCE OF BEING DIAGNOSED WITH BREAST CANCER?

- Family history of breast cancer
- Genetic mutations, including BRCA1 and BRCA2
- Over the age of 50 years old
- Having dense breasts
- Beginning menses before 12 years old and starting menopause after 55 years old
- Previous radiation therapy treatment
- Lack of physical activity
- Taking hormones
- Drinking alcohol
- Having first pregnancy after 30 years old
- Never breastfeeding
- Being overweight after menopause

## SOURCES:

- <https://www.cdc.gov/cancer/breast/index.htm>
- <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>



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