

What is breast cancer screening?

A mammogram or breast x-ray is used for breast cancer screening. A mammogram takes pictures of the breast with a low dose of radiation. The amount of radiation used in a mammogram is low, but repeated x-rays could cause cancer. Talk to your doctor about potential risks.

Source: <https://www.cancer.gov/types/breast/mammograms-fact-sheet>



When should I receive a breast cancer screening?

Here are the current guidelines for a screening mammogram.

Women at average risk for breast cancer	
(USPSTF) Women ages 50 to 74	Screening mammogram every two years.
(ACS) Women ages 50 to 54	Screening mammogram every two years.
Starting at age 55, you should	Switch to getting mammograms every 2 years or continue to get one every year.
Women aged 75 years or older (USPSTF)	The USPSTF concludes that there is not enough evidence to determine the benefits and harms of screening mammograms in women aged 75 years or older.
(ACS) Women aged 65 years and older	Get a mammogram every 2 years, or you can choose to get one every year.
Women aged 40 to 49 years. (USPSTF)	Beginning mammograms between the ages of 40-44 should be an individual decision.
Women at high risk for breast cancer	
Women who are at high risk for breast cancer based should get a breast MRI and a mammogram every year, typically starting at age 30. (ACS)	Risk assessment tools that include family history in first-degree relatives (parents, siblings, and children) and second-degree relatives (such as aunts and cousins) on both sides of the family should be used with ACS guidelines to decide if a woman should have MRI screening.

Source: USPSTF (2016) revision currently under review

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>

American Cancer Society <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>

What are the symptoms of breast cancer?

Some warning signs of breast cancer are:

- New lump in the breast or armpit.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in any area of the breast.



These signs can happen with other illnesses that are not cancer, so please discuss them with your doctor.

Source: https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm