

Early Detection Saves Lives^{1,2}

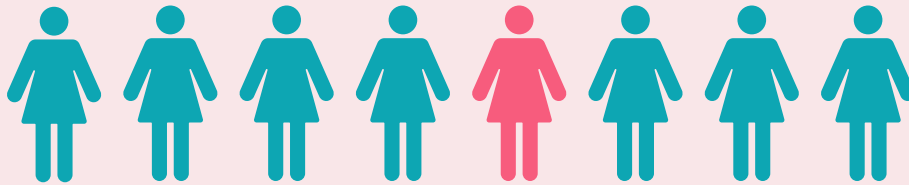
Find breast cancer early with a screening mammogram

Mammograms can often find or detect breast cancer early, when it's small and even before a lump can be felt. This is when it's likely to be easiest to treat.



How common is breast cancer?^{3,4}

Breast cancer is the most common cancer in women in the United States, except for skin cancers.



1 in 8 women will develop breast cancer in her lifetime.

Breast cancer is the second leading cause of cancer death in women, yet there are some variations seen across different racial and ethnic groups. For Black and Hispanic women, breast cancer is the leading cause of cancer death.

What are the guidelines for screening mammograms?¹

A mammogram is a low-dose x-ray that allows doctors to look for changes in breast tissue.

- A screening mammogram is used to look for signs of breast cancer in women who don't have any breast symptoms or problems
- A diagnostic mammogram is used if a woman has breast symptoms or if something unusual is seen on a screening mammogram



Screening Mammogram Guidelines for Women of Average Risk*

Women 40-44	Option to begin screening with mammogram every year
Women 45-54	Mammogram every year
Women 55 and older	Switch to a mammogram every other year or continue yearly mammograms. Women should continue screening as long as they are in good health and are expected to live at least 10 more years

*A woman is considered to be at average risk if she does not have a personal history of breast cancer, a strong family history of breast cancer, a genetic mutation known to increase risk of breast cancer (such as in a *BRCA* gene), and has not had chest radiation therapy before the age of 30. If you're at higher risk of breast cancer, talk with your doctor about which screening tests are right for you and when to begin screening. You may need to be screened earlier and more often than women at average risk.

What should I expect when I get a mammogram?^{1,5}

You may feel some pressure, but getting a mammogram shouldn't hurt. The test usually takes about 15 minutes.

Consider wearing a shirt you can take off easily. Don't use deodorant, perfume, powder or lotion under your arms or on your breasts. Those products can show up on a mammogram and make it hard to read.

You should get the results of your mammogram from the imaging center or your doctor within two weeks. If you don't, call your doctor.

After the results are available, talk with your doctor about them and what you may need to do next.

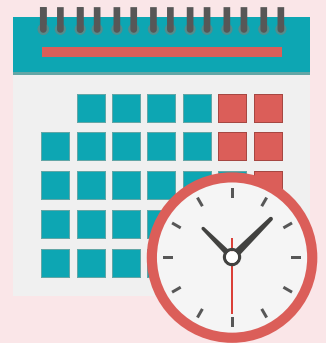


Schedule your mammogram today⁶



Scan the QR code to find a breast cancer screening location near you, or visit <https://getscreened.cancer.org>, enter your zip code and select "Breast."

Be sure to talk with your health plan for more information about your benefits and the imaging centers in your network.



References

1. American Cancer Society. Breast Cancer Early Detection and Diagnosis. Last Revised: January 14, 2022. Accessed July 26, 2023. <https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection.html>
2. Susan G. Komen. Weighing the Benefits and Risks of Screening Mammography. Updated April 3, 2023. Accessed July 26, 2023. <https://www.komen.org/breast-cancer/screening/mammography/benefits-risks/>
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5. Susan G. Komen. Breast Cancer Screening & Early Detection. Accessed July 26, 2023. <https://www.komen.org/breast-cancer/screening/>
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