

# Breast Cancer Screening

## Why is breast cancer screening important?

Breast cancer is the second leading cause of cancer death in women in the U.S. Each year, more than 40,000 women in the U.S. die from breast cancer and more than 200,000 women are diagnosed with it. Getting screened can help to prevent and lower the risk of getting breast cancer.



## Types of Screening

Mammogram	Clinical Breast Exam (CBE)/ Self-Examination
<p>A mammogram is the most common type of screening test for breast cancer. It uses x-ray imaging on the breast to detect cancer or lumps that can't be felt.</p> <p>It is recommended to start screening at age 40, with annual tests from age 50, at the population level.</p> <p><b>Benefits:</b> Reduces the risk of death from breast cancer The earlier cancer is detected, the easier it is to treat</p> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• May cause discomfort or anxiety during examination</li> <li>• 10% of women screened may be called for subsequent mammograms</li> <li>• 1-2% of women with an abnormal mammogram may need a biopsy</li> </ul>	<p>A trained health care provider can examine and feel for any unusual lumps, and observe any breast size and skin changes in the breast and armpit area. A woman can also check herself, recommended daily.</p> <p><b>Benefits:</b> Early detection can reduce the risk of cancer death</p> <p><b>Notes:</b> If you notice any abnormalities, please contact your primary care physician to discuss if other tests such as a mammogram are needed.</p>

\*Magnetic Resonance Imaging (MRI) might be used for determining breast cancer.

**Contact your OB/GYN doctor for more information!**



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