



Teaching Providers,
Reaching Women

Breast Cancer Screening Recommendations for Women at Average Risk				
	Susan G. Komen for the Cure®	American Cancer Society	National Cancer Institute	U.S. Preventive Services Task Force
<u>Mammography</u>				
	Every year beginning at age 40.	Every year beginning at age 40.	Every 1-2 years beginning at age 40.	Every 2 years ages 50-74.
<u>Clinical breast exam</u>				
	At least every 3 years ages 20-39.	At least every 3 years ages 20-39.	No specific recommendation.	Not enough evidence to recommend for or against.
	Every year beginning at age 40.	Every year beginning at age 40.		
<p>Notes: Susan G. Komen for the Cure® and American Cancer Society breast cancer screening guidelines are strongly recommended. Clinical breast exams at each patient visit and the promotion and teaching of breast self-exam are encouraged.</p> <p>Women at higher risk may need to get screened earlier and more frequently than recommended here.</p> <p>Women with two or more first degree relatives with breast or ovarian cancer should start screening 10 years prior to the youngest age of relative's diagnosis.</p>				

Source: <http://ww5.komen.org/BreastCancer/GeneralRecommendations.html>