



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>