



Teaching Providers,  
Reaching Women

# BREAST SCREENING SCHEDULE<sup>1</sup>

RISK FACTOR	AGE	CLINICAL BREAST EXAM	MAMMOGRAM	MRI
Average Risk	Ages 20-39	At least every 3 years	Not Recommended	Not Recommended
	Age 40+	Annually	Annually	Not Recommended
Personal History of Breast Cancer or DCIS	Any age after diagnosis	Every 6 to 12 months	Annually	Consider Yearly <sup>3</sup>
Personal History of Lobular Carcinoma in Situ (LCIS)	Any age after diagnosis	Every 6 to 12 months	Annually	Consider Yearly <sup>3</sup>
Personal History of Atypical Hyperplasia (ALH, ADH)	Any age after diagnosis	Every 6 to 12 months	Annually	Consider Yearly <sup>3</sup>
BRCA1 or BRCA2 Carrier	Under Age 30	Annually	Not Recommended	Not Recommended
	Age 30+	Every 6 to 12 months	Annually	Annually
1st degree relative of BRCA carrier, and patient untested	Under Age 30	Annually	Not Recommended	Not Recommended
	Age 30+	Every 6 to 12 months	Annually	Annually
Strong Family History of Breast or Ovarian Cancer <sup>2</sup>	Under Age 30	Annually	Not Recommended	Not Recommended
	Age 30+	Every 6 to 12 months	Annually	Consider Yearly <sup>3</sup>
High Risk by models incorporating extensive family history (e.g. BRCAPRO)	Under Age 30	Annually	Not Recommended	Not Recommended
Calculated Lifetime Risk >20-25%	Age 30+	Every 6 to 12 months	Annually	Annually
Calculated Lifetime Risk 15-20%	Age 30+	Every 6 to 12 months	Annually	Consider Yearly <sup>3</sup>
Calculated 5-year Risk $\geq$ 1.7% & dense breasts	Age 30+	Every 6 to 12 months	Annually	Consider Yearly <sup>3</sup>
Calculated 5-year Risk $\geq$ 2.5%	Age 30+	Every 6 to 12 months	Annually	Consider Yearly <sup>3</sup>

RISK FACTOR	AGE	CLINICAL BREAST EXAM	MAMMOGRAM	MRI
Radiation Treatment to the chest between ages of 10-30	Under Age 30	Annually	Not Recommended	Not Recommended
	Ages 30-39	Annually, then every 6 to 12 months beginning 8 years after radiation	Annually beginning 8 years after radiation	Consider Yearly <sup>3</sup> beginning 8 years after radiation
	Age 40+	Every 6 to 12 months	Annually	Consider Yearly <sup>3</sup>
Women with, or 1st degree relative with, Li-Fraumeni, Cowden, or Bannayan-Riley-Ruvalcaba Syndromes	Age 30+	Every 6 to 12 months	Annually	Annually
Dense Breast Tissue	Ages 20-39	At least every 3 years	Not Recommended	Not Recommended
	Age 40+	Annually	Annually	Consider Additional Studies <sup>4</sup>

1 Current recommendations by the American Cancer Society, National Comprehensive Cancer Network, and American College of Radiology. If multiple histories apply, select the most aggressive option.

2 For example, two or more 1st degree relatives, or 1 or more premenopausal 1st degree relatives, with Breast or Ovarian Cancer

3 Current recommendations by the American Cancer Society, National Comprehensive Cancer Network, and American College of Radiology have listed this history as having "insufficient evidence to recommend for or against MRI screening". Recent studies have suggested possible benefits. Screening decisions should be made on a case by case basis, as there may be particular factors to support MRI. More data on these groups is expected to be published soon.

4 See footnote #3. In addition, some recommend considering annual screening ultrasound in lieu of MRI, largely due to cost concerns, yet be aware that ultrasound does have a much lower positive predictive value than MRI.

Adapted from Komen.org by D. Randy Tabb, M.D., Advanced Radiology

References for: Breast Screening Schedule, Breast Imaging Modalities, and Biopsy Guide

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Wishart GC, Campisi M, Boswell M, et al. The accuracy of digital infrared imaging for breast cancer detection in women undergoing breast biopsy. Eur J Surg Onc 2010; 36: 535-540.