

What is breast cancer screening?

A mammogram or breast x-ray is used for breast cancer screening. A mammogram takes pictures of the breast with a low dose of radiation. The amount of radiation used in a mammogram is low, but repeated x-rays could cause cancer. Talk to your doctor about potential risks.

What are the symptoms of breast cancer?

Some warning signs of breast cancer include:

- New lump in the breast or armpit.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area of the breast.
- Pulling or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in any area of the breast.

These signs can occur with other illnesses that are not cancer, so please discuss them with your doctor.



When should I complete breast cancer screening?

View guidelines from the U.S. Preventive Services Task Force (USPSTF) and the American Cancer Society (ACS).

Women at average risk for breast cancer	
Ages 40-49	USPSTF: Women 40-49 have the option to begin biennial screening. ACS: Women between 40-44 have the option to begin screening with yearly mammograms; women 45-54 should get mammograms every year.
Ages 50-75	USPSTF: Women ages 50-74 should complete biennial screening. ACS: Women 45-54 should get mammograms every year. Women 55 and older may switch to mammograms every other year or continue yearly mammograms.
Ages 75+	USPSTF: Not enough evidence to determine benefits of screening. ACS: Screening should continue as long as a woman is in good health and expected to live at least 10 more years.
Women at high risk for breast cancer	
Age 30	Begin annual breast MRI and screening mammograms; risk assessment tools that include family history in first-degree relatives (parents, siblings and children) and second-degree relatives (aunts and cousins) on both sides of the family should be used with ACS guidelines to determine if MRI screening is completed.

Sources: [American Cancer Society](#), [NIH National Cancer Institute: USPSTF](#) (2016) revision currently under review



Scan the code to learn more about how partnering with a Doctor of Osteopathic Medicine can lead to a healthier you!

