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Support the Fight Against Breast Cancer: Promote Routine Screenings



Older females are at a higher risk for developing breast cancer. The risk increases if a close family member has had breast cancer. Yet, three-quarters of the women diagnosed with breast cancer have no risk factors. Many women are unaware that they even have breast cancer until it is in advanced stages. Despite evidence that mammographies significantly reduce mortality from breast cancer, screening rates in the United States are declining.

Finding the disease early with a mammogram can save your patient's life. Studies show that patients are more likely to be screened when their physicians recommend it. We urge you to encourage your patients to receive a breast cancer screening and to follow these American Cancer Society guidelines:

- Yearly mammograms starting at age 40 and continuing for as long as a woman is in good health
- Clinical breast exam about every 3 years for women in their 20s and 30s and every year for women aged 40 and over

Women should know how their breasts normally look and feel and report any change promptly to their health care provider. Women in their 20s should get into the habit of doing regular breast self-exams (BSE).