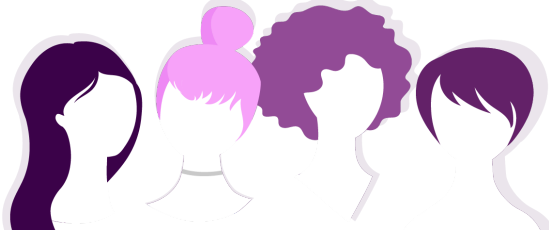


SCREENING FOR BREAST CANCER

Common Questions and Answers



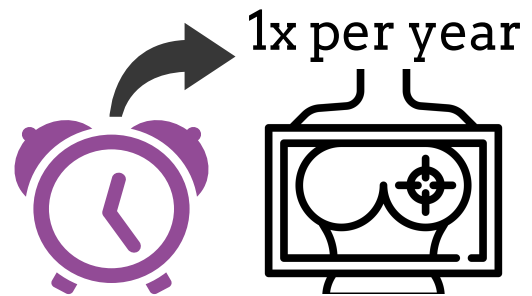
Environmental Health Centers



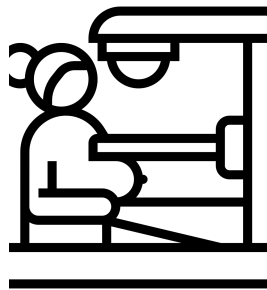
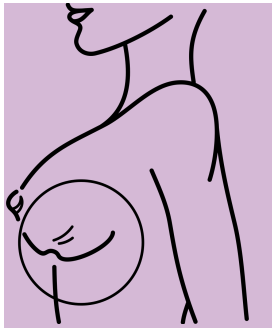
1 MAMMOGRAMS: HOW OFTEN?

Screening with mammograms can detect breast cancer earlier, even before symptoms

- **Age 40-44:** optional, 1 time per year
- **Age 45-54:** 1 time recommended per year
- **Age 55 and up:** 1 time per 2 years, or 1 time per year (optional)



Duration:
10-15 minutes



2 MAMMOGRAMS: WHAT TO EXPECT

- The x-ray tech will place each breast on the platform one at a time, and lower a plate that gently flattens the breast
- Spreading out the breast tissue makes finding signs of cancer easier in the image and uses less radiation

The denser tissue in your breasts can make it **harder to identify breast cancers** or early abnormalities on a mammogram



3 WHAT IS BREAST DENSITY?

Having dense breasts is a normal trait, just like being tall. About 40% of all women have dense breasts, and it doesn't negatively impact your health.



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MAMMOGRAM SCREENING RESULTS & NEXT STEPS



10-12% of women require further testing after a mammogram

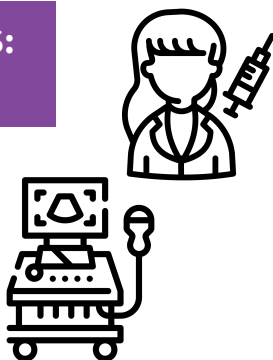
Screening Result	What Does It Mean?	Next Steps and Resources
Negative	You have a normal test, and no lumps or abnormal structures were detected.	Continue screening as guidelines recommend.
Incomplete	Your mammogram was not clear enough to be able to detect an abnormality.	You may require additional mammograms or screenings for clearer images. Your doctor can compare with previous images to look for changes.
Benign	A mass or lymph node in your breast was seen in the mammogram, but it was not cancer.	Continue screening as guidelines recommend.
Probably Benign	There is a less than 2% chance that the abnormality found is cancer.	You may need more frequent mammograms until your doctor can confirm the mass is not changing and is not cancer.
Suspicious Abnormality	Your doctor is concerned that a finding in your mammogram may be cancerous.	A biopsy or further testing to confirm signs of cancer may be recommended.

BIOPSIES AND ULTRASOUNDS: WHAT TO EXPECT

Why do I need an ultrasound?

Ultrasounds can:

- clarify suspicious mammogram findings
- locate cancers in smaller areas
- improve detection for women with dense breasts



What happens during a biopsy?

- First, local anesthetic is applied to the breast tissue. Then, a needle is inserted into the breast to get a sample of the cells from the suspicious area
- You may feel pressure, but chances of bleeding are low
- The cells will be studied to determine if they are cancerous or normal

