

Breast Cancer SCREENING GUIDE

AGES 25-39

Talk to your doctor about beginning clinical breast exams and learn if you have risk factors that increase your chance of getting breast cancer.

Do you have risk factors?

YES

Talk to your doctor about beginning annual mammograms or other breast cancer screening tests BEFORE the age of 40.

Are test results normal?

NO

Test results are abnormal and the doctor may order additional testing.

AGES 40+

Talk to your doctor about beginning annual mammograms and learn if you have risk factors.

Are mammogram results normal?

NO

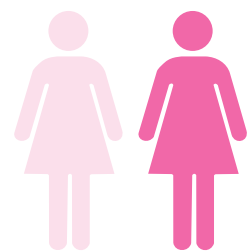
YES

Continue to get clinical breast exams and mammograms every year. Mammogram results may reveal you have dense breast tissue.

Talk to your doctor about additional testing.

NO

Test results are abnormal and the doctor may order additional testing.



No two bodies are the same. The most important thing to do is talk to your doctor about what screening options are right for you.

It is important to have breast self-awareness

Do you have any of these signs or symptoms?

- A lump or pain in the breast
- Thickening or swelling in part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin on the breast
- Pulling in of the nipple or pain in the nipple area
- Fluid other than breast milk from the nipple, especially blood
- A change in size and shape of the breast

If YES, visit your doctor for a clinical breast exam and possible breast cancer screening test.

*Recommendations from the American Society of Breast Surgeons.

Risk Factors for Breast Cancer

Tell your doctor if you fit any of the risk factors below. Having one of these risk factors may be reason to start breast cancer screenings earlier:

- A family history of breast cancer, especially a mother, sister or daughter
- A personal history of breast cancer or a non-cancerous breast disease
- A genetic mutation associated with breast cancer such as in BRCA genes
- Certain ethnicities, like African Americans and women of Eastern European Jewish decent
- Using hormone replacement therapy for a long time
- Having your first menstrual period before age 12
- Giving birth for the first time after age 35 or never giving birth
- A history of radiation therapy to the chest prior to age 40

Dense Breast Tissue

Breasts are made up of lobules, ducts, and fatty and fibrous connective tissue. When the breast has more fibrous connective tissue than fatty connective tissue, we say that the tissue is dense.

Dense breast tissue is very common, but it can present a problem with regular screening mammograms. Dense breast tissue shows up white on a mammogram, the same color as anything abnormal. Because of this, a doctor might not be able to see a lump by using a mammogram on women with dense breast tissue.

There is no way to tell if you have dense breast tissue until you have a mammogram. If you have dense breast tissue, your doctor will tell you and talk to you about additional screening tests, such as MRI or ultrasound.

Breast Cancer Screening Tests

Clinical Breast Exam: A clinical breast exam is an examination by a doctor or nurse who uses his or her hands to feel for lumps or other changes.

Mammogram: A mammogram is an x-ray picture of the breast. Mammograms are the best way to find cancer early, when it is easier to treat.

3D Mammogram (breast tomosynthesis): The newest technology is 3D mammography. This imagining test combines multiple breast x-rays to create a three-dimensional picture of the breast.

Diagnostic Mammogram: A diagnostic mammogram is used when there is a problem with the breast, such as nipple discharge or a lump, or if your screening mammogram shows something abnormal. An abnormality found during your screening mammogram does not mean you have breast cancer; it just means that your doctor needs to do more testing. A diagnostic mammogram may include more imaging such as MRI or ultrasound.

Automated Whole Breast Ultrasound: This is the only FDA-approved ultrasound technology for breast cancer detection in women with dense breast tissue.

Breast Magnetic Resonance Imaging (MRI): A breast MRI uses magnets and radio waves to take pictures of the breast. MRI is used along with mammograms to screen women who are at high risk for getting breast cancer.



Supported by the Nevada Division of Public and Behavioral Health, Grant Number #1NU58DP006306-02 from the CDC

