

Mammography **Saves Lives**



1 in 8 women will get breast cancer — the most common cancer in women.

40,000 women die from breast cancer each year.

75% of women who get breast cancer are of "average risk" — with no family history of the disease or other high risk factors.

1 in 6 breast cancers are found in women ages 40–49.

The most lives are saved from breast cancer when women get screened every year, starting at age 40.

Starting yearly mammograms at age 40 has helped cut breast cancer deaths by more than 40 percent.

- Mammograms can find tumors too small to be felt.
- Small cancers are easier and less costly to treat, and have a better chance for cure.

 **York
Hospital**

 **MammographySavesLives®**
... one of them may be yours

MammographySavesLives.org



All women should have a risk assessment by age 30 to see if they are at increased risk — particularly black and Jewish women.

- Just being a woman makes you at “average risk” for breast cancer. That risk increases with age.
- Some women are at higher risk — including those with a family history of breast cancer or a known genetic mutation.
- These women may benefit from additional screening or other preventive measures.

Mammograms cannot detect all cancers and can detect tissue that may look like cancer but is not.

- About 10 percent of women who get a screening mammogram will need additional imaging, usually just another mammogram or an ultrasound. One to two percent will need a needle biopsy.
- These issues can cause anxiety, but must be weighed against the potential benefits of early detection of breast cancer.
- Early detection decreases breast cancer deaths and can minimize treatment needed to cure.



For more information, visit
MammographySavesLives.org.

So, You Want to Know More about Screening Mammography . . .



Having regular screening mammograms will decrease your risk of dying from breast cancer. Do you wonder by how much? It depends on when you start having mammograms and how often you have them.

If you get screened this often:	You will reduce your risk of dying of breast cancer by:	Number of women whose lives will be saved (per 100,000 screened)
Yearly, from age 40–84*	40%	1,190
Yearly, age 45–54; every other year, age 55–79 [†]	31%	925
Every other year, age 50–74 [^]	23%	695

*American College of Radiology, Society of Breast Imaging, American Society of Breast Surgeons and National Comprehensive Cancer Network

[†]American Cancer Society

[^]United States Preventive Services Task Force

What age should I start getting screened?

Breast cancer is an important health issue for women in their 40s. It is the second leading cause of all deaths for women in this age group.

1. Half of all fatal breast cancers are diagnosed before age 50.
2. All of the major health care groups agree that yearly screening starting at age 40 saves the most lives. In fact, starting screening at age 40 will save 100,000 more lives every decade than starting at age 50.
3. Black, Hispanic and Asian women are at particularly high risk of developing aggressive forms of early onset breast cancer, particularly in their 40s.
4. Women who do not get screened and develop breast cancer in their 40s are almost 3.5 times more likely to need a mastectomy and 2.5 times more likely to need chemotherapy.

No one in my family has had breast cancer. Can I start screening later?

Yearly screening starting at age 40 is still important, even for those women who do not have a family history of breast cancer.

1. Three out of four women who develop breast cancer have no family history of breast cancer and no other risk factors besides being women.
2. All women, especially Black women and those of Ashkenazi Jewish descent, should talk to their doctors about their risk for breast cancer by age 30. If you turn out to be at higher-than-average risk, you may want to consider additional screening with ultrasound or MRI.

