

Take control of your health: Get tested for breast cancer.

Getting regular mammograms is one of the most important things a woman can do to find breast cancer early – when it's small, hasn't spread, and is easier to treat.

The American Cancer Society recommends the following for finding breast cancer early in women at average risk and without symptoms:

Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms if they wish to do so.

Women ages 45 to 54 should get mammograms every year.

Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.

Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening.

Some women at high risk for breast cancer – because of their family history, a genetic tendency, or certain other factors – should be screened with MRIs along with mammograms. (The number of women who fall into this category is very small.) Talk with a health care professional about your risk for breast cancer and the best screening plan for you.



To learn more about breast cancer, visit the American Cancer Society's website at **cancer.org** or call us at **1-800-227-2345**. We want to help you stay well.