

BREAST CANCER SCREENING FAQs

Breast cancer is the second most common cancer in women. Finding cancer early gives you the best chance of beating it!

What is breast cancer?

It is a disease that makes cells in the breast grow out of control. The cancer cells can spread to other parts of the body.



What are the risk factors for getting breast cancer?

Risk factors that you cannot change:

- Getting older
- Starting your period before age 12
- Starting menopause after age 55
- Having dense breasts
- Family history of breast or ovarian cancer

Risk factors you can change:

- Be more physically active
- Keep a healthy weight
- If you drink alcohol, limit the amount you drink
- If you smoke, get help to quit

Talk to your primary care provider (PCP) about how to lower your risk for breast cancer.



What can I do to find breast cancer early?

Regular exams and check-ups can help find health issues before you know something is wrong. Getting a mammogram can find early signs of breast cancer. A mammogram is an x-ray picture of the breast.

When should I get a mammogram?

If you are 50 and older, you can get a mammogram every 2 years.

If you are between the ages of 40 and 49, talk to your PCP about risk factors and find out if you need a mammogram before turning 50.



Early detection for breast cancer is an important step for your health.