

## **Screening mammography for women of average risk of breast cancer can begin at age 40. Together you and your family doctor can decide what's best for you.**

### **What is a Mammogram and Why is it Important?**

A mammogram is an X-ray of the breast to help in detecting breast cancer. Mammograms can help to find breast cancer early. Most women can survive breast cancer if it's found and detected early.

### **When to Start Screenings**

- Starting at age 40, women with average risk can begin annual mammography screening. A woman should talk with her primary care doctor in order to decide when it is best to start mammograms.
- Women under age 40 and at higher risk (most often due to a family history of cancer) should discuss with their physicians on when it is best to start mammograms and how often to get them. Women who have not assessed if they are at high risk should discuss the potential for an evaluation of their risks with their doctor.
- The incidence of breast cancer continues to grow as a woman ages. Regular screening mammography should continue as long as a woman is in good health.

**Learn more at: [sclhealth.org/services/imaging/screenings/mammography/](https://sclhealth.org/services/imaging/screenings/mammography/)**