



BREAST CANCER SCREENING

What is Breast Cancer Screening?

- Checking a woman's breasts for cancer before there are signs or symptoms of the disease.
- Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat.
- The United States Preventive Services Task Force recommends women who are 50 to 74 years old and are at average risk for breast cancer get a mammogram every two years,
- Women should weigh the benefits and risks of screening tests when deciding whether to begin getting mammograms before age 50 (USPST).



BREAST CANCER SCREENING TESTS

- **Mammogram:** is an X-ray of the breast. For many women, mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.
- **Breast Magnetic Resonance Imaging (MRI):** Breast MRI is used along with mammograms to screen women who are at high risk for getting breast cancer.

Other exams

- **Clinical Breast Exam:** Done by a doctor or nurse, who uses their hand to exam for lumps or other changes
- **Breast Self-Awareness:** Familiarizing yourself with your breast look and feel can provide more awareness about your breasts. Being aware leads to addressing changes directly.

Benefits & Risks of Screening

- Screening helps identify cancer early to improve chances of treatment
- Harms can include false positive test results--leading to unnecessary tests that can be expensive and intrusive.
- Mammograms may also miss some cancers, called false negative test results, which may delay finding a cancer and getting treatment.
- Breast cancer screening is also painful and leads to unwarranted x-rays



Covid-19 & Breast Cancer

- The CDC, the National Comprehensive Cancer Network (NCCN), and other expert medical groups have recommended that people with cancer should be prioritized for vaccination.
- Experts have noted and advised most people with breast cancer, or a history of breast cancer should get the Covid-19 vaccine.

SOURCE: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention, n.d.

SOURCE: Coronavirus (COVID-19): What People with Breast Cancer Need to Know. n.d. https://www.breastcancer.org/about_us/press_room/news/coronavirus#vaccine

