

Breast Screening Decisions

Your Risk

You are at low to average risk of breast cancer.

Your chance of developing breast cancer in the next 5 years is

That means that out of 1000 women like you, of them will develop breast cancer in the next 5 years and will not.

Screening

If 1,000 women age 40-49 at low to average risk have a mammogram, here is what the results will be:

900 will have a normal mammogram

- 899 women do not have breast cancer
- 1 woman has breast cancer that's missed by screening (false negative)

100 will have an abnormal mammogram that requires further testing or biopsy

- 98 do not have breast cancer despite an abnormal mammogram (false positive)
- 2 women have breast cancer that's caught by screening

Most women your age will have a normal mammogram, and almost all women who have an abnormal mammogram do not have breast cancer. Over 10 years women who have mammograms every year have a 60% chance of a false-positive result. Women who have mammograms every *other* year have a 40% chance of a false-positive result.

Mammograms can detect breast cancer in women your age, but some cancers may be missed. When a cancer is missed by a screening mammogram, it is usually found after a woman has symptoms or at a future screening mammogram visit.

While screening mammograms can't prevent breast cancer, they can reduce your chance of dying from breast cancer. The benefit of screening depends on when you start and how often you have a screening mammogram.

If 1,000 women your age at low to average risk of breast cancer have mammograms:

Every year, starting at age 40	Every year, starting at age 50	Every <i>other</i> year, starting at age 40	Every <i>other</i> year, starting at age 50
Over their lifetime: <ul style="list-style-type: none">• 22 women die of breast cancer• 978 women will die of other causes	Over their lifetime: <ul style="list-style-type: none">• 23 women die of breast cancer• 977 women will die of other causes	Over their lifetime: <ul style="list-style-type: none">• 24 women die of breast cancer• 976 women will die of other causes	Over their lifetime: <ul style="list-style-type: none">• 25 women die of breast cancer• 975 women will die of other causes

Screening mammograms can reduce your risk of dying from breast cancer, but many cancers found by screening have a very small chance of causing death.

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My Values

I'm willing to do anything to detect breast cancer as early as possible.



Screening mammograms are painful and inconvenient.



I only want to have mammograms if I am at high risk for breast cancer.



I want my doctor to tell me when to have mammograms.



I have enough information to make a decision about screening mammograms.



Making a decision about when to start and how often to have mammograms is stressful.



How worried are you about getting breast cancer?



How concerned are you about the possible harms of screening mammograms?



My decisions...

When should you start and how often should you have mammograms to screen for breast cancer?

- Should you start in your 40's or wait until you are 50?
- Should you have a mammogram every year or every *other* year?

The next step in making these decisions is talking to your doctor. We encourage you to bring this summary with you to your upcoming visit. Together, you and your doctor can decide which mammogram screening schedule is best for you.