



JUST THE FACTS

For every 1,000 women who have a screening mammogram:

- 100 are recalled to get more mammography or ultrasound images
- 20 are recommended for a needle biopsy
- 5 are diagnosed with breast cancer

What is a mammogram?

A mammogram is a specific type of breast exam used to aid in the early detection and diagnosis of breast disease in women. This quick medical exam uses a noninvasive X-ray targeted to each breast, producing pictures that your doctor can use to identify and treat any abnormal areas, possibly indicating the presence of cancer.

Why are mammograms important?

Annual mammograms can detect cancer early—when it is most treatable. In fact, mammograms show changes in the breast up to 2 years before a patient or physician can feel them. Mammograms can also prevent the need for extensive treatment for advanced cancers and improve chances of breast conservation. Current guidelines from the American College of Radiology, the American Cancer Society, and the Society for Breast Imaging recommend that women receive annual mammograms starting at age 40, even if they have no symptoms or family history of breast cancer.

Mammography Facts:



$\frac{1}{3}$

Mammography has helped reduce breast cancer mortality in the U.S. by nearly $\frac{1}{3}$ since 1990.

$\frac{1}{69}$

The ten-year risk for breast cancer in a 40 year old woman is 1 in 69.

$\frac{1}{6}$

1 in 6 breast cancers occur in women aged 40–49.

40%

Of all the years of life saved by mammography, 40% are for women in their 40s.

$\frac{3}{4}$

$\frac{3}{4}$ of women diagnosed with breast cancer have no family history of the disease and are not considered high risk.

30%

Even for women 50+, skipping a mammogram every other year would miss up to 30% of cancers.