Our Breast Advice on Breast Cancer Screening

An important decision, such as when to undergo breast cancer screening, is best made after an informed discussion with your physician.

Starting at age 40, all women are urged to speak with their physician about beginning regular breast screening.

Know your risks
Whether you are at average or high risk for breast cancer is determined from a number of factors, such as:
- a personal or family history of breast and/or ovarian cancer;
- dense breasts;
- a woman’s reproductive history;
- exposure to ionizing radiation;
- use of hormone replacement therapy;
- some lifestyle factors, such as obesity;
- and other potential factors as determined by your physician.

Talk about your risk factors with your physician. Make a decision that feels right for you.