

Breast Cancer Screening

There are several different guidelines for how often women should have breast cancer screening. And despite the different recommendations, most experts do agree that women should talk to their doctors about breast cancer screening from 40 years of age onward.

The American College of Physicians recommends:

- Women aged 40–49 years with an average risk of breast cancer should discuss the benefits and risks of regular screenings with a doctor.
- Between 50 and 74 years of age, women who have an average risk should undertake screenings every 2 years.
- Beyond 75 years of age, doctors only recommend screenings for women with a life expectancy of 10 or more years.

The American Cancer Society suggests:

- Women of average risk can choose to have yearly scans from the age of 40 years onward.
- Those who have not should start annual screening at 45 years of age.
- They may decide to switch to screenings every other year when they reach 55 years of age.

The American College of Radiologists recommends:

- Screenings every year, starting from 40 years of age.

Make an appointment to talk with your PMR Healthcare Provider today. We're looking forward to helping you live your happiest, healthiest life!

KOOTENAI MEMBER HEALTH & WELLNESS CLINIC

Powered by PMR Healthcare

920 West Ironwood Dr, Suite 206
Coeur d'Alene, ID 83814

Email: pmrkootenaicounty@pmrhealthcare.com

Call: (208) 686-3371

www.pmrkootenaicounty.com

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