

Breast Cancer Screening Recommendations:

- A regular clinical breast exam by a health care professional. A clinical breast exam is an examination to feel for lumps or other changes.
- Beginning at age 40, discuss mammography with your doctor to understand the benefits and risks and to determine what is best for you.
- By age 50, all women should receive regular mammograms. A mammogram is an X-ray of the breast. Mammograms are the best method to detect breast cancer early, when it is easier to treat. A mammogram can often detect a lump two years before it can be felt.
- Know what is normal for you. Talk to your doctor about any changes you notice.



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