

Breast Cancer Screening

What breast cancer screening tests are recommended for someone my age?
Guidelines for women at average risk.

Ages 40 to 44

Option to get screened

Women should have the option to start screening with a mammogram every year.

Ages 45 to 54

Get screened every year.

Women should get a mammogram every year.

Ages 55+

Get screened every other year.

Women can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.

Questions to Ask a Doctor About Cancer Screening Tests

- What cancer screening tests are recommended for someone my age?
- How often should I get the screening tests?
- Where can I go to get screened?
- How do I schedule my screening tests?
- Will my screening tests (or other costs) be covered by my health insurance?
- What will the screening tests cost if they are not covered by insurance?

Cancer Screening Conversation Starters

- I care about you and your health. Are you getting regular cancer screening tests?
- Did you know there are tests that can catch changes in your body before they become cancer?
- My breast/cervical/colorectal/lung/prostate cancer screening is coming up. Have you scheduled yours yet?
- Regular cancer screening is important. Is there anything I can do to help you get screened, like finding information, scheduling an appointment, or helping with childcare or transportation ?

Have Questions About Screening?

Visit [cancer.org/getscreened](https://www.cancer.org/getscreened) for cancer screening FAQs, including information about how to schedule a screening test, how to afford screening with or without insurance, and more.