American Cancer Society Recommendations for the Early Detection of Breast Cancer
Guideline for women at average risk for breast cancer

Ages 40 – 44
Woman should have the choice to start annual breast cancer screening with mammograms if they wish to do so.

Ages 45 – 54
Woman should get mammograms every year.

Age 55 and older
Women can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

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