

HIGH RISK WOMEN - BREAST SCREENING RECOMMENDATIONS

BRCA 1 OR BRCA 2 GENE INHERITED GENE

Clinical Breast Exam	every 6-12 months beginning at age 25
Mammogram	yearly if no MRI
Breast MRI	yearly if no mammogram

RADIATION TREATMENT (BETWEEN AGES 10-30)

Clinical Breast Exam	every 6-12 months starting 8 years after treatment unless under age 25 then yearly
Mammogram	yearly 8 years after treatment beginning age 30
Breast MRI	yearly 8 years after treatment beginning age 25

PERSONAL HISTORY OF BREAST CANCER

Clinical Breast Exam	1-4 times yearly for 1st 5 years after treatment then yearly
Mammogram	yearly
Breast MRI	discuss with provider

DENSE BREAST TISSUE

Clinical Breast Exam	every 1-3 years starting age 25 then yearly beginning age 40
Mammogram	yearly starting age 40
Breast MRI	discuss with provider

FIRST DEGREE RELATIVE WITH BRCA 1 OR BRCA 2 GENE MUTATION

Clinical Breast Exam	every 6-12 months beginning age 30
Mammogram	yearly starting at age 30 or 10 years before the age of diagnosed family member with cancer
Breast MRI	discuss with provider



Breast Center of Excellence
Penn Highlands Healthcare

www.phhealthcare.org

BREAST HEALTH AND PREVENTATIVE CARE

Penn Highlands Healthcare



WHAT IS BREAST CANCER?

Breast cancer is a type of cancer that starts in the breast. Cancer starts when cells begin to grow out of control.

Breast cancer cells usually form a tumor that can often be seen on an x-ray or felt as a lump. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.



MAINTAINING A HEALTHY LIFESTYLE

- Regular exercise
- Healthy weight
- Limiting the amount of alcohol
- Healthy eating habits
- Avoid smoking

KNOWING YOUR RISK FACTORS

When risk factors and cancer are detected early, treatment is more successful, less painful, and less costly.

- Being female
- Being overweight
- Inherited gene mutations including BRCA 1 and BRCA 2 genes
- Getting older
- Having high density breast tissue

Screenings can save your life.

There is no sure way to prevent breast cancer. But there are things you can do that might lower your risk.

SCREENING GUIDELINES

BREAST SELF-EXAM

- Performing breast self-exams and know your breasts and what is normal for you
- Once a month

CLINICAL BREAST EXAM

- Age 40 - Have a clinical breast exam per a licensed provider at least every 3 years
- Notifying your provider of any breast changes

MAMMOGRAM (2-OR-3D)

- X-ray of each breast
- Age 40 - Have an annual mammogram or sooner if determined by your doctor

Schedule a mammogram today!