



SHOULD I STILL GET A MAMMOGRAM THIS YEAR



Breast cancer unfortunately doesn't stop — not even for a global pandemic. So, screening can't afford to, either. Simply put: mammography (still) saves lives!



Is it Safe to Schedule My Mammogram Now?

Keeping up with medical care — especially during the COVID-19 pandemic — will help ensure your health in the future. While you may have reservations about going to the doctor now, do not allow fear of the virus to prevent you from scheduling your mammogram and detecting any problems early.

Share your concerns about scheduling your exam with your doctor, discuss your individual risk and decide together when it is safe for you to return to care.

Once you schedule your mammogram, here are some tips to help you prepare:

- Check with your provider about the safety protocols they've implemented, so you know what to expect at your next appointment. Radiology practices, for example, are following expert guidelines from the American College of Radiology® (ACR®) and the Centers for Disease Control (CDC) to safely resume nonemergency care like mammograms and other screenings.
- Healthcare appointments will include multiple safeguards to protect patients and staff. For example, you may have your temperature checked upon arrival, you may be asked to wait in your car rather than in the waiting room until your appointment time and you will likely be asked to wear a mask while in the facility.
- Follow staff instructions and take common-sense precautions — like practicing social distancing — during the visit.
- Be patient. Radiology practices are spacing out appointments to allow for proper equipment and room sterilization, so more time may be needed before your appointment begins.



Talk To Your Doctor

It's smart to take all risks into account, but delaying an exam won't make cancer go away — and it might make the road to recovery more difficult. Talk to your doctor about scheduling your screening mammogram today.

Did you know the most rigorous scientific studies have shown that the most lives are saved by starting annual mammography screening at age 40?

That's why the American College of Radiology, Society of Breast Imaging and other medical associations recommend that women begin getting a mammogram, every year, at age 40.

Why do I need a mammogram? Why start at 40?

- One in six breast cancers occurs in women in their 40s, and these cancers tend to be more aggressive than those found in older women.
- According to National Cancer Institute data, since mammography screening became widespread in the mid-1980s, the U.S. breast cancer death rate has dropped 38 percent.
- A study published in Cancer Epidemiology, Biomarkers & Prevention shows mammography screening cuts the risk of dying from breast cancer nearly in half.
- By not getting a yearly mammogram after age 40, women increase their odds of dying from breast cancer, and treatment for advanced cancers ultimately found will be more extensive and more expensive.

For more information, please visit MammographySavesLives.org.

