



American Cancer Society Recommendations for the Early Detection of Breast Cancer

Guideline for women at *average risk* for breast cancer



Ages 40 – 44

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



Ages 45 – 54

Women should get a mammogram every year.



Age 55 and older

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.

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