

Position on Mammogram Guidelines

Alan M. Miller MD, PhD

Medical Director of Oncology, Baylor Health Care System

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What Baylor Health Care System recommends

The current practice is to continue to recommend an annual screening mammogram beginning at the age of 40, which aligns with the recommendations from these organizations; American Cancer Society, American Society of Breast Disease, American College of Radiology and American Society of Breast Surgeons.

At BHCS, a three-tiered approach is used which includes:

- *Breast self-exam beginning at age 20 to identify breast abnormalities and allow a woman to become familiar with her breasts so that she can tell her doctor about any changes

- *Clinical breast exam beginning at age 30 performed by a health care provider and recommended annually beginning at age 40

- *Screening mammography beginning at age 40

Screening mammography is not a perfect exam. There will be a lot of new data published in the coming months, and it will take time to analyze the results and see what information can be gained to determine how best to use mammography as a screening tool.

In the meantime, women should meet with their health care providers to discuss the benefits, risks and limitations of screening mammograms. If you're concerned about screening mammograms, talk to your doctor and learn what's right for you based on your individual risks. It's important that the two of you work together to develop a screening plan.