



Mammograms and Breast Health

Mammograms play a key role in early breast cancer detection and help decrease breast cancer deaths.

A mammogram is an X-ray image of your breasts used to screen for breast cancer. It is the best screening test available today to find breast cancer in most women. A mammogram can find breast cancer in a person years before physical symptoms develop.

When to begin screening

The U.S. Preventive Services Task Force (USPSTF) recommends screening mammography every 2 years for women aged 50 to 74 years.

Screening mammography in average risk women ages 40-49 may reduce the risk for breast cancer death, but the number of deaths prevented is smaller and there are more false positive results and unnecessary biopsies in women in this age group. There are likely to be increasing benefits as women move from their early to late 40s.

Other ways to decrease your risk of breast cancer include:

- Keep a healthy weight
- Avoid or limit alcohol
- Be physically active
- Breastfeed your children, if possible

90% of breast cancer cases are curable when detected early.

Sources: [Mammogram | Mayo Clinic](#), accessed 4/11/2022
[Breast Cancer: Screening | USPSTF](#), accessed 4/11/2022

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