



Recent Announcement About Breast Cancer Screening

The American Cancer Society (ACS) released its updated guideline on breast cancer screening in the October 20 issue of the *Journal of the American Medical Association (JAMA)*. The [ACS guideline](#) is based on a variety of new evidence, including a [study](#) in the October 20 *JAMA Oncology* by Group Health researchers.

Group Health clinicians are currently revising the Group Health [Breast Cancer Screening Guideline](#) based on updated evidence and guidelines from the ACS and U.S. Preventive Services Task Force (USPSTF).

Current recommendations for breast cancer screening:

Organization	Mammography screening recommendations for women at average risk for breast cancer, by age group		
Group Health Cooperative (2012—update scheduled 2016)	Optional screen every 2 years	Screen every 2 years	Discuss with doctor
<i>Ages</i>	40–49	50–74	75+
American Cancer Society (2015)	Optional screen yearly	Screen yearly	Screen every 2 years until <10 years life expectancy
<i>Ages</i>	40–44	45–54	55+
U.S. Preventive Services Task Force (2015—draft)	Optional screen every 2 years	Screen every 2 years	Insufficient evidence
<i>Ages</i>	40–49	50–74	75+

Key points about breast cancer screening

When to start screening, and how often, should be an informed decision between you and your doctor, depending on your individual risk factors and level of concern. The two biggest risk factors are breast cancer genes and increasing age.

What matters most is that you be screened regularly for breast cancer. Routine screening with mammograms is the most effective way of finding breast cancer early before it spreads to other parts of the body.

Talk with your doctor if you have any question or concerns about screening for breast cancer.