



Should I Have a Screening Mammogram?

A Guide for Women Ages 75 or Older

As you age, there is a higher chance of getting breast cancer. Breast cancers often grow more slowly in older women. There is no clear recommendation of what age to stop having screening mammograms.

After age 75, you may choose to talk with your primary care provider (PCP) about continuing to have screening mammograms. Any time you notice a change or symptom in either of your breasts, a diagnostic mammogram is recommended no matter your age.

Mammograms are often used to find cancers when a lump cannot be felt. Experts think that a small breast cancer found on an older woman's mammogram would not cause problems for at least 5 to 10 years. Some of these cancers may never cause problems.

Deciding whether to continue having mammograms is a health decision that you should make after:

- Thinking about your health
- Speaking to your doctor and your loved ones

Some Things to Think About Before Deciding

How is your overall health and wellbeing?

If breast cancer is found, would you want to treat it with surgery, pills, chemotherapy, or radiation?

Would you want treatment even if the breast cancer may not cause any problems in your lifetime?

What is your risk of developing breast cancer?

After reviewing this, talk with your primary care provider (PCP) about whether or not you should have a mammogram.