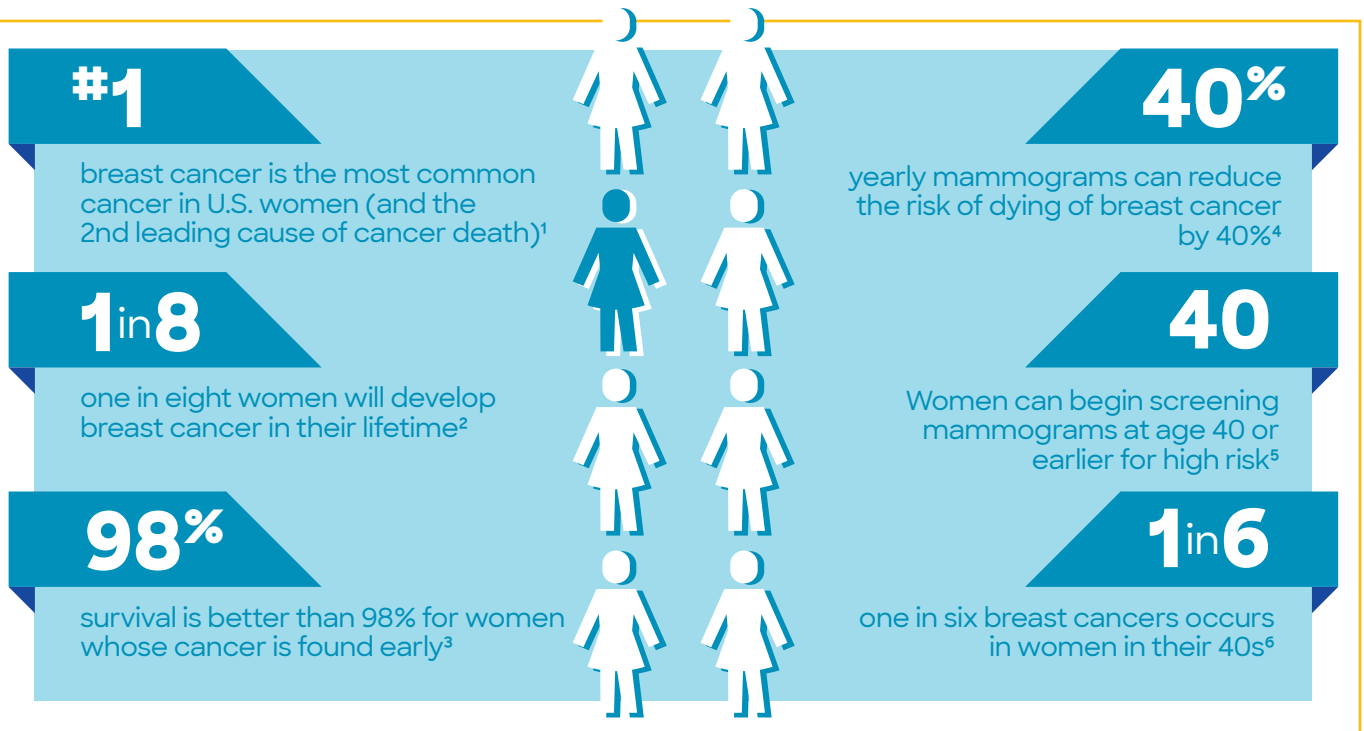


# Are you 40 or above? Mammography could save your life.



## Risk factors

- ▼ **Age**  
Risk goes up the older you get
- ▼ **Ethnicity**  
Breast cancer is the leading cause of cancer death in Hispanic women, and more common in African American women under age 45
- ▼ **Genetics**  
5-10% of breast cancer cases are hereditary, resulting directly from gene defects
- ▼ **Family history**  
First-degree relationships (mother, sister, daughter) with breast cancer doubles your risk, but 75% of women diagnosed have no family history
- ▼ **Weight**  
Overweight or obese women have a higher risk
- ▼ **Dense breasts**  
Women with dense tissue in their breasts are 1.4x more likely to develop cancer



## Considerations

Mammograms are x-ray tests which utilize low-dose radiation. They are the best available screening test for breast cancer, but have limits. In some cases, they may show false-negative or false-positive results. Approximately 10% of patients are called back for additional testing. Less than 1.5% of patients require a biopsy.<sup>7</sup>

To schedule, visit [BSWHealth.com/BreastImaging](https://www.bswhealth.com/BreastImaging) and click "Schedule Mammogram"

### Sources:

<sup>1</sup> Centers for Disease Control and Prevention

<sup>2-3</sup> American Cancer Society

<sup>4</sup> Monticciolo et al. J Am Coll Radiol 2017;14(9):1137-1143

<sup>5-6</sup> American Cancer Society

<sup>7</sup> American College of Radiology National Mammography Database