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.

To schedule, visit BSWHealth.com/BreastImaging and click “Schedule Mammogram”

Sources:
1. Centers for Disease Control and Prevention
2-3. American Cancer Society
5-6. American Cancer Society
7. American College of Radiology National Mammography Database