

Penn State Hershey Breast Center

Recommends Annual Screening Mammograms Beginning at Age Forty

In accordance with the American Cancer Society, our team of experts at Penn State Hershey Breast Center recommend no changes in our current guidelines to start screening at age forty, for the following evidenced based reasons:

- One in sixty-nine patients in their forties will be diagnosed with breast cancer
- Mammography can detect breast cancers at a smaller size and earlier stage than is possible without the test
- When breast cancer is detected at an early stage, the chance for cure is greater

There is no medical test that has been as completely studied as screening mammography. The criteria that must be met to prove that a breast screening test is worth the cost are the following:

- It must be able to detect breast cancer at a smaller size/stage
- Randomized controlled trials must show the test brings about a reduction in breast cancer deaths
- When the breast screening test is introduced into the general population, the breast cancer death rate must decline as predicted by the randomized controlled trials

Screening mammography has fulfilled all three requirements. Therefore, in the best interest of your health, Penn State Hershey Breast Specialists will continue to advocate for screening mammography, using low radiation dose digital mammography for patients at average risk beginning at age forty.

To answer all your breast health questions, please contact the specialists at Penn State Hershey Breast Center: 717-531-7942.



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