

Breast Cancer Screening

What you should know...

ACCORDING TO THE NATIONAL COMPREHENSIVE CANCER NETWORK



An **annual screening mammogram** is recommended for women aged **40+**

3.8
million

breast cancer survivors in the U.S.

THERE ARE TWO TYPES OF MAMMOGRAMS



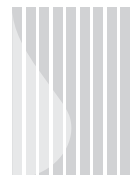
Full-Field Digital Mammogram (2D)

Uses a low dose X-ray system to take pictures of the breasts electronically rather than with film.



Digital Breast Tomosynthesis (3D-Like)*

Takes multiple low dose images in an arc around the breast to create 2D and 3D-like views of the breast.



DID YOU KNOW?

In California, your mammogram results must include notification if you have dense breasts.



Mammography Saves Lives

Mammography **decreases deaths** from breast cancer by approximately **30%**

Radiation from **one 3D-like mammogram*** = **1/6** of the radiation you receive in one year from everyday things such as



the air you breathe



the food you eat



the buildings you enter



your own body

Digital Breast Tomosynthesis (3D-Like Mammogram)*



can be done in both men and women



improves detection and reduces call backs due to false positives

25%

breast cancer detection in women using 3D-like mammography

*Please verify coverage with your health plan.

To learn more about: Breast cancer screening, visit stanfordhealthcare.org/mammogram
The Breast Cancer Program, visit stanfordhealthcare.org/cancercenterpleasanton