

Health tip: Mammogram screening recommendations

New recommendations from the U.S. Preventive Task Force state that women should now begin screening for breast cancer at age 40 rather than 50, as starting breast cancer screening 10 years earlier may save thousands of lives per year.¹

Usually, women between the ages of 50 and 74 are encouraged to schedule mammograms to detect possible signs of breast cancer, the most common cancer among women in the United States. However, recent evidence shows more women in their 40s are getting breast cancer, with the number of newly diagnosed women increasing about 2% each year.

The newest recommendations by the U.S. Preventive Services Task Force state that women who are between ages 40 and 74 should have screening mammograms every two years. By starting screenings earlier, doctors can detect breast cancers earlier, saving more lives.¹

Depending on your personal health and health history, your doctor may recommend the mammogram that's right for you,² including a:

Screening mammogram

- Standard test for average risk of breast cancer
- Helps with early detection and earlier treatment

Diagnostic mammogram

- Appropriate for those with an abnormal breast screening, mammogram or concerns of breast lumps, pain, discharge, thickening of skin, or change in size or shape
- Provides a more detailed X-ray than a screening mammogram

3-D mammogram

- Provides a clearer image than a standard mammogram
- Recommended for those with dense breasts
- Increases cancer detection and decreases false-positive rates



Nevertheless, if you've had breast cancer, have a family history of breast cancer, or have other breast problems, you might need to start getting mammograms before the age of 40, or more often.

All that said, there's no right or wrong mammogram. Speak with your doctor about which one may be the best for you to get. For more information about your health plan coverage, go to myuhc.com.

Need a doctor?

3 ways to find a doctor in your network:



Download the **UnitedHealthcare® app** and tap *Find Care* then *Primary care*



Sign in at myuhc.com® and use the *Find Care and Costs* then *Primary care providers tool*



Call the number on the back of your health plan ID card to speak with Customer Service



Sources:

1. The Washington Post: Health panel recommends women get screening mammograms at age 40. <https://www.washingtonpost.com/wellness/2023/05/09/mammogram-age-40-breast-cancer-screening/>. 2023. Accessed August 2024.

2. Cleveland Clinic: Mammogram. <https://my.clevelandclinic.org/health/diagnostics/4877-mammogram>. 2022. Accessed August 2024.

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding your medical condition. All trademarks and logos are property of their respective owners in the U.S. and other jurisdictions.