

Your Breast Health: What to Know About Breast Cancer Screenings



Around 30%
of those with early
stage breast cancer
go on to develop
metastatic breast
cancer (MBC).¹

Regular breast screenings may help to identify signs of disease before it has advanced to a later stage. Additionally, studies have shown that factors such as family history, race, or ethnicity may increase breast cancer incidence.²

Below you will find information and resources that may be helpful to discuss with your loved ones and your treatment team.

**“I SHOULDN’T
RESUME MY REGULAR
BREAST SCREENING –
IT’S NOT SAFE.”**

Breast cancer
screenings
dropped by nearly



during the
COVID-19
pandemic.³

This could result in delayed or more aggressive breast cancer diagnoses. It is just important now as it was before the pandemic to get routine screenings.⁴

- The Center for Disease Control and Prevention (CDC) has issued protocols and guidance for health care facilities to safely perform routine exams, including breast cancer screenings. Physical distance is maintained, visitors are limited, and other similar protocols have been put in place to prevent the spread of COVID-19.⁵

- While the current age recommended to start yearly mammograms is 50 years old, studies have suggested that Black women should start at age 40.⁶ Additionally, those in high-risk categories may need to begin screenings as early as age 25.⁷
- Research your family history and write down your concerns about your breast health to discuss your options with your doctor. In some cases, family history increases the risk of developing breast cancer.
- Mammograms are not routinely offered to men and may be difficult to perform because of the small amount of breast tissue. A doctor may recommend screening mammography for men with a genetic mutation that increases the risk of developing the disease.⁸

**“I’M TOO YOUNG TO
START SCREENINGS.”**





“I DON’T HAVE A DOCTOR THAT I AM COMFORTABLE SPEAKING WITH ABOUT MY BREAST HEALTH, SO I PREFER TO DO SELF-CHECKUPS AT HOME.”

- Finding the right health care provider and building a trusting relationship can help to facilitate important conversations about your breast health and concerns.
- There are a number of factors which may impact access and quality of care received.⁹ If you are unsure about your options, reach out to your local health center or patient advocacy groups to learn more.



Routine check-ups and preventive screenings are an imperative part of maintaining your health and wellness. Talk to your health care provider about concerns or questions that you may have about rescheduling your next check-up, and how they can accommodate your needs.

For more information on screening guidelines, educational guides, and information on insurance coverage, access, or financial support, check out the resources below.

BREAST CANCER & SCREENING RESOURCES

Regional Screening Guidelines*	Advocacy Resources*
<p>Centers for Disease Control and Prevention (CDC) What is Breast Cancer Screening? Find a Screening Program Near You</p> <p>American College of Radiology Mammography and Breast Imaging Resources</p> <p>Health Resources and Services Administration (HRSA) Women’s Preventive Services Guidelines</p>	<p>Tigerlily Foundation Your Health Care Provider and You Screening & Testing</p> <p>National Breast Cancer Foundation, Inc. Breast Cancer Resources</p> <p>Susan G. Komen Financial Assistance</p>

*These resources are independent of Novartis.

1 O’Shaughnessy, Joyce. Extending Survival with Chemotherapy in Metastatic Breast Cancer. *The Oncologist* 2005;10(suppl 3): 20–29.
 2 Cancer.net. Breast Cancer: Risk Factors and Prevention. Available at: <https://www.cancer.net/cancer-types/breast-cancer/risk-factors-and-prevention>
 3 Vose JM. Delay in Cancer Screening and Diagnosis During the COVID-19 Pandemic: What Is the Cost?. *Oncology (Williston Park)*. 2020;34(9):343. doi:10.46883/ONC.2020.3409.0343.
 4 Cancer.net. How to Safely Keep Up With Your Cancer Screening and Care During COVID-19. Available at: <https://www.cancer.net/blog/2020-12/how-safely-keep-with-your-cancer-screening-and-care-during-covid-19>
 5 Centers for Disease Control and Prevention (CDC): Facility Planning and Operations for COVID-19. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-hcf.html>.
 6 Murray Rebner, MD, FACR, FSBI. Breast Cancer Screening Recommendations: African American Women Are at a Disadvantage. *Journal of Breast Imaging*, Volume 2, Issue 5, September/October 2020: 416–421.
 7 Bring Your Brave: Caring for Young Women Who Are at High Risk for Early-Onset Breast Cancer. Available at: https://www.cdc.gov/cancer/breast/young_women/bringyourbrave/pdf/screening_ct_guidelinesf.pdf.
 8 Cancer.net. Breast Cancer in Men: Screening. Available at: <https://www.cancer.net/cancer-types/breast-cancer-men/screening>
 9 American Cancer Society. Cancer Disparities in the Black Community. Available at: <https://www.cancer.org/about-us/what-we-do/health-equity/cancer-disparities-in-the-black-community.html>

