American Cancer Society Recommendations for the Early Detection of Breast Cancer
Guideline for women at *average risk* for breast cancer

### Ages 40 – 44
Women should have the option to start screening with a mammogram every year.

### Ages 45 – 54
Women should get a mammogram every year.

### Age 55 and older
Women can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.