



**The American Indian  
Cancer Foundation's**

# **Quick Guide to Breast Cancer Screening**

**#IndigenousPink**



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# Breast cancer is the #1 cancer diagnosis for Native women.

**Nationally, breast cancer is the #2 cause of cancer death among Native women.**

**This data reflects the most current information available (2017) on Indigenous populations within the United States, but these trends in cancer diagnosis and mortality have remained unchanged, with very few exceptions for decades. Fortunately, preventative health care can catch breast cancer early, when it is easier to treat.**

Sources: National Program of Cancer Registries (NPCR) of the Centers for Disease Control and Prevention (CDC) and the Surveillance, Epidemiology and End Results (SEER) program of the National Cancer Institute (NCI).



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## What tests are used in breast cancer screening?

### **Breast self-awareness:**

People can get familiar with their breast tissue by learning how they look and feel. This can help you notice any changes in your breast tissue. These changes can include lumps, pain, tissue discoloration or texture changes, and size. If you have any concerns about your breast tissue, talk to your health care provider as soon as possible.

### **Clinical breast exam:**

A health care provider examines your breast tissue with their hands to feel for lumps and other abnormalities.

### **Mammograms:**

These screenings take a look at your breast tissue through an X-ray. Having regular mammograms can increase your chances of surviving breast cancer by detecting cancer in earlier stages.

### **Breast Magnetic Resonance Imaging (MRI):**

Pictures of your breast tissue are taken through the use of magnets and radio waves. An MRI is used with a mammogram to screen people that are at a higher risk for developing breast cancer. An MRI can show abnormalities even when there isn't cancer.

Resource: [https://www.cdc.gov/cancer/breast/basic\\_info/screening.htm](https://www.cdc.gov/cancer/breast/basic_info/screening.htm)



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## What is mammogram screening?

Mammogram screening uses an X-ray to look at breast tissue. Being screened cannot prevent breast cancer but it can help find cancer in earlier stages, when it is easier to treat.

Mammogram screening can be used for either screening or diagnostic purposes.

**#CancerScreeningSavesLives**

Resource: [https://www.cdc.gov/cancer/breast/basic\\_info/screening.htm](https://www.cdc.gov/cancer/breast/basic_info/screening.htm)  
<https://www.mayoclinic.org/tests-procedures/mammogram/about/pac-20384806>



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## Screening age guidelines for women

**United States Preventative Task Force recommends:**

- **Women aged 40-49 of average risk should begin breast cancer screening every other year.**
- **Women aged 50-74 of average risk should receive screening once every two years.**
- **Women aged 75 and older of average risk should discuss screening with their health care providers. There is insufficient evidence to assess the balance of benefits and harms of screening for this age group.**

**You may be eligible for screening at an earlier age due to your family history or health history. Discuss this with your health care provider.**

**Resource: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>**



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## Men's breast cancer screening recommendations

Men should talk to their health care provider if they are experiencing a painless lump, changes to the skin covering the chest, changes in nipples, and discharge from nipples.

**#AllBodiesHaveBreastTissue**

Resource: <https://mayocl.in/3jTBPnf>



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## Transgender screening recommendations

The University of California San Francisco's Transgender Care explains that data is limited on breast cancer, but one study found that it is recommended that screening mammography in transgender women not begin before age 50. It is recommended that screening mammography be performed every 2 years, once age and 5-10 years of feminizing hormone use criteria have been met. Providers and patients should engage in discussions that include the risks of overscreening and an assessment of individual risk factors.

It's important to remember that anyone who has breast tissue should speak to their health care provider about breast cancer screenings.

Resource: <https://transcare.ucsf.edu/guidelines/breast-cancer-women>



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## Benefits of getting screened for breast cancer:

- Finding cancer in early stages.
  - Breast cancer stages are 0-4.0 stage 0 is no evidence of cancer cells and stage 4 is advanced cancer that has spread to other places in the body.
- Knowing your health status.
  - Staying up-to-date on all preventive care guidelines for your age and family/personal risk factors is a great way to honor yourself and long-term health.
- Modeling healthy screening behaviors for your loved ones and community.
- Peace of mind.

Resources: [https://www.cdc.gov/cancer/breast/basic\\_info/screening.htm](https://www.cdc.gov/cancer/breast/basic_info/screening.htm)  
<https://www.breastcancer.org/symptoms/diagnosis/staging#stage0>



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**You are sacred**  
**Your body is sacred**

**Questions? Feel free to reach out  
to us at [health@aicaf.org](mailto:health@aicaf.org)  
for more information**

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## Clinic Information:

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