

MY BREAST CANCER SCREENING WORKSHEET

Why would I want to get a mammogram?

- To create a record of my breast health
- To feel good about my health
- For peace of mind
- To be reassured that I don't have breast cancer
- To detect any cancer early
- To decrease my chances of dying from breast cancer

What could be the harms of getting a mammogram?

- Detecting a tumor that would not become harmful (over-detection) and going through unnecessary treatment.

- False alarm—Being called back to the clinic for extra tests (biopsy, ultrasound, or extra mammogram) that end up normal, which may cause me anxiety and discomfort.

Risk factors might include:

- High breast density (this comes from a mammogram; if you have never had a mammogram, you won't have this information)
- Family history of breast cancer (1st degree relative-parent or sibling)
- Previous breast biopsy (even if it was negative)
- Chest radiation (treatment of another cancer, not an x-ray)
- Not giving birth to any children
- Giving birth to your first child after age 30

MY BREAST CANCER RISK

(Determined with the help of your provider):

☐ Average

☐ Below average

☐ Above average

MY BREAST CANCER SCREENING PLAN

(Fill in after discussing with your provider):

I want to start screening mammograms at age ____

Based on my risks, I want to continue mammograms every:

1 year ____ or

2 years ____ or

Other _____

(no screening or less frequent screening)