Getting regular mammograms is one of the most important things a woman can do to find breast cancer early – when it’s small, hasn’t spread, and is easier to treat.

The American Cancer Society recommends the following for finding breast cancer early in women at average risk and without symptoms:

**Women ages 40 to 44** should have the choice to start annual breast cancer screening with mammograms if they wish to do so.

**Women ages 45 to 54** should get mammograms every year.

**Women 55 and older** should switch to mammograms every 2 years, or can continue yearly screening.

Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

**All women** should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening.

**Some women at high risk for breast cancer** – because of their family history, a genetic tendency, or certain other factors – should be screened with MRIs along with mammograms. (The number of women who fall into this category is very small.) Talk with a health care professional about your risk for breast cancer and the best screening plan for you.

To learn more about breast cancer, visit the American Cancer Society’s website at [cancer.org](http://cancer.org) or call us at 1-800-227-2345. We want to help you stay well.