

Mayo Clinic Minute

Mammograms: Do they work?

Video	Audio
Vivien Williams	Screening mammography helps diagnose breast cancer early.
Karthik Ghosh, M.D. Director Mayo Clinic Breast Diagnostic Clinic	“Our recommendation is that women 40 and older consider yearly screening mammography.”
Vivien Williams	Dr. Karthik Ghosh says women should know the risks and benefits of mammography. The big benefit is early detection of cancer. Risks include getting called back to get a closer look at tissue, which can cause anxiety. And mammograms may miss cancer in women with dense breasts, because cancer and breast tissue both appear white.
Karthik Ghosh, M.D.	“So for women who have dense breasts, it is important to understand that there are additional tests.”
Vivien Williams	Supplemental screening tools include 3-D mammography, also called tomosynthesis, molecular breast imaging, and MRI. Supplemental tests are particularly important for women at high risk and for those who test positive for the BRCA 1 or 2 genes. Dr. Ghosh says all women should talk to their health care providers about the screening that’s best for them.
	For the Mayo Clinic News Network, I’m Vivien Williams.