

## Mayo Clinic Minute: Why breast cancer screening is important

Video	Audio	
	"We recommend women start screening on an annual basis at the age of 40."	
Christine Klassen, M.D. General Internal Medicine Mayo Clinic	And that screening is the mammogram, which begins primarily with a breast compression. Dr. Christine Klassen explains the process.  "Once the breast is compressed, we'll do an X-ray, looking at the breast tissue, and they'll do that both kind of an up and down orientation as well as a side-to-side orientation to make sure that we include all of the breast tissue up into the armpit and back to the chest wall."	
	You will need to hold your breath during each image capture, but those few seconds can yield some important results.	
	"Mammograms can pick up very tiny tumors that are deep within the breast."	
	When it comes to cancer, early diagnosis is crucial.	
	"We know that screening mammograms can reduce breast cancer mortality. And we know that if you get routine screening mammograms, you're more likely to be diagnosed at an early stage, where the treatments are going to be less severe and the survival outcomes are going to be over 90%."	
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.	