

Mayo Clinic Minute: Best tools for cancer prevention

VIDEO	AUDIO
	"Early diagnosis is going to give patients the best outcomes. We know that if a tumor is caught early and it's still contained in the breast that outcomes are really very good."
	And early diagnosis usually starts with a mammogram.
Christine Klassen, M.D. General Internal Medicine Mayo Clinic	"Screening mammogram is still our standard recommendation for breast cancer detection. And we do recommend that screening mammogram be done regularly every one to two years."
	Mayo Clinic recommends mammograms beginning at age 40. And, for patients with dense breasts, Dr. Klassen recommends additional screening.
	"There are several options for women who have dense breast tissue to do a little bit additional imaging and help the radiologist really see if there's anything small occurring in the breast."
	Dr. Klassen says 1 in 8 women will develop breast cancer in the U.S. And it's important that all have access to regular screening.
	"By giving women the opportunity to have that routine screening mammogram on a regular basis, we're going to improve their outcomes."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.