

**Mayo Clinic Minute: Why Black women should consider screening for  
breast cancer earlier**

Video	Audio
	"For years now we've known Black women tend to die of breast cancer 40% more often than white women. They also tend to have more aggressive cancers, known as triple-negative breast cancers."
	Dr. Sandhya Pruthi says starting screening early may help reduce these disparities.
<b>Sandhya Pruthi, M.D. Breast Diagnostic Clinic Mayo Clinic</b>	"For Black women, we need to start screening and we should be screening them much younger — beginning age 40 and sometimes even younger, in their 30s."
	Detecting breast cancer early can improve prognosis and reduce deaths.
	Dr. Pruthi stresses the importance of understanding your individual risk factors, which can start with a conversation.
	"I want people to come back to their primary care doctors and say, 'Can you tell me what are my risk factors? Can you do a risk assessment and guide me on what is the best approach that's individualized to my needs based on my risk factors?' And that may mean screening someone younger with different screening recommendations."
	Those different screening recommendations may include MRI in addition to mammography, whole breast ultrasound or molecular breast imaging.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.