

Mayo Clinic Minute: Breast health during menopause

Your risk of breast cancer increases with age, especially after menopause. Around 8 out of 10 breast cancer cases happen in women over 50.

Dr. Stephanie Faubion, director of the Mayo Clinic Center for Women's Health and director of the Menopause Society, says maintaining breast health is important, including regular screening such as mammography.

Video	Audio
	It's common to experience breast changes during perimenopause or menopause.
Stephanie Faubion, M.D. Internal Medicine Mayo Clinic	"We sometimes have shoots in our estrogen levels, so that can cause some breast tenderness. Typically, our density in the breast tends to decrease a little bit with menopause because we lose estrogen."
	Mayo Clinic's Dr. Stephanie Faubion says some age-related breast changes are normal, and ongoing breast care is vital.
	"It's important to remember when you're in menopause to continue with breast cancer screening just as when you were premenopausal."
	It's recommended to start regular breast cancer screening at age 40.
	"We recommend mammography every year. There are also women with increased breast density, and we do recommend some supplemental screening for those women."
	She says 50% of women in the U.S. have dense breasts.
	"It's important to communicate with your healthcare provider about what the best options for you might be to do some extra screening if you fall in that category."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.