



Mayo Clinic Minute: The importance of breast cancer screening

Video	Audio
	Mayo Clinic recommends regular breast cancer screenings start at age 40, however it's not a one-size-fits-all decision.
	"These decisions should be individualized."
	Dr. Elizabeth Cathcart-Rake says that's because some people may benefit from screening earlier.
Elizabeth Cathcart-Rake, M.D. Oncology Mayo Clinic	"Based on personal history of either breast cancer or a preinvasive type of cancer in the breast, a strong family history of a genetic predisposition to breast cancer, or chest radiation prior to the age of 30."
	The standard screening at Mayo Clinic is a 3D mammogram, but self-exams are crucial to notice any new or persistent changes in the breasts or chest wall.
	"If you feel a lump, especially a hard lump that doesn't move very easily, that's persistent over the course of weeks and seems to only be stable or even getting worse, that's absolutely a reason to come in. And I always tell folks and tell my patients that if it's something that's bothering you, I want to know about it."
	She early detection helps people live longer.
	"We know 1 in 8 women get breast cancer. That is common. This is, unfortunately, a common disease. And so it's really important that no matter what your family

	history is or your personal history is, that you still be thinking about breast cancer screening.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.