

# HOW I PRACTICE: Breast Cancer Screening for Women at Average Risk

Amy Farkas, MD, MS



# DISCLAIMER

This project is supported by the HRSA (Health Resources and Services Administration) of the U.S. Department of Health and Human Services (HHS) under the Bright Futures for Women's Health: Standard Practice Guidelines for Well Women Care. Grant (grant number UHOMC29440),

This information, content and conclusions are those of the author and should not be construed as the official position nor policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.

## PRESENTER BIO: AMY FARKAS, MD, MS

My name is Dr. Amy Farkas and I'm a member of the WPSI Dissemination and Implementation Steering Committee representing the Society of General Internal Medicine (SGIM). I am an associate professor at the Medical College of Wisconsin. My research interest includes clinical women's health, medical education, and women's leadership.



# CONFLICTS OF INTEREST/DISCLOSURES

No conflicts of interests

# BREAST CANCER SCREENING FOR WOMEN AT AVERAGE RISK

- Breast cancer is the most frequently diagnosed cancer among women in the United States after skin cancer; and is the second leading cause of cancer death after lung cancer.
- According to SEER data, approximately 297,790 new cases of breast cancer were diagnosed in 2023 comprising 15.2% of all cancers; and 43,170 deaths occurred representing 7.1% of all cancer deaths.
- Incidence rates increase with age and vary across race and ethnic groups



# CLINICAL RECOMMENDATION

- Women at average risk of breast cancer should initiate mammography screening no earlier than age 40 years and no later than age 50 years.
- Screening mammography should occur at least biennially and as frequently as annually. Women may require additional imaging to complete the screening process or to address findings on the initial screening mammography.
- If additional imaging (eg, magnetic resonance imaging, ultrasound, mammography) and pathology exams are indicated, these services also are recommended to complete the screening process for malignancies.
- Screening should continue through at least age 74 years, and age alone should not be the basis for discontinuing screening. Women at increased risk also should undergo periodic mammography screening, however, recommendations for additional services are beyond the scope of this recommendation

# IMPLEMENTATION CONSIDERATIONS

Decisions regarding when to initiate screening, how often to screen, and when to stop screening should be based on a periodic shared decision-making process involving the woman and her health care clinician. The shared decision-making process assists women in making informed decisions and includes, but is not limited to,

- a discussion about the benefits and harms of screening
- an assessment of the woman's values and preferences
- consideration of factors such as life expectancy, comorbidities, and health status.



# IMPLEMENTATION CONSIDERATIONS

- Discussion and education related to screening should be culturally and linguistically congruent, particularly for patients experiencing health inequities.
- Women considered at high risk of breast cancer (eg, previous diagnosis of breast or ovarian cancer, known BRCA1 or BRCA2 mutation, previous high-dose radiation to the chest) may require additional testing and closer follow-up, which are beyond the scope of this recommendation



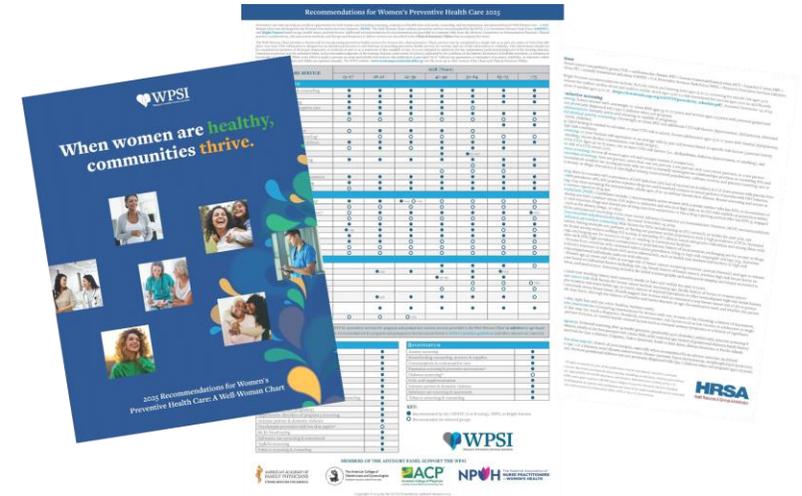
# HOW I PRACTICE: Breast Cancer Screening for Women at Average Risk

- ✓ Assess their risk for breast cancer
- ✓ Discuss benefits and harms of mammography
- ✓ Ask them how worried they are about breast cancer
- ✓ Advise them on my recommendation
- ✓ Remind them that there are different guidelines



# WPSI RESOURCES

- WPSI Well-Woman Chart and Clinical Summary Tables
- WPSI Coding Guide
- How I Practice Videos on Anxiety, Intimate Partner and Domestic Violence, Contraception, Urinary Incontinence, and Diabetes in and after Pregnancy
- Patient Education Materials
- CME Course
- Factsheet





*Guidance you  
can trust*

