



EARLY DETECTION & SCREENING *for* **BREAST**  
**HEALTH**

-  **RECOMMEND** a screening mammogram every two years for Native American women ages 50-74.
-  **STRESS** the importance of early detection for breast cancer by regular screening.
-  **PROVIDE** your patients with written or telephone reminders to schedule and encourage follow-through with mammogram appointments.

## THE ISSUE

- Breast cancer is the most common type of cancer among Native American women in New Mexico.
- More than 1 in 3 (37%) of Native American women with breast cancer in New Mexico are diagnosed at regional or distant stages.

Source: NCI SEER Surveillance, Epidemiology, and End Results Program.

## CLINICAL RECOMMENDATIONS

- The U.S. Preventive Service Task Force (USPSTF) recommends screening mammography every 2 years for women ages 50-74.
- Individualize decisions to screen women < age 50 based upon the patient's context and values regarding specific benefits and harms.
- There is insufficient evidence to assess the additional benefits/harms of clinical breast examination (CBE) beyond screening mammography in women  $\geq 40$  years.
- The USPSTF recommends against teaching breast self-examination (BSE).

\* These recommendations apply to women  $\geq 40$  years who are not at increased risk by virtue of a known genetic mutation or history of chest radiation.

## CURRENT PRACTICES

- In 2010, only 45% of Native American women (ages 52-64) in the Indian Health Service Albuquerque Area had a documented mammogram within the past two years. [Source: IHS GPR Report 2010]
- This rate trails the Healthy People 2020 target (81%) for breast cancer screening among women ages 50-74.



[www.aastec.net](http://www.aastec.net)

REFERENCE: <http://www.uspreventiveservicestaskforce.org/recommendations.htm>

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