






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 ≥ 40 years.
- The USPSTF recommends against teaching breast self-examination (BSE).

* These recommendations apply to women ≥ 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

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

This publication was supported by Cooperative Agreement 5U58DP002056-04 and Cooperative Agreement 1U58DP003932-01 from the Centers for Disease Control and Prevention (CDC). Its contents are sole responsibility of the authors and do not necessarily represent the official view of the CDC.