

Mammography

Source: <https://www.fda.gov/consumers/women/mammograms>

A mammogram is a low-dose x-ray picture of the breast. Mammograms are the best way to screen for breast cancer. Mammograms can help find breast cancer at an early stage. This can lead to early treatment, a range of treatment options, and better chances of survival.

Experts continue to advise average-risk women begin regular screenings at age 40. Women aged 50 to 54 years should get mammograms every year. Women aged 55 years and older should switch to mammograms every 2 years and continue every other year until age 74.