

Should I Continue Having Mammograms?

For Women Age 75 to 84 Years



This is a tool to help you make this decision.
You will need a pen/pencil to complete parts of this tool

What is the purpose of this tool?

- ▶ Doctors do not know if mammograms benefit women age 75 or older.
- ▶ This tool will help you think about whether or not you want to **stop** or **continue** having mammograms.
- ▶ This tool is NOT for women who have had breast cancer or who have breast pain or symptoms.

Breast cancer risk factors among women aged 75+

- ▶ The chance of getting breast cancer goes up with age. Women age 75 and older have a higher chance of getting breast cancer than younger women. But breast cancers often grow slower in older women.
- ▶ A family history of breast cancer slightly increases the chance that a woman age 75 or older will get breast cancer.
- ▶ Having had a breast biopsy (tissue removed from the breast) slightly increases the chance that a woman age 75 or older will get breast cancer.

Why do women have mammograms?

- ▶ Women have mammograms to find breast cancer early before it causes problems.
- ▶ But, mammograms do not keep you from getting breast cancer.
- ▶ Also, mammograms do not find every breast cancer.
- ▶ Experts think that a small breast cancer found on an older woman's mammogram would not have caused problems for at least 5 or 10 years. Some of the cancers may never have caused problems.

Am I in good enough health to have a mammogram?

- ▶ On average a 75 year old woman will live to age 88 (13 more years)
- ▶ On average an 80 year old woman will live to age 90 (10 more years)
- ▶ On average an 85 year old woman will live to age 92 (7 more years)
- ▶ On average a 90 year old woman will live to age 95 (5 more years)

The graph below shows **on average** how many more years women live at different ages.

