

Screening Guidelines

	Average Risk (<12%)	Moderate Risk (12-20% or history of LCIS, ADH, ALH)	High Risk (>20% or prior chest wall radiation)	BRCA +
Self Breast Exam	Breast self-awareness	Breast self-awareness	Breast self-awareness	Breast self-awareness
Clinical Breast Exam	Not recommended	Every 6-12 months beginning at 10 years before age of diagnosis of 1 st degree relative, or 40, whichever is earlier	Every 6-12 months beginning at age 30	Every 6-12 months beginning at age 25
Mammogram	Talk with provider at age 40. At age 50 every 2 years till age 74.	Annually beginning 10 years before age of diagnosis of 1 st degree relative, or 40, whichever is earlier *	Annually beginning at age 30 Annually 8-10 years after chest wall radiation	Annually beginning at age 25
Screening Ultrasound	Not recommended	Consider if dense breasts **	Not recommended	Not recommended
MRI	Not recommended	Not recommended	Annually beginning at 30 Annually 8-10 years after chest wall radiation	Annually beginning at age 25

*Not in current NCCN guidelines, from previous version

**Not in ACS or NCCN guidelines, however is recommended by American Society of Breast Disease (ASBD)