



A MINUTE OF HEALTH WITH CDC

Get Your Mammogram

Vital Signs: Breast Cancer Screening Among Women Aged 50–74 Years — United States, 2008

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

The very thought of breast cancer strikes fear in the mind of every woman, and rightfully so. It's the second leading cause of cancer deaths among women in the United States. Early detection is important for a successful outcome, and mammography is the best way to diagnose the disease early. However, the rates of women receiving an annual mammogram have leveled off in recent years.

As they get older, women are at increased risk for developing breast cancer. Women with a family history of breast cancer are also at increased risk for the disease. If you're over 40 or in a risk group and haven't been screened for breast cancer, make an appointment with your healthcare provider today.

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