



A CUP OF HEALTH WITH CDC

Take a Moment for a Mammogram

Racial Disparities in Breast Cancer Severity – United States, 2005-2009

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

For the past two decades, breast cancer death rates in the US have been declining, thanks to early detection and advances in treatment. Despite this progress, breast cancer remains the second most common cause of cancer deaths among women.

Dr. Lisa Richardson is a researcher with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss the importance of women being screened regularly for breast cancer. Welcome to the show, Lisa.

[Dr. Richardson] Thank you, Bob.

[Dr. Gaynes] Lisa, how many women are diagnosed with breast cancer each year?

[Dr. Richardson] Bob, more than 200,000 American women are diagnosed with breast cancer each year. It remains the leading cause of cancer among women in the US.

[Dr. Gaynes] What's the current survival rate for women who've had breast cancer diagnosed?

[Dr. Richardson] For women who are diagnosed at the earliest stages, five year survival is greater than 95 percent.

[Dr. Gaynes] Are there any symptoms of breast cancer?

[Dr. Richardson] Most breast cancers are diagnosed with mammography, at which point there are no symptoms.

[Dr. Gaynes] At what age should a woman begin getting screened for breast cancer?

[Dr. Richardson] Most groups agree that women should start getting screened for breast cancer at age 50. If women are younger, they should speak with their doctor about their personal risk and family history for developing breast cancer.

[Dr. Gaynes] How often should a woman get a mammogram?

[Dr. Richardson] Currently, we recommend that women be screened every two years.

[Dr. Gaynes] And Lisa, where can listeners get more information about breast cancer?

[Dr. Richardson] They can get more information at www.cdc.gov/cancer.

[Dr. Gaynes] Thanks, Lisa. I've been talking today with CDC's Dr. Lisa Richardson about the importance of women getting screened regularly for breast cancer.

Remember, regular mammograms are the most effective way to screen for breast cancer, and timely follow-up after an abnormal result and treatment for cancer are critical steps for the best outcomes. Women, talk to your health care provider about getting screened for breast cancer.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.