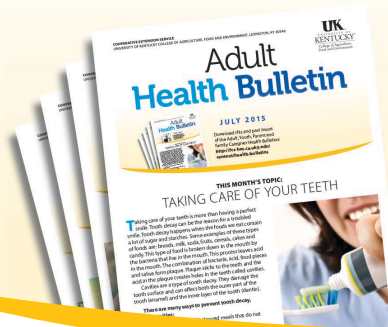


Adult Health Bulletin



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THIS MONTH'S TOPIC: BREAST CANCER SCREENINGS

Screenings are the tests that are used to look for diseases like cancer when people are not having any symptoms. Breast cancer screening is a tool that is used to detect breast cancer before there are any symptoms. The sooner breast cancer is found, the easier it is to treat.

Mammograms are one of the main screening tools used to detect breast cancer. They are basically an x-ray exam of the breast. Mammograms are most often used to find breast cancer early, such as where there are no signs of breast cancer. Mammograms can also be used when there are some signs of concern, such as a lump or pain.

When should someone get a mammogram?

The United States Preventive Services Task Force suggests that women should get a mammogram every two years starting at the age of 50. Every two years is recommended until the age of 74. It is



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