



Survivor Screening Plan

My Risk Profile



*I was diagnosed with breast cancer after my 50th birthday
AND
I don't have dense breasts*

Evidence-Based Screening Standards



*Ideally,
screening plans
should reflect
ACR Guidelines*

American College of Radiology® (ACR®) Breast Cancer Screening Guidelines

"Women diagnosed with breast cancer before age 50 or with PHs [personal histories] of breast cancer and dense breasts should undergo annual supplemental screening with breast MRI. **Others with PHs [personal histories] should strongly consider supplemental screening with MRI, especially if other risk factors are present.**"

"For those who qualify for but cannot undergo breast MRI, CEM [contrast-enhanced mammography] or ultrasound could be considered."

Advocating for my Annual Screening Plan



*Mammograms
and MRIs are
typically spaced
6 months apart*

Because I was diagnosed after age 50, I should:



Continue yearly mammograms
or begin them at diagnosis



Strongly consider yearly breast MRIs, especially if other risk factors are present
discuss ultrasound or contrast-enhanced mammography, if MRI isn't an option

*Bring this guide to
your doctor for a
shared decision-
making conversation
about your
screening plan.*