



Survivor Screening Plan

My Risk Profile



*I was diagnosed with breast cancer before my 50th birthday
AND
I currently have dense breasts*

Evidence-Based Screening Standards



*Ideally,
screening plans
should reflect
ACR Guidelines
and FDA
Mandate*

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

"Women with breast cancer diagnosed before age 50 or PHs [personal histories] of breast cancer with dense breasts should undergo annual MRI starting at diagnosis."

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

FDA Breast Density Mandate - Patient Lay Summary Notification

"Breast tissue can be either dense or not dense. Dense tissue makes it harder to find breast cancer on a mammogram and also raises the risk of developing breast cancer.
Your breast tissue is dense.

In some people with dense tissue, other imaging tests in addition to a mammogram may help find cancers. Talk to your healthcare provider about breast density, risks for breast cancer, and your individual situation."

Advocating for my Annual Screening Plan



*Mammograms
and MRIs are
typically spaced
6 months apart*

*Because I was diagnosed before age 50 and have dense breasts,
I should:*

☐ **Continue yearly mammograms**
or begin them at diagnosis

☐ **Start yearly breast MRIs at diagnosis**
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.*