Get Screened

Learning Objectives
After your discussion, the listeners or audience should be able to:

• Name the two most common risk factors for breast cancer,
• Recall the four personal actions associated with get screened,
• Take a personal action to talk with their doctor about which screening tests are right for them if at higher risk,
• Take a personal action to have a clinical breast exam at least every 3 years starting at age 20 and every year starting at age 40,
• Take a personal action to have a screening mammogram every year starting at age 40,
• Take a personal action to sign up for a screening reminder at komen.org/reminder, and
• Take a personal action to share the information they learned with a friend or family member.

Primary Talking Points for This Key Message
1. All women are at risk of breast cancer.
2. Simply being a woman and getting older are the two most common risk factors.
3. Screening can detect a problem early, when the chances of survival are the highest.
4. Screening is any test designed to show signs of the disease before symptoms are present.
5. It is important for all women to get the recommended breast cancer screenings.

<table>
<thead>
<tr>
<th>Talking Points for Men</th>
<th>Talking Points for Younger Women</th>
<th>Talking Points for Older Women</th>
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<tbody>
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<td>• Breast cancer impacts men as well as women. Men often have women in their lives — mothers, aunts, sisters or partners. Men can play an important role in supporting women to know their risk, get screened, know what is normal for them and make healthy lifestyle choices.</td>
<td>• Genetic factors can place women, including women under the age of 40, at higher risk of breast cancer.</td>
<td>• It is important for you to talk to your doctor about the benefits of continuing to get screened.</td>
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<td>• By continuing to get screened, you can be a role model for younger women in your family and community.</td>
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<tr>
<td>Actions Listeners/Audience Can Take Related to the Breast Self-Awareness Key Message</td>
<td>Additional Talking Points for Each Action</td>
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| Talk with your doctor about which screening option is right for you. | - Your health care provider will recommend a screening test for you based on your risk.  
- Women under age 40 with a family history of breast cancer or other concerns about her breasts are advised to talk with their doctors about what tests may be right for them.  
- Today, there are specific screening guidelines for people at higher risk. Women at higher risk should discuss their screening options with their health care providers. |
| If you are at average risk, have a mammogram every year, starting at age 40. | - Mammography is a test that uses X-rays to provide an image of the breast. These images are stored on film or on a computer (which is called digital mammography) and can find tumors in the breast that can’t be felt.  
- During the procedure each breast is pressed between two plates and an X-ray image is made. The pressure can be uncomfortable but it only lasts a few seconds. It is important to stay still during the X-ray. The technologist may say “Hold your breath” during the exam. Take a breath in and hold it or let it out very slowly to help you stay still and calm.  
- Screening mammograms are offered to people who feel fine and who have no reason to suspect a breast problem. They are different from tests that are done to evaluate a problem in the breast.  
- A mammogram can be used as a diagnostic test for women (and men) at any age. Diagnostic tests are done to try to evaluate or explain signs or symptoms that have been noted on a screening test, like a mammogram or CBE, for example or by a woman herself. Many of the steps are the same, but they are done for a different purpose — and may include other tests. They can be used for women and men at any age.  
  **For younger women:**  
- Women under age 40 with a family history of breast cancer or other concerns about her risk should talk with their doctors about what tests may be right for them.  
  **For older women:**  
- There is no agreement about when women should stop getting mammograms, largely because there are few studies. Generally, women in good health and who would benefit from treatment if diagnosed with breast cancer should continue to get mammograms.  
- Older women should talk to their doctor each year about his/her recommendation to get a mammogram. |
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| If you are at average risk, have a Clinical Breast Exam (CBE) at least every 3 years starting at age 20, and every year starting at age 40. | • CBEs are physical exams done by a health care provider. They are often included as part of a well-woman physical exam.  
• A CBE can be provided in addition to mammography. Using mammography and clinical breast exam together is more accurate than either screening test used alone. |
| Sign up for a screening reminder at komen.org/reminder. | • The screening reminder can help you to remember when it is time to get your next breast cancer screening. |
**Educational Materials You Can Use**
- Breast Self-Awareness Messages in English/Spanish
- Breast Health: Learn the Facts bilingual booklet
- Mammography card in English/Spanish
- Men Can Get Breast Cancer tri-fold brochure in English/Spanish
- Take Care of Yourself — Young Women Talk About Breast Cancer tri-fold brochure in English/Spanish
- Breast Self-Awareness for Hispanic/Latino Communities presentation:
  - SHORT in English/Spanish
  - LONG in English/Spanish

**Questions You Can Ask Your Listener/Audience to Evaluate Your Success**
1. Did you learn anything about breast health today that you did not know before? Please select only one answer.
   - Yes
   - No
   - Not sure

2. Will you share the breast health information you received today with a family member or friend? Please select only one answer.
   - Yes
   - No
   - Not sure

3. What are the two most common risk factors for breast cancer?
   1. 
   2. 

4. At what age should women begin to get clinical breast exams at least every three years? Please select only one answer.
   - 20
   - 30
   - 40
   - 65

5. At what age should women at average risk of breast cancer begin to get annual mammograms? Please select only one answer.
   - 20
   - 30
   - 40
   - 65
6. If you are a woman, will you talk to your doctor about what breast cancer screening tests are right for you? Please select only one answer.
   - Yes
   - No
   - Not sure
   - Not a woman

7. If you are a woman, do you plan to schedule any breast cancer screening tests in the future? Please select only one answer.
   - Yes, a clinical breast exam
   - Yes, a mammogram
   - Yes, both a clinical breast exam and a mammogram
   - Yes, but not sure which type
   - No, I do not plan to schedule a screening
   - Not a woman