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At A Glance

- In a recent survey, 71 percent of women said they prefer to undergo screening mammography every year instead of every two years.
- The USPSTF recommends screening every two years, beginning at age 50.
- The USPSTF recommendation is based in part on what it perceives as "harms" of additional testing and anxiety that may result from over-diagnosis and treatment.

CHICAGO – Women prefer to get their mammograms every year, instead of every two years, according to a new study being presented next week at the annual meeting of the Radiological Society of North America (RSNA).

"Women understand that yearly mammograms have been shown to save lives and do not consider previously reported 'harms' to be as important as getting screened," said study author Ghizlane Bouzghar, M.D., chief radiology resident at Einstein Medical Center in Philadelphia.

For years, the standard recommendation among most medical groups was that women at average risk of breast cancer undergo screening mammography annually beginning at age 40. However, in 2009, the U.S. Preventive Services Task Force (USPSTF) issued a controversial recommendation that women at average risk be screened biennially, or every two years, beginning at age 50. This recommendation, reaffirmed in 2016, was based in part on the "harms" associated with screening mammography.

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Ghizlane Bouzghar, M.D.