

# UPMC CancerCenter

Partner with University of Pittsburgh Cancer Institute



## Breast Cancer Screening Recommendations

**Let's fight cancer together.**

Breast cancer experts at UPMC suggest the following screening recommendations for women without symptoms or a family history of breast cancer:

Screening recommendations	When
Perform a breast self-examination	Monthly
Visit your doctor for a clinical breast examination	Annually
Have a screening mammogram	Annually, beginning at age 40



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