

Your health and wellness:

Breast cancer screening



Breast cancer is the second leading cause of death from cancer in American women. Women in the United States get breast cancer more than any other type of cancer except for skin cancer.¹

Get routine mammograms.

Talk to your doctor about scheduling your mammogram when due.

Getting regular screenings is the most reliable way to find breast cancer early. Routine mammograms can help find breast cancer before changes in the breast are seen or felt. Breast cancer that's found early, when it's small and has not spread, is easier to treat successfully.

Know your health history

Your family and personal health histories help your care team understand your risk for breast cancer. Your age and risk factors can determine a screening schedule that's right for you.

Kaiser Permanente recommends the following screening schedule:

- For women who've had breast or ovarian cancer: Mammograms every year, or as recommended by your doctor.
- For women aged 40-74: Mammograms every 1 or 2 years based on personal and family risk factors.

Staying up to date with cancer screenings can help lower your risk and catch any problems early when they are more treatable. Learn more about breast cancer screening by visiting the Kaiser Permanente website at kp.org.

Resources for Kaiser Permanente members



Schedule your mammogram. You can request an appointment through your Kaiser Permanente member account. You can also call one of our breast centers to schedule your mammogram. Visit kp.org or call Member Services at 1-888-901-4636 to find a breast center near you.

1. "Breast Cancer Screening (PDQ®) - Patient Version." National Cancer Institute, 4 Aug. 2021, <https://www.cancer.gov/types/breast/patient/breast-screening-pdq>.