Your Mammogram Results: Normal or Benign

*What your results mean and next steps*

Thank you for choosing UW Medicine and Seattle Cancer Care Alliance for your breast imaging.

**Your Results**

We are pleased to tell you that the results of the imaging you had done today are **normal or benign**. This means that we do not see any cancer. We will also send a copy of these results to your healthcare provider.

**Next Steps**

We advise you to return for a screening mammogram in 1 to 2 years. Talk with your provider about the best plan for you. Please see below for more about when to get screenings.

Even though your results were normal today, get another screening mammogram done **right away** if:

- You or your provider feels something in your breast(s) at any time.
- You notice a lump in your breast(s) that doesn’t go away or increases in size.

**When to Get Screenings**

We advise most women to:

- Start having regular screening mammograms by age 40 to 45.
- Have a screening mammogram each year after that, as long as you are in good health.

The National Comprehensive Cancer Network and the American Cancer Society agree that getting mammograms each year beginning at age 40 saves the most lives.

*If you do not know how often to get a mammogram, talk with your healthcare provider.*
It may be best for some women aged 55 and older, who are at lower risk of breast cancer, to have a mammogram every other year. Some women at higher risk may also start screening at an earlier age than 40. They may also want to have *magnetic resonance imaging* (MRI) scans of their breasts. This should be done in addition to mammography.

Talk with your provider if you are not sure how often to get a mammogram. Ask about your breast cancer risk and share your personal values. Together you can make the choice that is best for you.

To schedule your next breast imaging screening, please call **206.606.7800**.

Thank you for letting us help you meet your healthcare needs.

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**Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

To schedule a mammogram, call 206.606.7800