



*Dr. Makari-Judson (left) and Sandra Hubbard, NP*

## CBC Director Addresses New **MAMMOGRAPHY GUIDELINES**

Dr. Grace Makari-Judson, medical director of the Baystate Regional Cancer Program's Comprehensive Breast Center, issued a statement regarding the new screening mammography guidelines suggested by the United States Preventive Task Force Service. Part of that statement reads:

"At Baystate we do not accept these recommendations and continue to follow guidelines put forth by the American Cancer Society and others.

### **WE RECOMMEND:**

- **Yearly screening mammography starting at age 40 with no upper age limit.**
- **Clinical breast exam performed yearly starting at age 30.**
- **Breast self exam encouraged. Women should be taught signs and symptoms of cancer.**

"Over 40 years of research has supported an unequivocal reduction in the risk of death for women undergoing screening mammography. Although the USPTFS report states this reduction to be 15% overall, some recent studies support up to a 48% reduction in the risk of death for women undergoing regular screening mammography.

"Over the past decade, we have witnessed a 2-3% per year reduction in the risk of women dying from breast cancer. This accomplishment is due in part to better treatments, but screening makes a substantial contribution.

"The average size of a breast cancer diagnosed today is significantly smaller than cancers diagnosed 20 years ago. Mammography should not be limited to high risk women, since 70% of breast cancers are diagnosed in those with no risk factor other than their age and being female."

To read Dr. Makari-Judson's entire statement, visit [baystatehealth.org/cbc](http://baystatehealth.org/cbc).

### **SCHEDULE YOUR ANNUAL MAMMOGRAM TODAY.**

Baystate's Comprehensive Breast Center, Springfield: 413-794-2222

Baystate Franklin Medical Center, Greenfield: 413-773-2233

Baystate Mary Lane Hospital, Ware: 866-531-8378