



Physicians Medical Center Supports New Screening Mammography Guidelines *Mammograms Should Begin at age 40*

The Breast Cancer at Physicians Medical Center unconditionally concurs with the new mammography screening guidelines issued by the U.S. Department of Health and Human Services (HHS). Under the new rules, healthcare providers are required to cover annual screening mammograms for women starting at age 40. This reversed controversial guidelines that previously limited screenings by age.

In November of 2009, the U.S. Preventive Services Task Force (USPSTF) recommended that women refrain from getting screening mammograms until reaching the age of 50. They further recommended mammograms every other year afterwards. This sudden and unexpected change reversed their prior 2002 recommendation of annual screening mammograms for the same age group. The latter decision created confusion amongst among providers, physicians and patients alike.

“The decision to go back to the original guideline is the right decision”, said Eric Rau, MD, FACS. Dr. Rau, who is also a Board Certified breast surgeon, stated that “at the Breast Cancer Center at Physicians Medical Center, we subscribe to the recommendations of The American College of Obstetricians and Gynecologists”.

- Screening mammography every 1-2 years for women aged 40-49 years
- Screening mammography every year for women aged 50 years or older.
- Breast Self Exams (BSE) have the potential to detect palpable breast cancer and are recommended.
- Clinical Breast Exams (CBE) every year for women aged 19 or older

In the wake of current healthcare reform, controversy abounds. The funding of healthcare programs, such as Medicare and Medicaid, will play a significant role in the decisions that affect the lives of many. At Physicians Medical Center, our mission remains unchanged; to provide comprehensive breast care to the women of our community. Early detection is the catalyst in this endeavor.