

## Screening – surveillance of women at moderately increased risk

### Good practice points

- 1.12 Women who are at moderately increased risk or greater should be considered for yearly mammography from age 40–50, then two-yearly mammograms after age 50.
- 1.13 A specialist may recommend that mammography commences at a younger age under certain circumstances.
- 1.14 A specialist may recommend that mammography continues annually in some women after age 50 (eg, those with dense breast tissue).
- 1.15 Women should be encouraged to report any breast changes (such as lumps, nipple discharge, discolouration, development of abscesses, pain or swelling) promptly to their clinician.
- 1.16 Women should have an annual clinical breast examination with a clinician from 10 years prior to the age of onset for the youngest affected family relative, or starting at 25–30 years of age (Genetic Health Service New Zealand 2012).