

RECOMMENDATIONS FOR BREAST CANCER SCREENING

Endorsed by **BIGOSA** | Breast Interest Group of Southern Africa

Screening pathway is determined by estimated lifetime breast cancer risk.
Individual clinical circumstances may require tailored assessment.

01 AVERAGE AND MILDLY INCREASED RISK

Lifetime risk: <15% (average risk) or 15-20% (mildly increased risk)

Recommended screening: Mammography with tomosynthesis, with possible additional ultrasound (sonar) depending on breast density.

AGE TO START 40 years	AGE TO REASSESS 70 years	FREQUENCY Annual
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02 HIGH RISK

Lifetime risk: >20-25%

Recommended screening: Mammography, Ultrasound and breast MRI

High-risk groups include:

- Known BRCA mutation carriers
- First-degree relatives of known BRCA mutation carriers
- Radiation to the chest between 10 and 30 years of age
- Pathogenic genetic variants associated with Li-Fraumeni syndrome, Cowden syndrome or Bannayan-Riley-Ruvalcaba syndrome

Age to start: 40 years, or five years before the age at which the relative was diagnosed with breast cancer if this calculated age is earlier than 40 years.

Age to reassess: 70 years

Frequency: Annual

AGE TO START 40 years or earlier	AGE TO REASSESS 70 years	FREQUENCY Annual
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