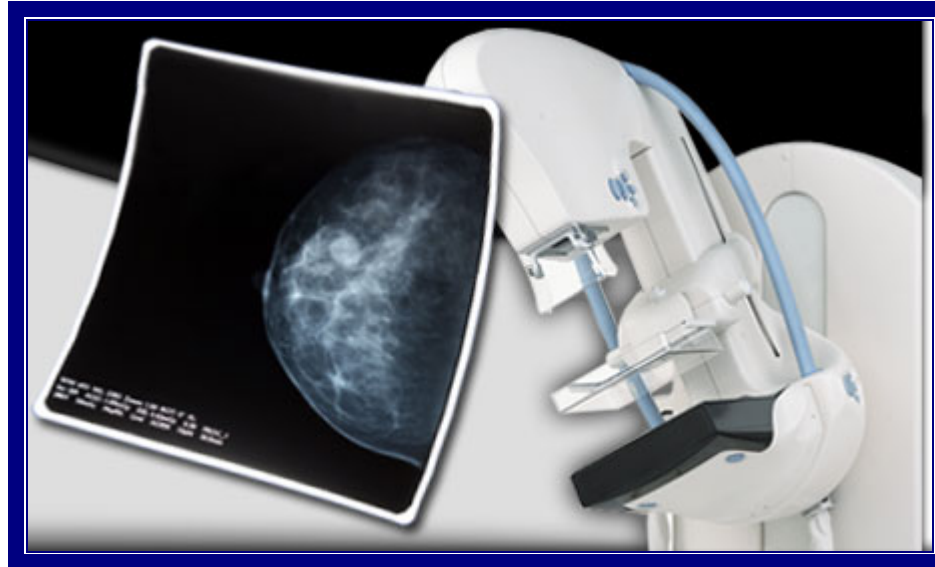


# Should I Continue Having Mammograms? -For Women Age 85 or older-



***This is a tool to help you make this decision.  
You will need a pen/pencil to complete parts of this tool.***

## What is the purpose of this tool?

- Doctors do not know if mammograms benefit women age 85 or older.
- This tool will help you think about whether or not you want to **stop** or **continue** having mammograms.
- This tool is NOT for women who have had breast cancer or who have breast pain or symptoms.

## Breast cancer risk factors among women aged 85+

- The chance of getting breast cancer goes up with age. But breast cancers often grow slower in older age.
- A family history of breast cancer slightly increases the chance that a woman age 85 or older will get breast cancer.
- Having had a breast biopsy (tissue removed from the breast) slightly increases the chance that a woman age 85 or older will get breast cancer.

## Why do women have mammograms?

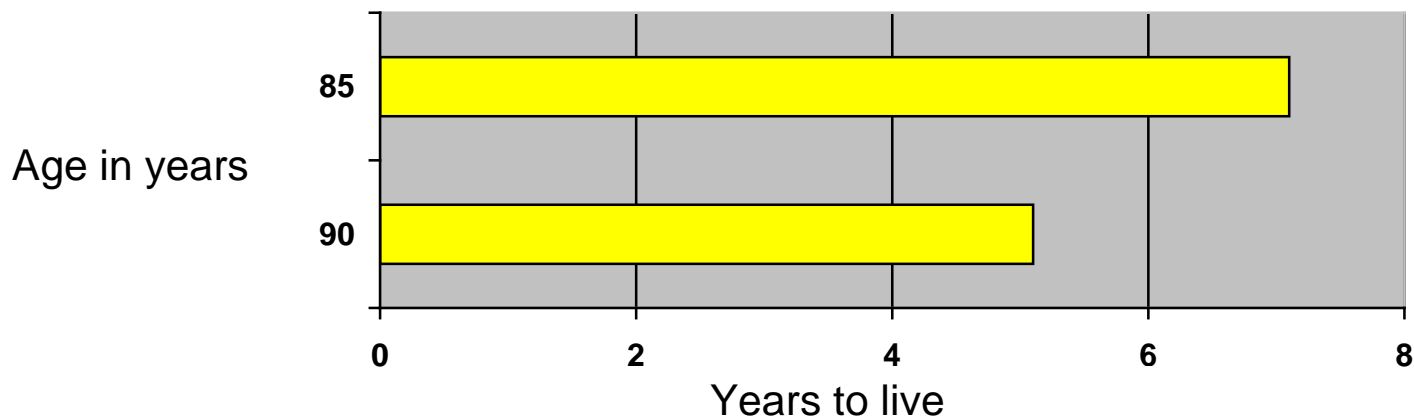
- Women have mammograms to find breast cancer early before it causes problems.
- Mammograms do not keep you from getting breast cancer.
- Mammograms do not find every breast cancer.
- Experts think that a small breast cancer found on an older woman's mammogram would not have caused problems for at least 5 or 10 years. Some of the cancers may never have caused problems.

## Am I in good enough health to have a mammogram?

On average an 85 year old woman will live to age 92 (7 more years)

On average a 90 year old woman will live to age 95 (5 more years)

The graph below shows **on average** how many more years women live at different ages.



**Your health also affects whether you may benefit from having a mammogram. Answer the questions below to learn more about whether you should get a mammogram based on your health.**

**Answer** the 10 questions below and **add up** your points from both pages to learn more about your health.

1. How old are you? **Points:**  
85 or older = 4 points      write your points here-----> \_\_\_\_\_

2. How much do you weigh?  
If more than 130 pounds      0 points  
If 130 pounds or less      2 points      } write your points here-----> \_\_\_\_\_

3. Would you say your health is:  
Excellent (0 points)    Very Good (0 points)    Good (1 point)    Fair (2 points)    Poor (2 points)--> \_\_\_\_\_

4. Have you ever been told by a doctor or health professional that you had emphysema or chronic bronchitis or COPD?  
No (0 points)      Yes (2 points)      write your points here-----> \_\_\_\_\_

5. Have you ever been told by a doctor or health professional that you had a cancer? (do not include skin cancer unless it was melanoma)  
No (0 points)      Yes (2 points)      write your points here-----> \_\_\_\_\_

6. Have you ever been told by a doctor or health professional that you had diabetes? (including borderline or pre-diabetes)  
No (0 points)      Yes (2 points)      write your points here-----> \_\_\_\_\_

**Total from this page** \_\_\_\_\_  
**Continue on next page**

## Learning About Your Health (continued)

7. Because of a physical, mental or emotional problem, do you need help from other people with household chores or to go shopping?

No (0 points)

Yes (2 points)

write your points here----->

\_\_\_\_\_

8. By yourself and without using any special equipment, how difficult is it for you to walk a quarter of a mile (about 3 city blocks)?

Not at all difficult (0 points)

A little difficult to very difficult (3 points)

I can only do with a cane or walker (3 points)

} --->

\_\_\_\_\_

9. Which best describes your cigarette use?

Never smoked or smoked less than 100 cigarettes in your life (0 points)

Former smoker (1 point)

Current smoker (3 points)

} --->

\_\_\_\_\_

10. During the past 12 months, how many times were you hospitalized overnight?

None (0 points)

Once (1 point)

Twice or more (3 points)

}

write your points here----->

\_\_\_\_\_

Now add up all of your points from questions 1-10 from BOTH pages:

\_\_\_\_\_

**Circle your score and read the comment directly below your score to learn what it means:**

0 1 2 3 4 5 6 7 8 9 10 11 12 or

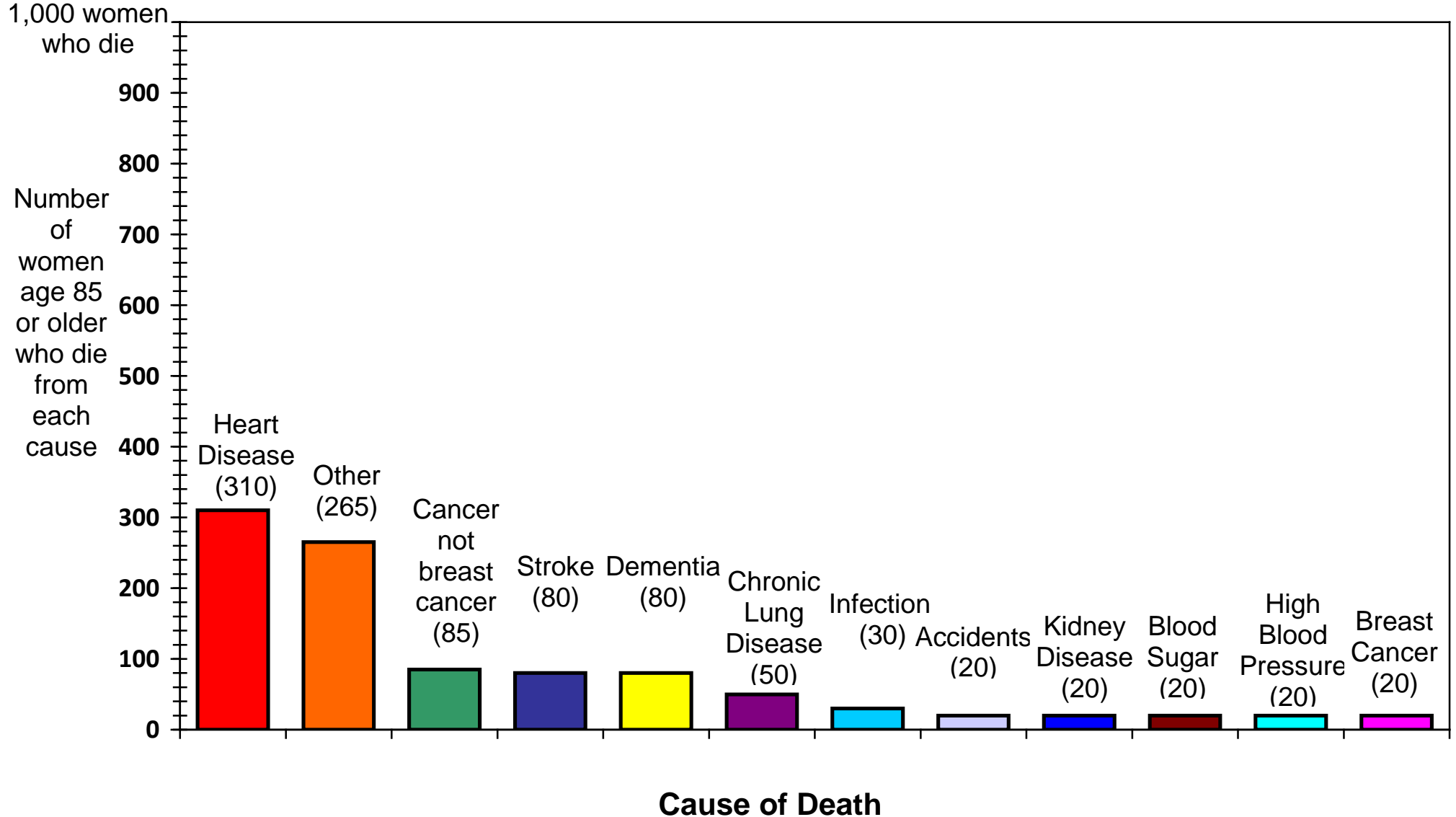
**A mammogram may help you live longer**

**A mammogram is unlikely to help you live longer**

**A mammogram is very unlikely to help you live longer**

Experts generally do not recommend mammograms for women with scores >6

Below are the causes of death among women age 85 or older who die in the next 5 years

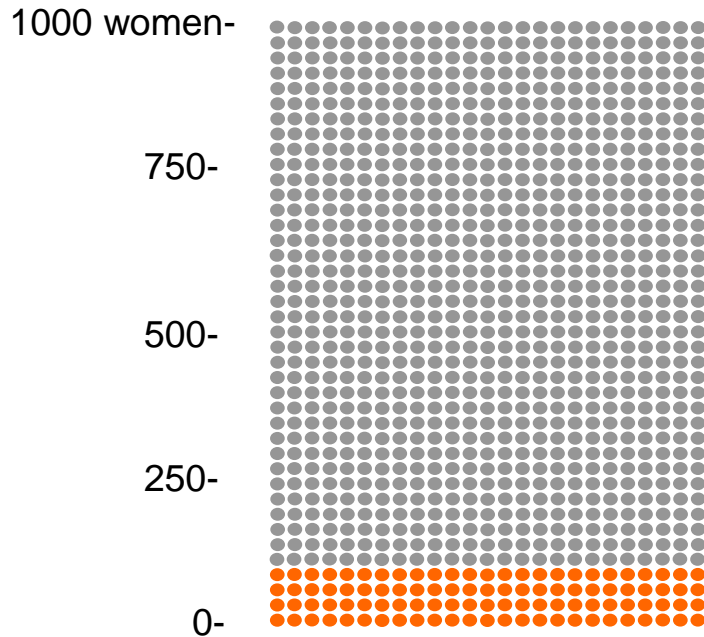


- Many more women age 85 and older die of heart disease than breast cancer.

The next 3 pages show what happens to 1,000 women age 85 or older who **CONTINUE** to or **DO NOT** have mammograms over 5 years \*\*\*PLEASE READ BELOW\*\*\*

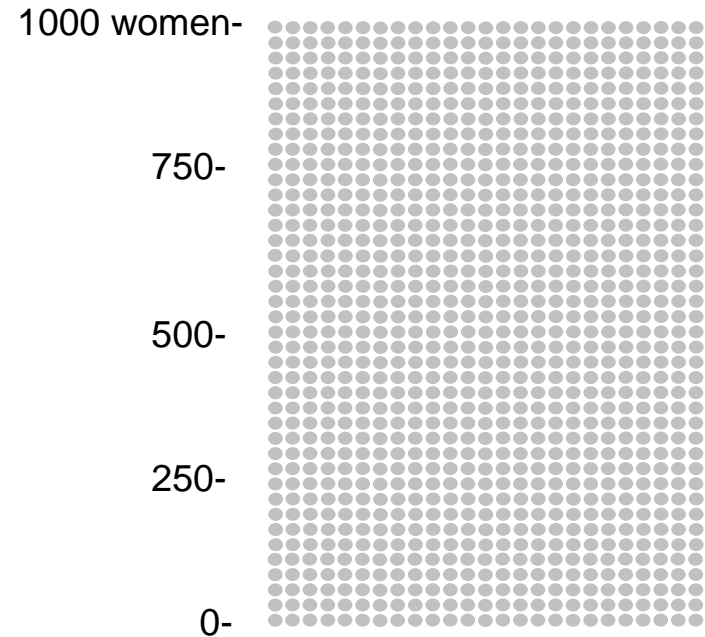
-In the graphs below, each circle represents 1 woman out of 1,000-

Women your age who **CONTINUE** to have mammograms



- **100 False Alarms** – These women have an abnormal mammogram but additional tests do not show breast cancer. Most women find this experience causes anxiety.

Women your age who **DO NOT** have mammograms



- **0 False Alarms** – 0 women have a mammogram so they do not experience a false alarm.

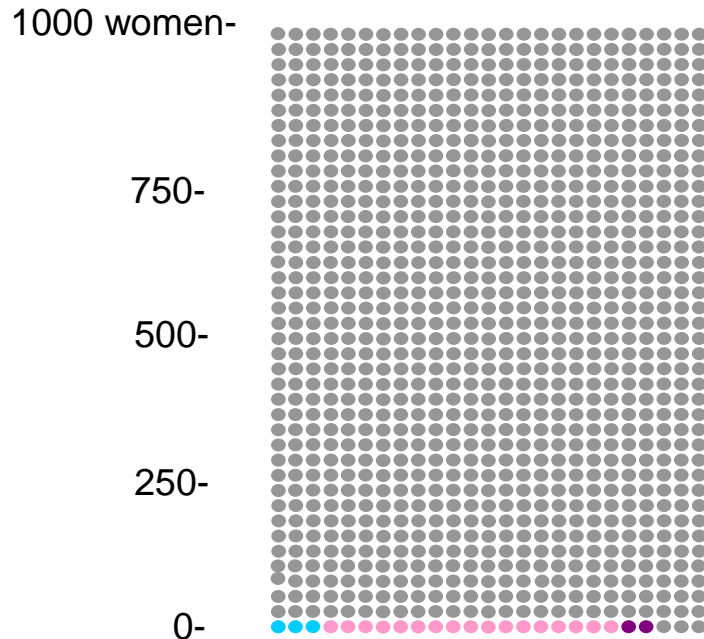
**Additional tests include:**

Additional Mammograms   Breast Ultrasounds   Breast Biopsies



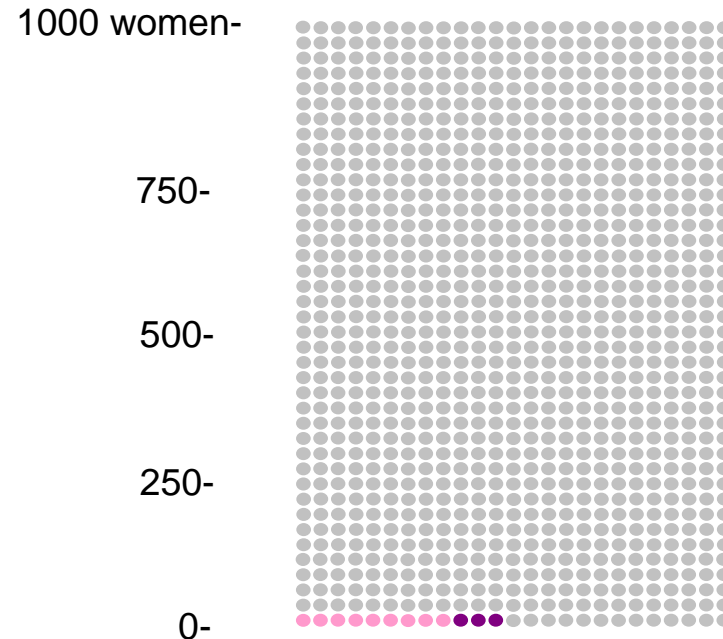
What else happens to 1,000 women age 85 or older who CONTINUE to or DO NOT have mammograms over 5 years?

Women your age who CONTINUE to have mammograms



- **3** are diagnosed with a pre-cancer
- **17** are diagnosed with a small breast cancer
- **2** are diagnosed with a breast cancer that has spread outside the breast
- **979** are not diagnosed with breast cancer

Women your age who DO NOT have mammograms



- **0** are diagnosed with pre-cancer
- **9** are diagnosed with a small breast cancer
- **3** are diagnosed with a breast cancer that has spread outside the breast
- **988** are not diagnosed with breast cancer

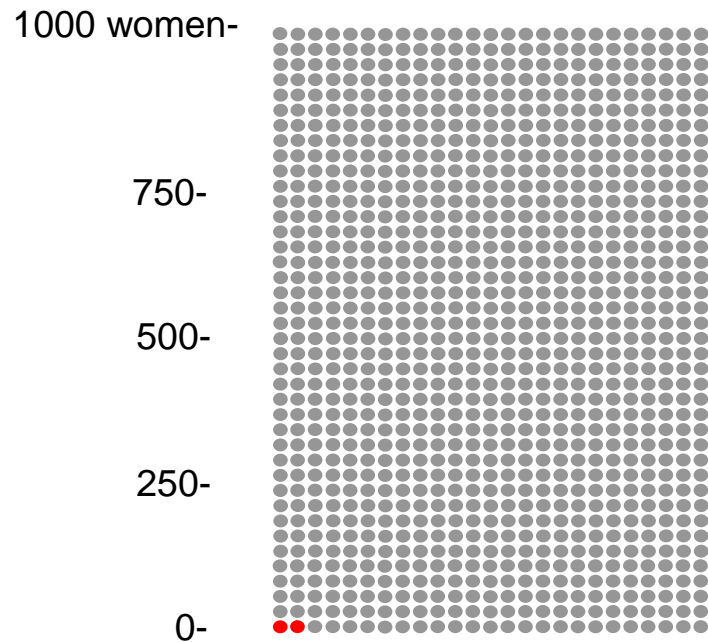
- Summary: - Women who have mammograms are more likely to be diagnosed with small breast cancers.
- Some of these breast cancers would never have caused problems but these women get treatment.
  - One more woman out of 1,000 who does not have a mammogram is diagnosed with breast cancer that has spread outside the breast.



**Below is approximately the number of women age 85 or older out of 1,000 that will die of breast cancer in the next 5 years**

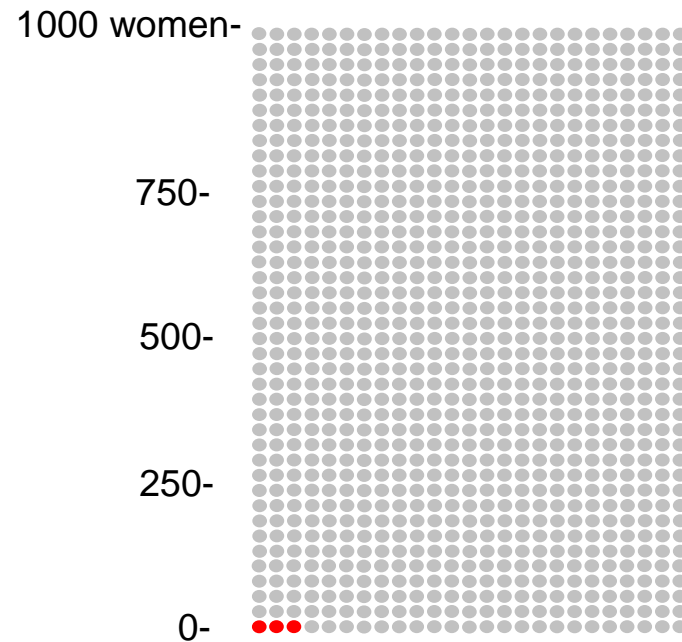
- Doctors are unsure that getting a mammogram will lower your chances of dying from breast cancer, some studies suggest the numbers below:

**Women your age who CONTINUE to have mammograms**



- **2** women die of breast cancer
- **998** women do not die of breast cancer

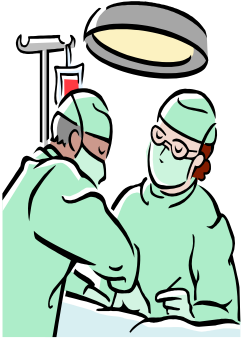
**Women your age who DO NOT have mammograms**



- **3** women die of breast cancer
- **997** women do not die of breast cancer

- **Summary:** 1 less woman out of 1,000 may die of breast cancer who chooses to have a mammogram.

Below are treatments offered to women with breast cancer. It is important to think about whether you would be willing to be treated before having a mammogram.



### SURGERY:

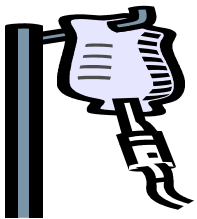
- **Breast-Conserving Surgery (lumpectomy):** Only the lump of breast cancer is removed from the breast. Most older women do well after this surgery.
- **Mastectomy:** Surgical removal of the breast. Some older women experience pain, infection, swelling in their arm, and even death after mastectomy.



**PILLS:** Hormonal therapy pills are generally taken for 5 years to prevent breast cancer from coming back. These pills may cause hot flashes, bone pain, osteoporosis, or fatigue in some women.



**RADIATION THERAPY:** The use of high-energy radiation to get rid of cancer cells. Radiation usually requires transportation to a medical center 5 days a week for several weeks. Radiation may cause fatigue and breast pain.



**CHEMOTHERAPY:** A medicine that is given via a tube into a vein at a medical center to kill cancer cells. These drugs can have side effects like feeling tired or infections. Few women age 85 or older are treated with chemotherapy.

**Below are some of the pros and cons of having a mammogram. Check ✓ the points that are important to you when deciding whether or not to have a mammogram. Add more check marks ✓ if a point is more important to you than other points.**

**Pros to having a mammogram**

- \_\_\_\_1. A mammogram is more likely to find breast cancer when it is small, improving my chances of only needing a minor surgery.
  
- \_\_\_\_2. Having a mammogram may lower my chances of dying from breast cancer, but this is not certain.
  
- \_\_\_\_3. Having a mammogram may help me feel good about myself and my health.

**Other Pros that Matter to You**

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**Cons to having a mammogram**

- \_\_\_\_1. A mammogram may find a breast cancer that would never have caused problems or symptoms in my lifetime.
  
- \_\_\_\_2. Having a mammogram may increase the number of tests (additional mammograms, ultrasounds, and breast biopsies) or treatments (surgeries, radiation, chemotherapy, pills) that I get. Some of these tests or treatments can harm older women.
  
- \_\_\_\_3. Having a mammogram may be uncomfortable or make me feel anxious.

**Other Cons that Matter to You**

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# In the next year are you going to have a mammogram?

Please place a check mark  in one of the boxes below:

If you are sure you want a mammogram, check the box far to the **LEFT**.

If you are sure you do **NOT** want a mammogram, check the box far to the **RIGHT**.

If you are unsure, check a box somewhere in between.

**In the next year:**

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

**I Will**  
Have a Mammogram

**I am Undecided**

**I Will NOT**  
Have a Mammogram

Now, you may want to talk about what you have learned from this tool with your doctor.

\*The numbers presented in this booklet are the best available from the medical literature. Last updated: 1/2020