

Should You Have Breast Cancer Screenings?

Breast cancer screening guidelines for transgender people

Breast Cancer Screening

Answer the following questions to see if you should have breast cancer screenings.

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| I was assigned female at birth on my original birth certificate. | yes | no |
| I have used feminizing hormones for 5 or more years. | yes | no |
| I have not had any surgery on my breast/chest tissue (sometimes called top surgery). | yes | no |
| I have had top surgery, but some of my breast/chest tissue remains. | yes | no |

If you answered “yes” to any of these questions, you may need to have breast cancer screenings.

Allina Health recommends that you and your health care provider together determine when mammograms are right for you.

Screening Guidelines

Allina Health’s mammogram screening guidelines are based on the 2015 American Cancer Society recommendations:

If you are transfeminine with an average risk for breast cancer

- If you have or have not used feminizing hormones:
 - **Age 25:** Have a risk assessment for breast cancer with your health care provider.

- If you have used feminizing hormones for 5 or more years:
 - **Ages 40 to 44:** Should consider having a mammogram every year with your decision informed by a shared decision making process with your health care provider. During this process, they will explain the benefits and harms of screening.
 - **Ages 45 to 54:** Have a mammogram every year.
 - **Ages 55 and older:** Have a mammogram every year or transition to one every 2 years. Continue to have mammograms as long as your health is good.

If you are transmasculine with an average or higher than average risk of breast cancer

- If you have had top surgery and some breast/chest tissue remains, and have or have not used masculinizing hormones:
 - **Age 25:** Have a risk assessment for breast cancer with your health care provider.
 - **Ages 40 to 44:** Should consider having a mammogram every year with your decision informed by a shared decision making process with your health care provider. During this process, they will explain the benefits and harms of screening.
 - **Ages 45 to 54:** Have a mammogram every year.
 - **Ages 55 and older:** Have a mammogram every year or transition to one every 2 years. Continue to have mammograms as long as your health is good.

(over)

- If you have had top surgery and no breast/chest tissue remains, and have or have not used masculinizing hormones:
 - You do not need to have screening mammograms.
 - Talk with your health care provider if you have any questions or concerns about your breast/chest health such as such as new lump, pain, redness or nipple discharge.