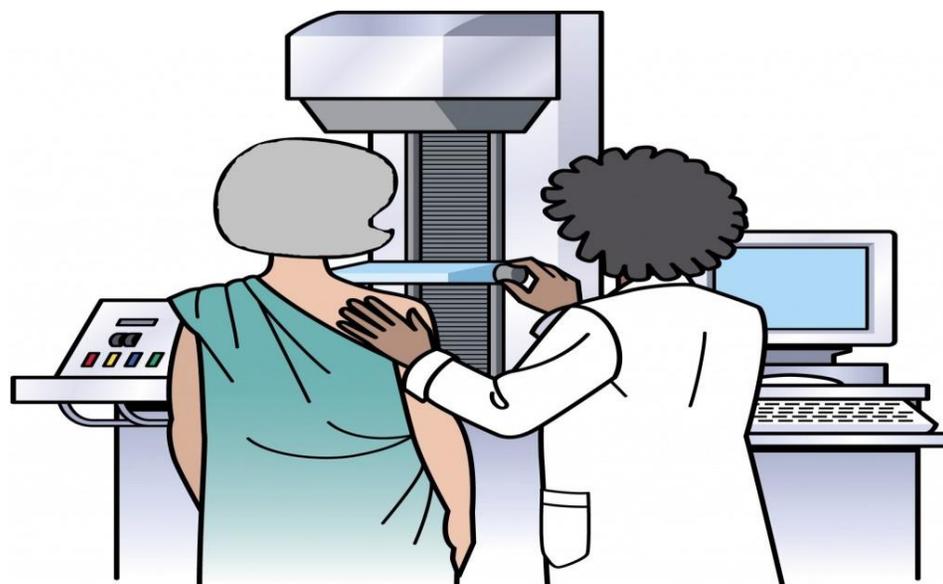


Should I Continue Having Mammograms? -For Women Age 75 to 84 Years-



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

What is the purpose of this tool?

- This workbook will help you think about whether or not you want to stop or continue having mammograms.



Why is this important?

- It is your decision whether or not to have a mammogram.
- Although mammograms are recommended for younger women, doctors do not know if mammograms are good for women age 75 or older. Meanwhile, there are downsides to having a mammogram.
- Women age 75 and older need to consider the benefits and downsides of having a mammogram.
- Women age 75 and older also need to consider their overall health when deciding whether or not to have a mammogram. A mammogram is unlikely to help women with other health issues.
- This workbook is NOT for women who have had breast cancer or who have breast pain.

Why do women have mammograms?

- Women have mammograms to find breast cancer early before it causes problems, but
 - mammograms do not keep you from getting breast cancer.
 - mammograms do not find every breast cancer.

Am I in good enough health to have a mammogram?

- Most breast cancers found on mammograms grow slowly.
- Some breast cancers are growing so slowly they never would have caused problems.
- Finding and treating breast cancer does not always help women age 75 and older live longer.
- Doctors say that it can take 10 or more years before a mammogram you have now may help you.
 - On average a 75 year old woman will live to age 88 (13 more years)
 - On average an 80 year old woman will live to age 90 (10 more years)
 - On average an 85 year old woman will live to age 92 (7 more years)
- Doctors recommend you think about your overall health before deciding to have a mammogram.

Answer the questions below to learn more about whether you should have 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:**
- | | | | | |
|---------|----------|---|------------------------------|--|
| 75 – 79 | 0 points | } | write your points here-----→ | |
| 80 – 84 | 2 points | | | |
| 85+ | 4 points | | | |
- 2. How much do you weigh?**
- | | | | | |
|-------------------------|----------|---|------------------------------|--|
| If more than 130 pounds | 0 points | } | write your points here-----→ | |
| If 130 pounds or less | 2 points | | | |
- 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 more

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

Doctors recommend you **weigh the pros and cons** when deciding whether or not to have a mammogram

Doctors recommend you **stop** having mammograms

*****TO READ ONLY*****

What may happen to women age 75 or older who CONTINUE having mammograms over 10 years:

1. False alarms: 200 women out of 1000 who continue having mammograms experience a false alarm. These women have an abnormal mammogram but additional tests do not show breast cancer. Most women find that this experience causes anxiety.

2. Overdetection: 13 women out of 1000 who continue having mammograms are told that they have breast cancer but their breast cancers are growing so slowly that they would never have caused problems. But, once a breast cancer is found on a mammogram nearly all women are treated. Treatment for breast cancer can be hard.

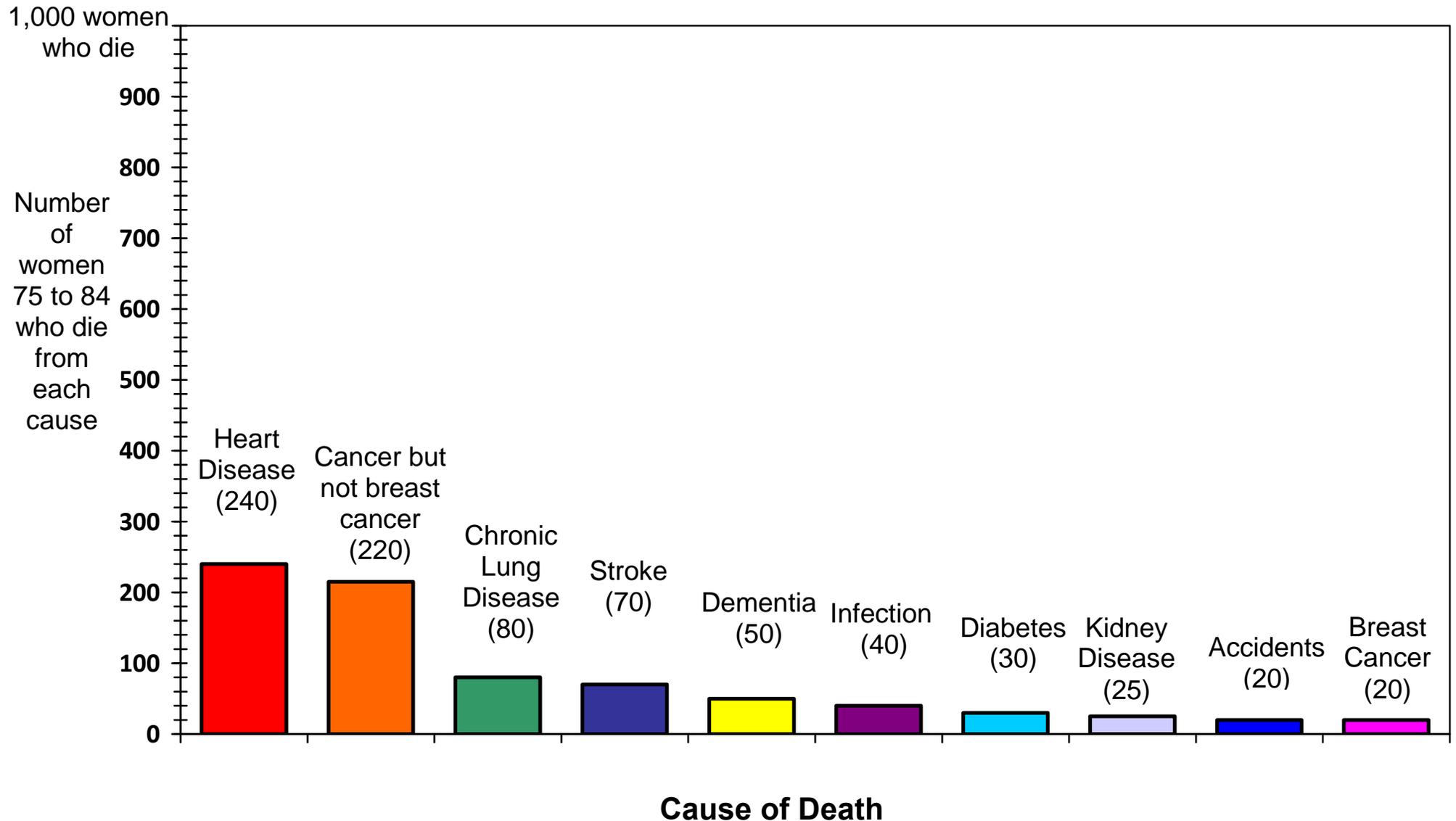


3. Avoid a large cancer: 4 women out of 1,000 who continue having mammograms avoid having a large breast cancer found.

4. Life span: It is not known if having a mammogram helps women age 75 or older live longer. Some studies estimate that mammograms prevent **1** woman out of 1,000 from dying from breast cancer 10 years after having a mammogram.

For 999 out of 1000 women age 75 or older, **having a mammogram does not help them live longer.** Instead, having a mammogram can lead to false alarms and overdetection of breast cancer.

Causes of death among women age 75 to 84 who die in the next 10 years



- Many more women age 75 and older die of heart disease than breast cancer.

Please check off below which pros and cons to having a mammogram are important to you

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.

Cons to having a mammogram

- ___1. A mammogram may find a breast cancer that would have just laid there and not caused problems or symptoms in my lifetime.
- ___2. Having a mammogram may increase the number of tests or treatments that I get. Some of these tests or treatments can cause harm.
- ___3. Having a mammogram may be uncomfortable or make me feel anxious.

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.