

Task force: Mammograms in 40s a choice, but don't skip at 50

April 20 2015, byLauran Neergaard

A government task force says women should get a mammogram every two years starting at age 50—but starting in their 40s should be a personal choice.

Monday's draft advice comes from the U.S. Preventive Services Task Force, and is largely a rewording of its 2009 recommendation that questioned the usefulness of mammograms for women in their 40s. That led to dueling advice, as the American Cancer Society has long recommended annual mammograms starting at age 40.

Now the [task force](#) is reviewing its recommendation, and this time around says 40-somethings should weigh the pros and cons of the routine mammograms with their doctors. The group also concluded that there's not enough evidence to tell if women with [dense breasts](#) need extra testing.

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