Yearly mammograms beginning at age 40 found to save more lives.

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A new report in the American Journal of Roentgenology re-evaluates the mammography recommendations made by the United States Preventive Services Task Force (USPSTF). The USPSTF guidelines, which delayed the age of intial mammography and extended the time between exams, have provoked a large amount of discussion and caused some confusion among both doctors and patients.

The new results show that beginning mammographic screening at age 40, having yearly exams and continuing screening until age 84 lead to a reduction in mortality of 39.6% over the USPSTF recommendations. The authors also investigated the impact of more extensive screening on false positive results and un-needed tests and concluded that the risk was minimal compared to the benefit of earlier and more frequent testing.

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