

Breast/Chest Cancer Screening in Transgender Women

Cancer is a health problem that can often be cured or managed when it is found early. **Screening** is checking for a disease when there are no signs.

The guidelines below are for people who are at **normal** risk. Some people have a higher risk for certain kinds of cancer because of their family history, lifestyle or other factors. Talk with your health care provider about your risk factors and if you need to begin screening sooner. It is important to be aware of how your breast/chest looks and feels and to tell your health care provider if there are any changes.

- Between the ages of 25 to 40, you should be checked for your risk of breast cancer by a health care provider. At this screening visit, you will:
 - ▶ Learn when you should start having mammograms or other screening tests based on your personal risk
 - ▶ Learn breast/chest self-awareness and what changes to report in your breast/chest self-exam
- If you are age 40 or older and have taken female hormones for 5 years or more, you should:
 - ▶ See your health care provider for a breast/chest exam each year
 - ▶ Have a mammogram each year
 - ▶ Learn breast/chest self-awareness and what changes to report in your breast/chest self-exam
- If you are a transgender woman and have not taken female hormones, you do not need to do breast/chest cancer screenings, unless you have a special risk factor, such as a family history of breast/chest cancer or Klinefelter syndrome.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.