

Mammogram at 40 Guide

Turning 40? Your mammogram rule changed.

Educational only, not medical advice.



The U.S. Preventive Services Task Force (USPSTF) recommends **a screening mammogram every other year for women ages 40 to 74** (grade B). Its final recommendation is dated Apr 30, 2024, and is still current.¹ The earlier advice left the start between 40 and 50 up to each woman; now all women start at 40.¹

FORTY IS THE NEW START LINE

Your checklist at 40

- ☐ **Mark your calendar.** Every other year, from age 40 to 74.¹
- ☐ **Know who it's for.** Women at average risk, including those with a family history of breast cancer or dense breasts.¹
- ☐ **Ask about a different plan if this is you.** The rule does not apply if you have a BRCA1 or BRCA2 variant, had high dose chest radiation at a young age, had breast cancer before, or had a high risk lesion on a past biopsy.¹
- ☐ **Ask about dense breasts.** Nearly half of all women have dense breasts, which raises risk and means mammograms may not work as well for them.¹
- ☐ **Check your coverage.** Marketplace plans and many other plans must cover screening mammograms without a copayment or coinsurance, generally when you use an in network provider. Coverage may vary.³
- ☐ **Know your normal.** Learn the CDC warning signs below.²

Warning signs: when to get checked

CDC lists these warning signs:

a new lump in the breast or underarm
irritation or dimpling of breast skin
nipple discharge other than breast milk
any change in the size or shape of the breast

These can happen with conditions that are not cancer, but see your doctor right away.²

Sources

1. USPSTF, Breast Cancer: Screening, final recommendation (Apr 30, 2024): uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening

2. CDC, Symptoms of Breast Cancer (reviewed Sept 22, 2026): cdc.gov/breast-cancer/symptoms/index.html

3. HealthCare.gov, Preventive care benefits for women: healthcare.gov/preventive-care-women/

All accessed Oct 15, 2026.