

NEWSLETTER



DATE October 2025

Written By: Jen Uscher & Tyler Santora

When to Get a Mammogram

Mammograms: What You Need to Know About Breast Cancer Screening

Breast cancer screening can be confusing. Different health groups give different advice about when women should start mammograms and how often to have them. The good news: learning the basics can help you talk with your doctor and make the best choice for your health.

For Women at Average Risk

If you are at *average risk* for breast cancer, many doctors recommend starting mammograms at age 40 and getting one every year. This advice comes from the American College of Radiology, the Society of Breast Imaging, the American Society of Breast Surgeons, and the National Comprehensive Cancer Network.

Other groups agree that mammograms should begin at 40 but suggest every **two years** instead of every year. In 2024, the U.S. Preventive Services Task Force recommended mammograms every other year for women starting at age 40.

Why the difference?

Yearly mammograms: may catch cancers earlier, especially faster-growing ones.

Every other year: fewer extra tests and less worry about “false alarms” (when a test looks like cancer but later turns out not to be).

For Women at Higher Risk

Some women have a greater chance of getting breast cancer because of family history, genetics, or other health reasons. These women often need to start screening sooner:

- **Mammograms:** every year starting at age 30.
- **Breast MRIs:** every year starting between ages 25–35, depending on risk.

Doctors recommend that all women—especially Black women and women of Ashkenazi Jewish background—have their risk checked by age 25.

Dense Breast Tissue

If your mammogram report says you have *dense breast tissue*, ask your doctor if you need more tests. Dense breasts make it harder to see cancer on a mammogram and slightly raise your risk. In this case, your doctor may also suggest an ultrasound or MRI.

After Breast Cancer Surgery

If you've had surgery for breast cancer, your screening needs may change:

- **Double mastectomy:** usually no more mammograms are needed.
- **Single mastectomy:** you still need mammograms on the remaining breast.
- **Lumpectomy:** yearly mammograms are usually recommended.

Your doctor can help you set up the right plan for your situation.

The Bottom Line

With so many guidelines, it's easy to feel unsure. The most important step is to talk with your doctor about your personal risk and the schedule that fits you best.

Mammograms save lives by finding cancer early. Knowing your options—and asking

🌸 Quick Tips for Breast Health

- Talk to your doctor about your risk by age **25**.
- Most women should start mammograms at **40**.
- Ask if you need **extra screening** (MRI or ultrasound), especially if you have dense breasts.
- If you've had breast surgery, check what type of screening you still need.
- Remember: the best plan is the one made **with your doctor**, for *your* health.

Resource: Written by Jen Uscher & Tyler Santora | Reviewed by Erik Eckhert, MD, MS & Maxine S. Jochelson, MD in the U.S., Last updated on October 1, 2025 at 11:56 AM, Retrieved October 2nd 2025, <https://www.breastcancer.org/screening-testing/mammograms/recommendations>

Read More on our website: [QPICA.com](https://www.QPICA.com)

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SATURDAY MAMMOGRAMS

Early detection saves lives.
Schedule your mammogram now.

Why It's Important:

- Detect breast cancer early
- Increase treatment options
- Improve survival rates

WHO SHOULD GET SCREENED:

- Women aged 40 and above
- Those with a family history of breast cancer

Age 40 and above: ORDER NOT REQUIRED
Let front desk know you are
SELF-REFERRING

Under 40: Provider order REQUIRED

SATURDAY LOCATIONS

Mission Trail
8 AM - 11:30 AM

October
11th, 18th, 25th
November
1st, 8th, 15th, 22nd
December
6th, 13th, 20th, 27th
3327 Research Plaza
Suite 108

NCBC
8 AM - 11:30 AM

October
11th, 18th, 25th
November
1st, 8th, 15th, 22nd
December
6th, 13th, 20th, 27th
502 Madison oak Dr.
Suite 450

Legacy Oaks
8 AM - 11:30 AM

October
11th, 18th, 25th
5368 Fredericksburg Rd
Suite 305

How to schedule:

QR Code to schedule
Call [210.268.1698] or visit
[WWW.QPICA.COM]



<http://bit.ly/3ZuFaKT>



Read More on our
website: QPICA.com



Saturday locations
available @
Downtown and
Westover Hills

Creamy Mac and Cheese with Broccoli

Recipe by: American Cancer Society

Ingredients:: Serves 6

- 8 ounces shaped pasta, such as elbows, small shells or mini penne
- 3 cups chopped broccoli
- 2 tbsp. butter
- 1 small onion, finely chopped
- 2 tbsp. all-purpose flour
- ½ tsp dry mustard
- 1 ½ cups whole milk
- 3 cups shredded sharp cheddar cheese
- 1 cup grated Parmesan cheese, divided
- Salt and freshly ground black pepper to taste
- 1 tbsp. bread crumbs



Directions:

1. Preheat oven to 350 degrees and lightly coat an 8 by 8 inch or other 1 ½ to 2 quart baking pan with nonstick cooking spray.
2. Cook the pasta until very al dente, about 4 minutes. Add the broccoli and cook another minute. Drain, rinse with cold water, drain again, and set aside.
3. Meanwhile, in a saucepan over medium-low heat, melt the butter. Add the onion and sauté for 3 to 5 minutes, or until softened.
4. Add the flour and mustard and whisk constantly. Reduce heat and simmer for 2 to 3 minutes or until thickened and smooth, whisking frequently.
5. Add the Cheddar and stir to combine.
6. Reserve 1 tablespoon of the parmesan and add the rest to the sauce. Stir until combined.
7. If room allows, add the reserved pasta and broccoli to the saucepan and stir to combine or mix it all in a bowl).
8. Season with Salt and Pepper to taste
9. Transfer to the baking pan and sprinkle with the bread crumbs and the reserved 1 tablespoon Parmesan.
10. Cover with foil and bake for 20 minutes. Uncover and bake for 5 minutes.

Nutritional Information:

1 serving: Calories: 530k| Fat 29g| Cholesterol: 85 mg| Sodium 600 mg| Carbohydrate: 41g| Dietary Fiber 3g| Sugars 6g | Protein 28g| Calcium 650mg| Potassium 360 mg

Reference: <https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/find-healthy-recipes/main-dishes/creamy-mac-and-cheese-with-broccoli.html>, Retrieved October 2, 2025

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