

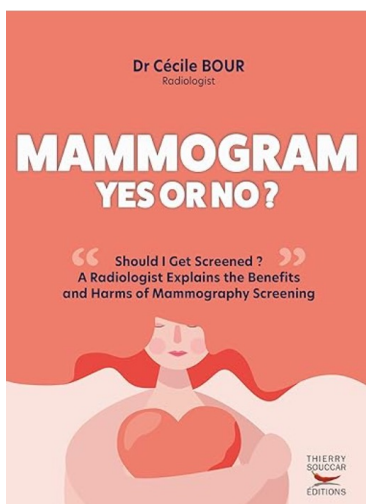


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## Mammogram : YES or NO ? “Should I get Screened ?”

By Dr. Cécile Bour, Radiologist

- A radiologist explains the benefits and harms of mammography screening.
- A guide **based on questions asked by Dr. Bour's patients** brings together **information and decision-making tools** based on objective scientific data.



All women receive information about the benefits of breast cancer screening from media, health insurance, doctors...but how many know that having a mammogram every two years also entails risks?

### Be informed before deciding

Indeed, there are numerous risks, beginning with the risk of overdiagnosis, which can result in unnecessary and distressing examinations and treatments. Other consequences that can be harmful to women's health should also be considered: false alarms, radiation exposure, treatment side effects,...

These risks are such that mammography screening is now the subject of a lively controversy in the scientific community. Women are kept out of this debate...

*« Because they were never given balanced data, some readers are likely to discover only now that the appropriateness of breast cancer screening is scientifically debatable »* says Dr. Cécile Bour.

In this **benevolent book**, the author rightly reminds us that the decision to undergo screening is a personal choice, which needs to be thought through.

*"My experiences as a radiologist, and the discussions I've had in the privacy of my consultations, have clearly shown me how, for a woman, the decision to undergo screening or not cannot be a clear-cut one but is the result of a process. Still, every woman must be duly informed, which is a question of fairness and ethics."*

**Objective information to help each woman make HER own choice**

**This book is for all women who have questions** about breast cancer screening or consider screening on their own or their doctor's initiative. Based on patient questions, it provides the necessary information to aid each woman in better understanding the stakes of this screening, knowing its disadvantages, and discussing it with her doctor.

Among the questions addressed in the book:

*"Is that all right? You'd have seen it if there was anything there, right?"*

*"You're sure you'll see everything if you get a mammogram, an ultrasound, or an MRI, right?"*

*"There are ten women at my workplace. We all have screening mammograms because one of us will get it. I've heard it's one in every eight! Is that correct?"*

*"I read that the cure rate for breast cancer is 90%. Is this true?"*

*"The radiologist informed me that it was a very small cancer. Isn't it true that the earlier it's discovered, the better?"*

*"Shouldn't mammograms be done earlier, before the age of 50?"*

*"What is overdiagnosis?" "Is it really so bad to detect harmless cancers?"*

## The Author



*Dr Cécile Bour is a Radiologist in the Metz area, in France. She chairs the Association of Doctors "Cancer Rose", which promotes women's access to independent and fair information.*

## Mammogram Yes or No

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