DEPARTMENT OF THE NAVY
Naval Medical Command
Washington, DC 20372-5120

NAVMEDCOMINST 6320.31
MEDCOM-311
10 April 1989

NAVMEDCOM INSTRUCTION 6320.31

From: Commander, Naval Medical Command
To: All Ships and Stations

Subj: SCREENING MAMMOGRAPHY

1. **Purpose.** To publish the policy on screening mammography.

2. **Policy**

a. Based upon the guidelines in paragraph 3, screening mammography must be provided for active duty beneficiaries on a priority basis. Active duty members do not need to be referred to a specialty clinic to obtain an x-ray chit for a routine mammogram.

b. Non-active duty beneficiaries should receive screening mammograms to the extent resources permit. Even if capability does not exist at the medical treatment facility (MTF) to provide screening mammograms for all non-active duty beneficiaries, they should be counseled on the benefit of screening mammography and referred to appropriate civilian sources. The advisement will be documented in the patient's medical record. Responsibility for payment for civilian mammograms should be discussed with the patient. Neither Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) nor supplemental funds are available for screening mammograms of asymptomatic non-active duty women.

c. MTF's should develop a plan for implementing screening mammography.

(1) Using in-house capabilities to the maximum.

(2) Contracting with fixed or mobile facilities.

(3) Identifying low cost or free community sources and advertising these services to non-active duty beneficiaries.

3. **Guidelines on Mammography in Asymptomatic Women**

a. Self-examination should start by age 20.

b. Physical examination should be performed every 3 years between ages 20 and 35 and annually after that.

c. Baseline mammography should be performed between ages 35 and 40 or earlier if risk factors are present.

d. Subsequently, mammographs should be performed at 1 to 2 year intervals as determined by a physician, based on a physical and mammographic findings and risk factors.

e. Mammographs should be performed annually for all women over age 50.

f. Risk factors, if present, are accepted as strong indicators for mammography at any age. Risk factors include breast prosthesis; personal or family history of breast cancer; first pregnancy after age 30; or mammographic abnormalities in baseline examination suggestive of increased risk.

JAMES T. SEARS
Commander
Naval Medical Command

Distribution:
SNDL Parts 1 and 2
MARCORPS Codes H and I

Commander
Naval Medical Command
Navy Department
Washington, DC 20372-5120 (300 copies)

Stocked:
CO, NAVPUBFORMCEN
5801 Tabor Avenue
Philadelphia, PA 19120-5099 (500 copies)

0510-LD-054-3320