

Breast Cancer Screening, Research & Prevention Guide

Resources and guidance shared from our 2026 event, The Pink Sukkah: A Canopy of Care

Routine Mammogram Screening Guidelines

When to Begin

Start at age 40, or 10 years earlier than the age of diagnosis of a first-degree relative (mother or sister).

Frequency

Annually (once a year).

High-Risk Breast Cancer Prevention Clinics

Who Qualifies?

Tyrer-Cuzick Lifetime Risk Score $\geq$ 20%

Anyone with a calculated lifetime risk of 20% or higher is a candidate for high-risk prevention care. You can calculate your risk score using the [Tyrer-Cuzick \(IBIS\) Risk Calculator](#).

Dense Breast Tissue

Dense tissue on a mammogram can make masses harder to detect and carries an increased risk, qualifying individuals for supplemental screening with breast MRI as well as high-risk clinic evaluation.

Strong Family History

A significant family history of breast cancer.

Clinic Locations and Contacts

IU North Hospital (Joe & Shelly Schwarz Cancer Center)

11645 Illinois St., Carmel, IN 46032

317) 688-3358

Provider: Annie Clark, PA

Nurse Navigator: Stacy Routh

IU Simon Comprehensive Cancer Center (IUSCCC)

535 Barnhill Dr., 2nd Floor, Indianapolis, IN 46202

(317) 962-3659 or (317) 964-3659

Medical Director: Rina Yadav, DO

Providers: Tarah Ballinger, MD; Sarah Bennett, NP; Annie Clark, PA

Nurse Navigator: Jane Ambro

Research & Donation

The Komen Tissue Bank at IU Simon Cancer Center is the only biorepository in the world collecting normal breast tissue and matched blood samples to advance global breast cancer research and prevention.

Upcoming Event

[Healthy Tissue for Hope: A Gift for the Future](#)

Saturday, November 14, 2026

8:00 AM – 4:00 PM

IU Health Fort Wayne Outpatient Surgery Center

4105 Dicke Rd. Fort Wayne, IN 46804

[DNA Insights Study](#)

Information regarding the research study shared by Jason Kaufmann, being conducted by Riverview Health in conjunction with Parkview Health.

Cancer Genetics & Predisposition Services

Genetic Predisposition Clinic

Tailored specifically for individuals and families with known genetic mutations. Led by Dr. Nawal Kassem at IU North.

IU Health Cancer Genetics Program (Genetic Counseling):

- Genetic counseling is available in person or via telehealth across Indiana (no referral required)
- Call (317) 944-3966 (Option 1) to schedule
- For out-of-state family members seeking care, locate a local counselor via findageneticcounselor.nsgc.org



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