Mayo Clinic Minute
Guidelines: Do They Apply to You?

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<th>Video</th>
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<td>Vivien Williams</td>
<td>Breast cancer, prostate cancer, diabetes, lung cancer. Guidelines for how to handle various diseases are everywhere.</td>
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| Denise Dupras, M.D., Ph.D. | Primary Care Internal Medicine  
Mayo Clinic | “There’s a lot of guidelines published about how to practice medicine. What to screen for, what not to screen for.” |
| Vivien Williams      | Mayo Clinic’s Dr. Denise Dupras says guidelines play an important role in helping doctors treat and care for patients. But guidelines don’t always apply to everyone. |
| Denise Dupras, M.D., Ph.D. | “You have to be very, very careful in who you apply the guidelines to. For instance, breast cancer screening guidelines refer to a woman at average risk of breast cancer.” |
| Vivien Williams      | So Dr. Dupras says, if your mom had breast cancer, then you are not at average risk. You’re at increased risk and may need to be screened more often than guidelines recommend. |
| Denise Dupras, M.D., Ph.D. | “The other thing is guidelines never take the place of that one-on-one discussion.”                                                     |
| Vivien Williams      | Between the patient and health care provider. Dr. Dupras says guidelines are a good thing and very important, but doctors should consider the needs of each individual patient. |
| I’m Vivien Williams, and for more health news, visit the Mayo Clinic News Network. | I’m Vivien Williams, and for more health news, visit the Mayo Clinic News Network. |