



**Are you a woman
age 50 or over?**

**Finding breast cancer early
could save your life.**



ontario breast
screening program
a cancer care ontario program

programme ontarien
de dépistage du cancer
du sein

un programme de action cancer ontario

What is breast screening?

- › Regular examination of a woman's breasts to find any hidden problems.
- › Breast screening includes a breast x-ray (mammogram) and a physical exam of the breasts.

Why screen for breast cancer?

- › Breast screening can find cancer early.
- › Finding breast cancer early saves lives.
- › As women get older, their chance of getting breast cancer increases.
- › In Ontario, breast cancer is the most common type of cancer for women.

Who can be screened?

- › Women who are 50 years or over.

How often should you be screened?

- › Every 2 years.
- › Some women may be asked to come back in 1 year instead of 2.
- › You will receive a reminder letter when it is time to return.

How do you make an appointment?

- › You can call to make your own appointment or be sent by your doctor.

What happens at the Ontario Breast Screening Program?

- › Your appointment will take about 45 minutes.

1 Getting Ready

- › You will be given a gown and be asked to undress from the waist up.

2 Physical Examination (at most locations)

- › A specially trained nurse will examine your breasts.
- › This is done because some cancers can't be seen on mammograms.

3 Mammogram (breast x-ray)

- › X-rays are taken of each breast by a specially trained mammography technologist.
- › Your breast is pressed between two plastic plates on the mammography machine.
- › You may feel some discomfort but it takes only a few seconds.

4 Results

- › Within 2 weeks you will receive your results.
- › If you agree, your doctor will also be sent your results.

Is there a charge?

- › No. Breast Screening is funded by the Ontario Ministry of Health and Long-Term Care.

Are the x-rays safe?

- › Yes, the breast x-rays are done using safe amounts of radiation.

What else can you do?

- › It is important to be aware of any changes in your breasts.
- › If you find any changes, see your doctor.
- › There will be information at the screening site on what changes to look for.

