

Breast Screening

Help find cancer early



All women:

- Know how your breasts normally look and feel. If you notice any changes, see your doctor or nurse practitioner.
- Ask for a clinical breast exam as part of your regular check-up.

Women aged 40-49:

- Talk to a doctor or nurse practitioner about having a mammogram.

Women aged 50 and over:

- Call for a mammogram at the Ontario Breast Screening Program. There is no cost.

For more information visit the following websites:

www.cancercare.on.ca

www.cancer.ca or call 1-888-939-3333

www.cancer-prevention.ca



Project Health
Supporting Healthy Workplaces

Regular screening could save your life!