



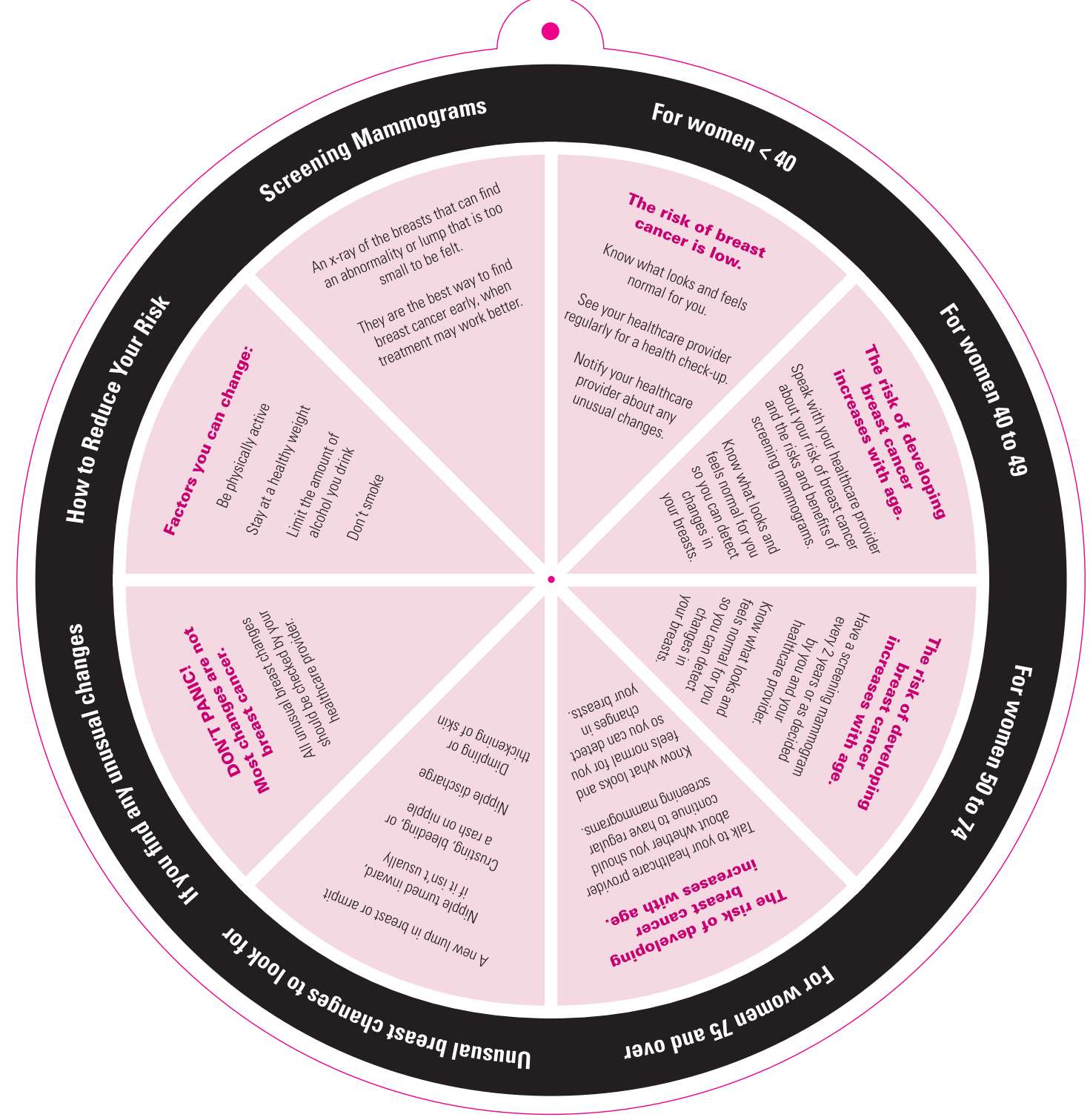
# Breast Health Wheel

Routine screening mammograms are the best way to find breast cancer early, when treatment may work better.

To learn more visit [www.screeningforlife.ca](http://www.screeningforlife.ca)

*Turn over for more information.*

**SCREENING  
FOR LIFE.CA**



**Screening Mammograms**

**For women < 40**

**For women 40 to 49**

**For women 50 to 74**

**For women 75 and over**

**How to Reduce Your Risk**

**Factors you can change:**  
 Be physically active  
 Stay at a healthy weight  
 Limit the amount of alcohol you drink  
 Don't smoke

An x-ray of the breasts that can find an abnormality or lump that is too small to be felt.  
 They are the best way to find breast cancer early, when treatment may work better.

**The risk of breast cancer is low.**

Know what looks and feels normal for you.  
 See your healthcare provider regularly for a health check-up.  
 Notify your healthcare provider about any unusual changes.

**The risk of developing breast cancer increases with age.**

Speak with your healthcare provider about your risk of breast cancer and the risks and benefits of screening mammograms.  
 Know what looks and feels normal for you so you can detect changes in your breasts.

**The risk of developing breast cancer increases with age.**

Have a screening mammogram every 2 years or as decided by you and your healthcare provider.  
 Know what looks and feels normal for you so you can detect changes in your breasts.

**The risk of developing breast cancer increases with age.**

Talk to your healthcare provider about whether you should continue to have regular screening mammograms.  
 Know what looks and feels normal for you so you can detect changes in your breasts.

**Unusual breast changes to look for**

**DON'T PANIC! Most breast changes are not breast cancer.**

All unusual breast changes should be checked by your healthcare provider.

A new lump in breast or armpit  
 Nipple turned inward, if it isn't usually  
 Crusting, bleeding, or a rash on nipple  
 Nipple discharge  
 Dimpling or thickening of skin

## Remember

### Get a screening mammogram:

If you are 50 to 74 be sure to get a screening mammogram every two years or as decided by you and your healthcare provider.

### More information:

- Visit [www.screeningforlife.ca/breastcancer](http://www.screeningforlife.ca/breastcancer) to find out more about the risks and benefits of screening and to find a screening mammography facility near you.
- Alberta Health Services – Screen Test operates two mobile screening units that serve women in over 100 communities in rural Alberta. Call Screen Test at 1-800-667-0604 to book an appointment or visit [www.screeningforlife.ca/screentest](http://www.screeningforlife.ca/screentest) for the mobile schedule.
- The Alberta Breast Cancer Screening Program is coordinated by Alberta Health Services in partnership with the Alberta Society of Radiologists. Call 1-866-727-3926 or visit [www.screeningforlife.ca](http://www.screeningforlife.ca) for more information.



### Cancer screening can save your life.

Alberta Health Services coordinates 3 organized cancer screening programs, in partnership with healthcare providers:

- Alberta Breast Cancer Screening Program
- Alberta Cervical Cancer Screening Program
- Alberta Colorectal Cancer Screening Program

Talk to your healthcare provider to find out if screening is right for you.

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