What is an abnormal change in the breast?

If you see or feel any of the following signs, this does not mean you have breast cancer. But you should see your healthcare provider right away.

Look for:
- unusual changes in size or shape of breast
- a new unusual rash or redness
- discharge from nipple
- crusting on nipple
- nipple turned inward (if this new)

Feel for:
- a new lump in breast
- a new lump in armpit

About the Alberta Breast Cancer Screening Program

The Alberta Breast Cancer Screening Program (ABCSP) is coordinated by Alberta Health Services in partnership with the Alberta Society of Radiologists. The ABCSP mails your screening mammogram results to you.

To get letters from the ABCSP your name and address must be up to date with Alberta Health; call 310-0000 (toll free) then dial 780-427-1432.

Screening is one of the best things you can do for yourself to find breast cancer early. Breast, cervical, and colorectal cancer screening saves lives.

For more information, please contact
- Phone: 1-888-727-3926
- Fax: 1-888-944-3388
- Web: screeningforlife.ca

Local contact information

Breast008
OCTOBER 2013

Alberta Health Services
Alberta Breast Cancer Screening Program

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OCTOBER 2013

Screening FOR LIFE.CA
What is breast cancer?
Breast cancer begins when abnormal cells grow in the breast. These cells may form lumps called tumours.
- A benign tumour does not spread (not cancer).
- A malignant tumour is cancerous and can spread to other parts of the body.
Most breast cancer begins in the milk ducts. Cancer can also start in the lobules and in other breast tissue.

What causes breast cancer?
The exact causes of breast cancer are not known. But some people are at higher risk than others.

Major risk factors
Being female: Male breast cancer is very rare.
Age: Most breast cancer occurs in women aged 50 and over. Risk continues to rise after 50.
Family history: Risk increases if a woman's mother, sister, or daughter was diagnosed with breast cancer.
80% of women with breast cancer have no family history of the disease.

Reducing your risk
- Maintain healthy body weight
- Limit alcohol use
- Exercise
- Don’t smoke
- Speak with your healthcare provider about limiting the long-term use of Hormone Replacement Therapy

Your breast health plan

Under age 40
Get to know how your breasts usually look and feel.

Age 40 to 49
Stay aware of your breast changes. Get a breast exam from your healthcare provider during your regular check-up. Talk to your healthcare provider about mammograms.

Age 50 to 74
Stay aware, and get a breast exam from your healthcare provider during your regular check-up. Get regular screening mammograms.

Age 75+
Stay aware, get a breast exam from your healthcare provider during your regular check-up, and speak with your healthcare provider about continuing mammograms.

Regular, moderate exercise can reduce breast cancer risk by 40%.
Women of any age who notice unusual breast changes should call their healthcare provider right away.