

Frequently Asked Questions

The Alberta Breast Cancer Screening Program is coordinated by Alberta Health Services in partnership with the Alberta Society of Radiologists.

How does the Alberta Breast Cancer Screening Program work?

- The program aims to find breast cancer early when treatment works best.
- The program sends letters to all eligible Albertans inviting them to screen.
- The radiology clinic will send your test results to you, your healthcare provider, and the program.
- The program will send you a reminder letter if you become overdue for your next mammogram.

Who can have mammograms in Alberta?

All women 40 years and older can have screening mammograms, as covered by Alberta Health.

- If 40 to 44, talk to your healthcare provider about the risks and benefits of screening. A referral/requisition is needed if you decide to screen.
- If you're 45 to 74, regular screening mammography every 2 years is recommended or as decided by you and your healthcare provider. No referral/requisition is needed.
- If you're 75 and over, ask your healthcare provider if screening mammography is right for you. An initial referral/requisition is needed.

If you have a lump or any other breast changes, talk to your healthcare provider. You may need a diagnostic assessment.

What are my breast cancer risk factors?

Below are some common risk factors. For more, go to screeningforlife.ca > Breast > Risk Factors. You will also find tools for estimating your personal breast cancer risk.

- Sex: Being a woman is the greatest risk factor for breast cancer.
- Age: The older you get, the greater your chances of developing breast cancer. Keep in mind that the balance of benefits and risks of screening also changes as you age.
- Family History: Most people diagnosed with breast cancer do not have a family history of the disease. However, having a mother, sister, or daughter with breast cancer increases your risk.
- Dense Breasts: Are very common and add a small increase in risk. For information about breast density, go to screeningforlife.ca > Breast > Breast Density.

How is my privacy protected?

- Alberta Health, under the *Health Information Act*, provides the program with names and addresses of women in Alberta so that we can send you letters related to cancer screening.
- The program is secure, private, and confidential. The program staff are bound by the *Health Information Act* and **only** have access to your screening mammogram results and any related follow-up test results. The program can't access any other health information or results.
- Don't want to get screening results or reminder letters? Please call us at the number below.

To book your screening mammogram, **please visit screeningforlife.ca**.

For general information about breast, cervical, or colorectal cancer screening, visit our website at screeningforlife.ca or call us toll free at 1-866-727-3926

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