

# SCREENING FOR LIFE.CA



## Regular screening is the best way to find breast cancer early

- **If you're aged 45 to 74**, have a mammogram every 2 years or as often as you and your healthcare provider have decided is best for you.
- **If you're 75 or over**, ask your healthcare provider if you may still benefit from regular screening mammograms.
- **If you're aged 40 to 44**, talk to your healthcare provider about your personal risks and benefits of screening. If you decide to screen during this time, having an annual mammogram is best.

**If you notice any unusual changes in your breasts,  
see your healthcare provider right away.**



For more information  
on breast screening:

**1-866-727-3926**

**[www.screeningforlife.ca](http://www.screeningforlife.ca)**

### What is the benefit of being part of the Alberta Breast Cancer Screening Program (ABCSP)?

- The radiology clinic will send your test results to you, your healthcare provider, and the ABCSP.
- The ABCSP will send you a reminder letter when you're overdue for your next screening mammogram.
- If you're not sure that you want to receive screening results and reminder letters from the ABCSP, call 1-866-727-3926 or talk to your healthcare provider about the benefits of being part of the ABCSP.

