

# 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 annual screening.
- If you're 45 to 74, regular screening mammography every 2 years is recommended or as decided by you and your healthcare provider.
- If you're 75 and over, ask your healthcare provider if screening mammography is right for you.

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](http://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 though 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](http://screeningforlife.ca) > Breast > Breast Density.

## How is my privacy protected?

- Alberta Health, under the Health Information Act, provides the program with the 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, **use the attached facility list.**

For general information about breast, cervical, or colorectal cancer screening, visit our website at [screeningforlife.ca](http://screeningforlife.ca) or call us toll free at 1-866-727-3926

Version: April 2022

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