

Breast Health Wheel

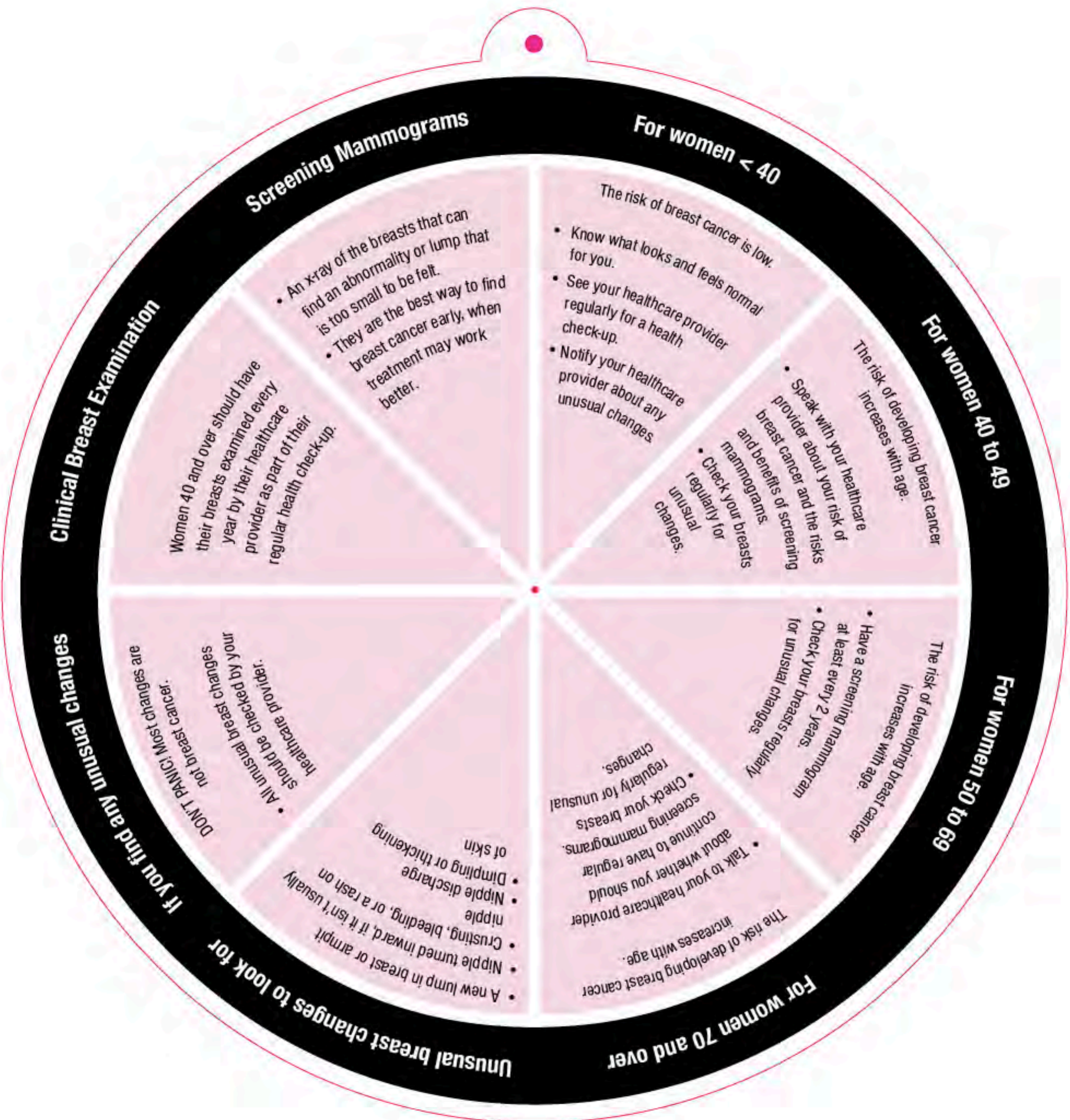
Routine screening mammograms are the best way to find breast cancer early, when treatment may work better.

To learn more visit screeningforlife.ca

Turn over for more information.



**SCREENING
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Screening Mammograms

For women < 40

- The risk of breast cancer is low. The risk looks and feels normal for you.
- 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.

For women 40 to 49

- 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.
 - Check your breasts regularly for unusual changes.

For women 50 to 69

- The risk of developing breast cancer increases with age.
- Have a screening mammogram at least every 2 years.
 - Check your breasts regularly for unusual changes.

For women 70 and over

- The risk of developing breast cancer increases with age.
- Talk to your healthcare provider about whether you should continue to have regular screening mammograms.
 - Check your breasts regularly for unusual changes.

Unusual breast changes to look for

- 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

Clinical Breast Examination

Women 40 and over should have their breasts examined every year by their healthcare provider as part of their regular health check-up.

- 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.

If you find any unusual changes

- All unusual breast changes should be checked by your healthcare provider.
- DON'T PANIC! Most changes are not breast cancer.

Remember

To reduce your risk of developing breast cancer:

Be physically active
Stay at a healthy weight
Limit the amount of alcohol you drink
Don't smoke

Get a screening mammogram:

If you are 40 to 49 you have the opportunity to access screening mammography with a healthcare provider's referral.

If you are 50 to 69 be sure to get a screening mammogram at least every two years,
as decided by you and your healthcare provider.

If you are 70 and over talk to your healthcare provider about whether screening mammograms
should be part of your breast health routine.

More information:

- Visit our web site at screeningforlife.ca/breast for a list of screening mammography facilities across the province.
- Alberta Health Services – Screen Test operates two mobile screening trailers that serve women in about 100 communities in rural Alberta. Call Screen Test at 1-800-667-0604 to book an appointment or visit screeningforlife.ca/screentest for the mobile schedule.
- Call 1-866-727-3926 or visit screeningforlife.ca/breast for information about the Alberta Breast Cancer Screening Program.